



# “Slice of Pi”

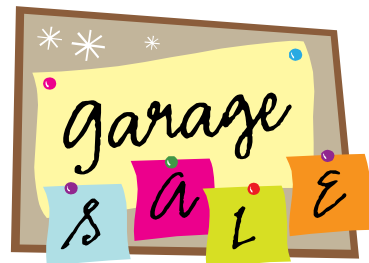
## Gamma Epsilon Garage Sale

At our planning meeting in June, the members in attendance brainstormed ideas to help boost our treasury for those extra and sometimes unexpected expenditures. One of the ideas brought forth was to have a multi-party garage sale. Sandy Plimpton generously offered her garage - which was a perfect location for attracting numerous shoppers.

Several members brought their “treasures” to be sold and we had a “work crew” that helped price and arrange the items on tables.

We were pleasantly surprised at our turnout as we watched the items fly off the tables.

The venture ended with just over \$338.00 in sales! Thank you to all who helped make this endeavor profitable for Gamma Epsilon!



*Gamma Epsilon garnered a nice profit from our August garage sale.*

## Hit the Museum Trail

The Northern Area of Pi State Delta Kappa Gamma chapters will be meeting in Plattsburgh at the Champlain Valley Transportation Museum on October 1. The event will begin at 10:00 a.m. and will include lunch and tours of two of the four great area museums.

Hopefully our chapter will be well-represented at this event! Reservations are due by September 15th. RSVP information is

attached to this mailing.

This will be a great opportunity for a relaxing trip on a fall weekend and enjoying the splendor of the fall foliage colors!



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### 2011 - 2012 Events

- September 18: Gamma Epsilon Tea at the Dobisky Community Center in Ogdensburg
- October 1: Northern Area Meeting in Plattsburgh, NY - Hostesses: Psi Chapter
- November 19: Silent Auction and Brunch at the GranView in Ogdensburg
- Winter Meetings: TBA
- April Meeting: TAUNY Site in Canton, specific date TBA
- May Meeting: Mullen's in Gouverneur, Carmen Gendebien from Glow Spa in Canton, NY - specific date TBA

## “Cooking with Joyce”

Our May meeting was a delightful and “tasty” event as Gamma Epsilon member, Joyce Yianoukos told us stories of Greece, demonstrated how to prepare Baklava and made some of her best-loved Greek dishes. Our tasty cuisine included:

**Pastitsio** (Greek Lasagna with pasta, cheeses and meat filling)

**Spanikopita** (Spinach and cheese Pie layered with filo sheets)

**Dolmathes** (Rice stuffed Grape leaves)

**Kalamata olives** (from the Yianoukos grove in Tsintzina, Greece)

**Tossed Salad**

**Baklava** (Syrup and nut dessert)

Words cannot describe just how delicious these entrees and desserts were. Many, many words of thanks go out to Joyce for all her efforts in making this the memorable meeting that it was!!

If you are interested in making some of these dishes yourself, Joyce has shared her “secret family recipes” with us in this publication.



### RAVINI (Greek Lemon Cake) (Joyce Yianoukos)

#### CAKE

1 Cup Butter  
1 ¼ Cup Sugar  
4 Large Eggs  
2 Cups Cake Flour (Softsilk) + 1 ½ t. baking powder

Cream butter and then add sugar gradually. Beat until fluffy.  
Add yolks and beat well.  
Stir in flour mix. Mix until smooth.  
Fold in stiffly beaten egg whites.  
Turn into 9x 13 glass pan and bake at 350 for 40 minutes.

#### SYRUP (Prepare ahead of time and cool)

2 Cups Sugar (3 Cups for more moist)  
2 Cups Water (3 Cups for more moist)  
1 Lemon  
2-4 Cinnamon Sticks  
(I usually make a little extra syrup for a more moist cake. To do this, increase the water and sugar to 3 cups each.)

Bring to a full boil and then turn down to simmer-boil for about 10 min. Cool. Right when the cake comes out of the oven and is still hot, pour **some** of the cooled syrup over the cake. Cut into diamond shapes. Pour on the rest of the syrup.

After the cake cools and the syrup has been absorbed, remove the pieces from the pan and place in muffin cup holders.



12/06

## Pastitsio

( Joyce Yianoukos)

1 lb. Ronzoni-Mostaccioli Rigati #86 (or penne pasta)  
½ c. butter  
1 lb. ground meat  
1 garlic clove  
½ can tomato paste  
½ c. white wine  
1 med. Onion  
1 T. salt and ½ t. pepper  
½ t. cinnamon  
6 oz Romano Cheese (I always throw in a little more)



Cook pasta with 1 T. salt. Let pasta drain. Add ¼ c. butter over the pasta. Then add 4 oz. Romano cheese.

