



THE KEFI CLUB NEWSLETTER

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For those of you who missed last years tasting of some splendid Greek Wines.

The Kefi Club are offering you another chance in their usual venue at the Bradbury

Greek Wines a Second Chance

Centre, Sansome Place, Worcester on Friday 28th April commencing at 7.30pm. **For the entrance fee of £6 for members and £8 for non-members** you can sample some of Greece's finest wines. Do you know the difference between Xinomavro and Agiorgitiko grape varieties in the reds or Savatiano (the

most cultivated grape in Greece) and Malagousia in the whites? If not, then why not come along and be introduced to some excellent wines by Adrian and Nick our wine experts? You won't be disappointed.

Greek Cuisine & A.G.M. – 20th May 05

The activity for our May meeting will be the clubs AGM (details of which will be published later), start time 7.30pm. This will be followed by a talk on Greek Cuisine from the earliest recorded information to the present day accompanied with various samples of past and up to date dishes. Just what did they eat? Come along and find out.



BaR-B-QUE – 24 JUNE 05



After two previous well attended BBQ's a third seemed a must. On both occasions we have been blessed with fine weather. The venue as before is the Cricket Ground at Colwall start time 7.00pm. Tickets are available from the Committee at £3 for members and £5 for non-members. Rumour has it that Mythos beer may be on sale.



Congratulations are in order to Jean and Colin Ward who are now proud Grandparents of a baby boy called Adrianos.



“We’ll watch murder and incest – but no sex please, we’re Athenian!”

Martin Harris from the Department of Classics, Malvern College was asked to give a presentation on Ancient Greek Drama for our March meeting.

The talk consisted of a brief discussion of drama’s descent from the orgiastic worship of Dionysus, and its role in ancient Athenian society. There were dramatic readings performed by three Upper Sixth students from the College. There was a reading from Aeschylus’ *Oresteia* (in Classical Greek and English), starring Fyodor Kassatkin (who took Classical Greek to AS level) and Philipp Roser (who sat GCSE Classical Greek as an extra to his Sixth Form studies), a reading from Sophocles’ *Oedipus Tyrannos*, with Fyodor and Philipp being joined by Robert Price (who took Classical Greek to AS). The same three also performed extracts from Euripides’ *Medea*, Aristophanes’ *Lysistrata* (with a slightly toned down translation!) and Plautus’ *The Rope*. The talk and

presentations were designed to give the Club a taste of what ancient Athenian drama was like, as well as discussing the role that drama played, and plays, in life. Afterwards, there was a question and answer session in which several topics were brought up including what we know of the way in which the Ancient Greeks pronounced their language. There was a discussion of the teaching of Classics in schools today, and several of the audience expressed their joy that the ancient world was alive and well at Malvern today!



Χοοκινγ Χομπετιτιον – Εβεν της φυδγες ωερε ιμπρεσσεδ

The standard of entries produced for the Greek cooking competition for the clubs February meeting held at the Bradbury Centre on Friday the 25th was that high even the judges were impressed. It seemed those who took part pulled out all the stops to make some excellent dishes.

The sequence the evening took was firstly the judging of all the savoury entries. Each dish was given a number by the judges, Stephen Hewitt (Head of Hospitality at Worcester Technical College) and his lovely assistant (whose name escapes) me from the same Department. Then it was down to some serious sampling and deliberation over each dish before moving onto the next.

There were the better known and traditional dishes like *Stifado*, and *Moussaka*, as well as, varied and interestingly named dishes for instance *Arni me kolokithia*, Lamb with courgettes and tomatoes (with a glass of ouzo added for good measure) and *Papoutakia* (aubergine little shoes). Mixing textures and flavours as only the Greeks know how.

Once this had been completed it was down to us to sample the food. I am glad I didn’t have to make a decision as I thought they were all very good. Especially if like me you found the recipes difficult to follow when the quantities were in cupfuls and the description was vague.

Once everybody had sampled the savouries the same procedure was taken to judge the sweets.



Mary receiving her prize

Then we had the prize giving for best in class the savouries winner being Mary Briscoe with *Kotopoulo me Spanaki ke Feta* (chicken with spinach and feta) congratulations and well done. Mary received a rather large book entitled *Culinaria Greece* for her prize. It describes the provinces of Greece and then gives you recipes from those areas. Happy reading!

The winner of the sweet dishes was John Gatfield with *Ekmek Kadaifi* a very sweet and sticky dish of kadaifi pastry, cream custard topped with double cream. His prize was the Marks & Spencer Greek cookbook.

There was an unscheduled prize going to Les Roberts who the judges thought had made an excellent Olive bread they liked the shape, colour, texture and of course taste and thought it worthy of a prize. Well done!

We then had a raffle draw with 6 bottles of Greek wine for the first two pulled out of the hat and jars of honey for the third as prizes. Kindly donated by Malvern Fine Wines thanks Nick.

A big thank you to the judges for giving up their spare time to give an impartial judgement on our efforts. Also many thanks to all those who took part without all of you slaving over a hot stove the evening would not have been such a huge success.

Finally the evening was in aid of charity and we managed to raise £112 for Comic Relief. **Thanks again.**



Stephen and Carolyn the judges

A chance for you to have a go at cooking the winning recipe.

ΧΗΙΧΚΕΝ ΩΜΗ ΣΠΙΝΑΧΗ ΑΝΔ ΦΕΤΑ

¾ Bunch (about 500g) English spinach
75g feta cheese, crumbled
4 single chicken breast fillets
1 tablespoon olive oil
1/3 cup (80ml) cream
2 tablespoons chopped fresh parsley

SAUCE
60g butter
2 tablespoons plain flour
1 cup (250ml) chicken stock
1 cup (250ml) dry white wine



1. Add washed spinach to pan, cook, stirring, until just wilted: drain well, cool.
2. Combine spinach and cheese in bowl. Cut pocket in side of chicken, fill with spinach mixture; secure with toothpicks.
3. Heat oil in pan, add chicken, cook until browned. Stir in sauce, simmer, covered, 25 minutes. Stir in cream and parsley, stir until heated through.