Beat 2 eggs and pour over the pasta. Fry the chopped onions and garlic clove in a little butter. Add the ground meat and brown. After the ground meat is browned add the ½ c. white wine, ½ can tomato paste and ½ cup water to the hamburger mixture. Bring to almost a boil and then simmer for 15 min. Add salt, pepper and cinnamon to the hamburger mixture.

In a 9x13 pan put half the pasta mixture in the bottom of the pan. Next, layer all the hamburger mixture over the bottom layer of pasta. Layer the rest of the pasta on top of the hamburger mixture.

### White Sauce

1 qt whole milk  
2 eggs (beaten)  
4 T. corn starch  
1/8 t. salt  
1/4 c. butter

Melt the butter in a sauce pan and add the corn starch. Add milk a little at a time. Keep stirring on low heat until thickened. (This takes a while so I turn the heat up a bit to shorten the process) Add salt and remove from stove. Keep stirring until slightly cool. Add beaten eggs and mix well

Spread the cream sauce over the pasta dish. Use a knife and poke little holes throughout the pasta mixture so the cream sauce penetrates the mixture. Sprinkle with cheese so it covers the top (about 2 oz.).

Bake in moderate oven (350) for 40 min. (I sometimes let it cook longer if the mixture looks too loose.) Remove from the oven and let the dish stand for about ½ hour before serving. This gives the dish a chance to firm up a bit.

## Dolmathes (Stuffed Grape Leaves)

(Jean/Gus Thomaris)

### Ingredients

Jar of grape leaves (Buy at Co-OP)-about 50 per jar  
2 cups grated onions or 1 lg. onion chopped and fried in butter till golden  
1 c. lemon juice with grated lemon rind  
½ cup rice  
2 t. salt  
pepper to taste  
1 t. mint  
2 t. Crisco



### Directions

1. In a bowl, mix all ingredients except leaves.
2. Boil the leaves for 5 min. Cool in cold water
3. Put one teaspoon of mixture in center of one large leaf or two small leaves being sure that shiny side of leaf is underneath or on the outside when rolled. Carefully fold over top and sides like an envelope and roll up like a miniature log.
4. Using a big pot, place a few coarse leaves on the bottom of the pot. Carefully arrange the rolls on top, side by side and in layers until all filling and leaves are used.
5. Pour 2 c. water and ½ c. olive oil over the rolls. Place a heavy plate on top so they can't float in water.
6. Simmer for 35-40 minutes until all the liquid is gone.
7. Turn pot upside down so rolls end up on plate. Line each Dolmathes on another tray and cool.
8. Serve as an appetizer with your favorite cheeses or use as a side dish for dinners.

## Spanikopita

(Sophia Yianoukos/Joyce Yianoukos)

2 bags leafy spinach (10 oz each)  
1 ½ lb. feta cheese  
1 sm. Container small curd cottage cheese  
1c. grated Romano cheese  
2 red onions chopped and sautéed w/ ½ c.  
olive oil  
2t. mint leaves crushed  
1t. salt  
6 beaten eggs (Beat till foamy)

Mix all ingredients together and put aside.  
Take filo and layer pan, buttering each layer  
(10 sheets). Distribute the spinach mixture  
over the filo. Layer top with 10 sheets of but-  
tered filo. Cut into small squares being careful  
not to cut the bottom layers of filo (I find if I  
do this then the bottom comes out crispy).  
Sprinkle with a little water and put in oven.

I use a 13x17 jelly roll pan for this amount.  
Cook on the lowest oven rack so the bottom is  
crispy when done. Cook at 400 degrees for the  
first 10 minutes and then reduce heat to 350  
degrees for the remaining 35 minutes.

## Vasilopita (Easter Bread/Sweet Bread)

(Joyce Yianoukos/Sophia Yianoukos)

4 Pkg. yeast  
2 cinnamon sticks  
1 ½ c. water  
5lbs. Flour plus 4 cups more  
4 1/2c. sugar  
1 Doz. Eggs  
1 qt. milk scalded then cooled  
1T. mastika (optional)  
1lb. melted butter  
sesame seeds

Beat a dozen eggs and 4 c. sugar in a bowl  
until fluffy. Boil 2 cinnamon sticks in the  
water and cool. When cool dissolve the yeast  
in the cinnamon water. Warm milk in a pan.  
Dissolve the yeast in the cooled cinnamon  
water. Mix mastika and flour in a large bowl.  
Then add the milk and egg mixture and the  
water-yeast liquid. After you mix for a few  
minutes, add butter little by little kneading  
the dough until all is mixed. Put in warm  
oven for about 2 hours.

Knead dough about 1 minute and let rise  
again in warm oven (about 1 hour). Knead  
and divide into balls for pans. Fill each pan  
about half full. Sprinkle sesame seeds on the  
top. Let rise to the top of the pans in warm  
oven (20-40 minutes).

Visit our website at:

<http://www.deltakappagamma.org/>  
NY.Gammaepsilon/



INTERNATIONAL SOCIETY FOR KEY WOMEN EDUCATORS  
**DELTA KAPPA GAMMA**

# Baklava

(Joyce Yianoukos)



## Syrup

5 c. sugar  
2 1/2 c. water  
1/2 lemon  
1 Cinnamon stick

Squeeze juice from the lemon and save. In a large pan on the top of the stove combine the sugar, water, cinnamon stick and the rind from the 1/2 lemon you just squeezed. Bring contents to a boil and continue boiling for 10 minutes. (Do not cover and be sure no water touches the syrup once it starts boiling. One drop of water will ruin the syrup.) After boiling add the lemon juice and boil 30 seconds longer. Put aside and let cool.

## Filling

1/2 c. sugar  
1/2 t. Mastika (optional)  
8 oz. corn flakes processed med. Fine  
1lb. Walnuts, chopped medium fine  
1 T. cinnamon

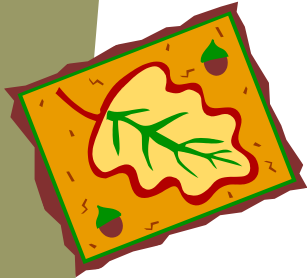
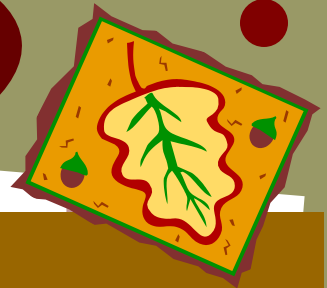
In a bowl, combine all the above ingredients and mix well.

## Layers

1 lb. butter  
1 1/2 boxes Filo dough ( Buy the boxes of Filo that have the larger sheet so it fits your 13x 17 pan exactly).

- With a pastry brush coat a jelly roll pan ( 13x17) with melted butter. Take 10-12 sheets of filo dough and layer on pan brushing each sheet with melted butter.
- Sprinkle the top of the layered filo with 3-4 handfuls of dry mixture –just enough to cover the top sheet. (Don't make the mixture layer too thick- nice thin layer)
- Add four more layers of filo, buttering between each.
- Sprinkle a second layer of dry mixture.
- Add four more layers of filo. buttering between each.
- Add a third layer of dry mixture.
- Cover the third layer of mixture with 10-12 layers of filo, buttering between all layers. Do not butter the top of the last layer.
  
- Now cut the pastry into diamond shapes by: first cutting 1 inch rows lengthwise. (Try to figure how many this would be and even them out across your pan before you actually cut them all the way through). Then turn your pan and, starting in one corner, cut across the rows( 1 inch width) so as to form diamond shape pieces.( I usually get about 70-80 pieces per pan). You are welcome to make the pieces much bigger by cutting wider rows first and then cutting the cross rows the same width.
- Once the cutting is completed butter the top of the diamond shaped pieces and sprinkle with a little water.
- Put in 350 degree oven for 20 minutes. Reduce heat to 325 degrees and bake for another 25-30 minutes. (Pastry should be a light golden brown).
- Remove the pan from the oven and evenly pour the syrup over the hot pastry. If it is done it will sizzle a little while you are pouring.
- Leave the pan uncovered until **completely** cooled! Cover with wax paper and then aluminum foil (Now they have the non stick foil that will take the place of wax paper). Let the pastry absorb the syrup for at least 24 hours.
- Pastry pieces can be placed in foil baking cups and served on a tray.

**Gamma Epsilon Tea  
Dobisky Community Center  
Ogdensburg, New York**



**Gamma Epsilon Chapter of Delta Kappa Gamma**

**Cordially invites you to attend**

**our fall event**

**“Community Connections”**

**September 18, 2011**

**1:45 - 2:00 p.m.**

**Registration & Refreshments**

**2:00 - 2:45 p.m.**

**Nursing Home Presentations**

**Kinney Nursing Home - Gouverneur**

**St. Joseph's Nursing Home - Ogdensburg**

**United Helper's Nursing Home - Ogdensburg**

**2:45 - 3:00 p.m.**

**Tote Bag Presentation: Patty Ritchie**

**3:00 p.m.**

**Business Meeting**

**(There will not be a fee for this event.)**

**Presentation of Tote Bags  
to area Nursing Homes**



**Please remember:**

- **Dues**
- **Toiletries for  
Renewal House**

**R.S.V.P. by Wednesday, September 14th**

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