SAUCE: Melt butter in pan, add flour, stir over heat until bubbling. Remove from heat, gradually stir in stock and wine, stir over heat until sauce boils and thickens.

Serves 4

News reports from Greece

THEBAN DIG YIELDS RICH FINDS

Archaeologists in Thebes have uncovered important building remains and artefacts from the ancient city that lies under the centre of the modern town, including nearly 400 intact vases. Excavations that started in February on a private plot revealed finds dating from the third millennium BC to late Byzantine times. Here and there, the eras mingled, as was the case with late medieval walls into which sixth-century BC architectural fragments, sculpture, ceramics and even bronze vessels had been built.

One of the most interesting discoveries was what is believed to have been a huge ancient altar on which the carcasses of animals sacrificed to a god were burnt. Worshippers also dedicated terracotta vases which were deposited among the ashes. The find is tentatively associated with the altar of Spondios Apollo (Apollo of the Ashes) which was described by the ancient writer Pausanias as standing close to the Electran Gate.

Furthermore, remains of a late Archaic temple were located at the other end of the plot. Among the architectural remains, a number of bronze vessels and statuettes – including some of Herakles, the mythical Theban-born hero - were found. This could mark the site where ancient Thebans believed the houses where Herakles grew up stood.

(KATHIMERINI, electronic edition 11 November 2004)

A COLOSSAL PLAN FOR RHODES

The Colossus of Rhodes will rise again, if ambitious plans by the mayor of Rhodes, Yiannis Iatridis, to rebuild the ancient statue come to fruition. Iatridis said that Cypriot sculptor Nikos Gotziamanis had undertaken both to carry out the project and find funding for it.

Gotziamanis, for his part, announced that he has set up a committee of European politicians, intellectuals and artists, led by former Portuguese president Mario Soares, which will undertake to publicize the project. The cost of building the 33-meter statue is estimated at 100 million euros. Iatridis said the new

Colossus would be built on a hill in the Faliraki area.

The original Colossus, depicting the sun god Helios and straddling the ancient harbor, was erected in 282 BC and took 12 years to build. The master sculptor was Chares, from Lindos. It was destroyed by an earthquake in 226 BC.

(H KATHIMERINI 12th Feb. 2005)

LIMNOS; ISLAND OF THE GODS by Colin Rumpsey

Whenever I am asked where I and my wife go for our holidays. I always reply wrongly "A small island in the North Aegean Sea". Wrong because Limnos is not small in land size, it is the sixth or seventh largest of all the Greek islands, but the total population of the island is only 16,000 and at least half of them live in and around Myrina the capital of Limnos. It is also the main port of the island.

For Jan and I Limnos holds all that we ever need in a Greek holiday; enough history to keep the mind active during your stay, history that dates back beyond 4,000 BC on the east of the island at the remains of Poliochni. An archaeological team from Italy started work on the sight in the 1930s revealed seven cities built one on the top of the other, the last dated about 1500 BC. There are many sights all over the island. All are signed and well worth looking at just for the history of



the island

Back in the capital you find the town dominated by a large castle built in the 12th century. It has been reserved in parts and one can spend many enjoyable hours around the battlement, while keeping an eye open for the residents of the ruins, wild deer, who make their way down to the lower slopes of the castle in the late afternoon.

The whole island is ringed by beaches, raging from family safe with soft sand and shallow waters, to the rocky inlets, which will reward the diver, who wants to enjoy clear water and good underwater rock formations. You can hire small motorboat to go to the more distant beaches. Take care of the

north-west of the island as a large area is under the control of the Greek Army.

The food lover is well looked after on the island. Myrina has fish tavernas all round the port, but the best place to eat is the taverna under the tree in the town centre, 100% Greek and only closed on Christmas Day. Wash down your meal with the local wine. It will not set wine lists on fire, but with the local food you can enjoy a bottle at lunch and then be surprised when you sleep away the afternoon. Holidays are ment to be restful. Aren't they?

Car hire is easy and recommended, if you are going to enjoy all that this wonderful island has to offer. All the main roads are very smooth and easy to follow. Only the villages have rough roads. When the road becomes smooth, you know that you are out of the village. Hire a jeep to discover parts of Limnos that are only found down dirt tracks.

The island is well served by hotels, but the holiday season (when the island is crowded) only covers July and August. Jan and I always go in May /June or September/October. We enjoy empty beaches and quite tavernas and wonderful people who love their island.

You can go to the island with Sunvil Holidays or Greek Sun. Also an all-inclusive holiday is offered by Mark Warner. Jan and I, however, do our own thing by flying direct to Athens overnight from Heathrow, then on to Limnos on the 6 o'clock flight in time for breakfast. We have over the last twenty-five years been to many Greek islands, but when we discovered Limnos we found our perfect holiday.

If you don't want discos, wild parties and drunken orgies take a look at Limnos. The gods did and they stayed.

Tourist Guide information about Limnos

The closest Greek island to the entrance to Turkey's Dardanelles, Limnos has always seen a large military presence, increased at times of tension between the two countries. You are more likely to see more Greek soldiers here than foreign tourists, but to many people that is one of its the attractions. Its main town, Myrina, has a unique setting either side of a headland whose ruined 14th-century Venetian fortress splits the town in two. Myrina also has a good beach, as do the villages of Platy and Thanos, both close to the capital.

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