B'More Greek!

FOUR DAYS OF NON-STOP GREEK FOOD, **MUSIC. DANCING & FUN!**



SUN

Thursday 5-11 pm | Friday & Saturday Noon-11pm | Sunday Noon-10pm

Greek Town Square & Events Center

701 Ponca Street / Baltimore. MD 21224



REGIONAL GREEK

GREEK BEER

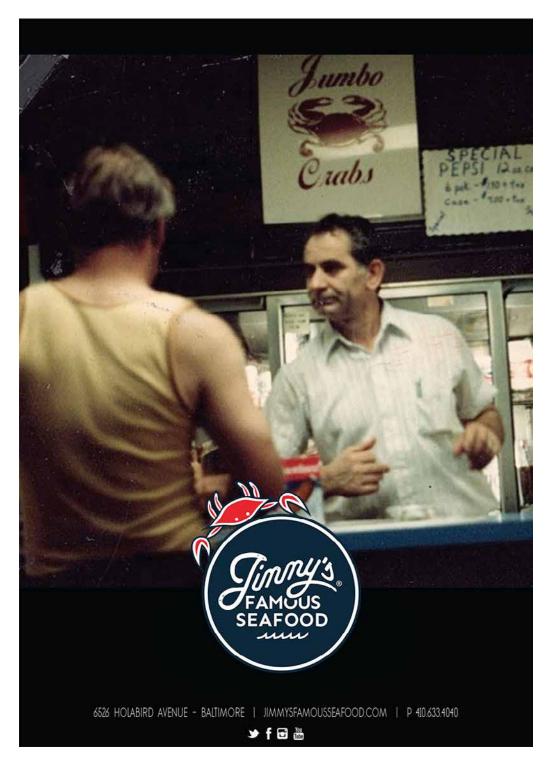


.. AND MUCH MORE

EAT, DRINK, &

GreekFolkFestival.com

Free Admission & Parking 410-633-5020



ST. NICHOLAS PARISH COUNCIL WELCOMES YOU TO OUR COMMUNITY







The St. Nicholas Parish Council thanks you for supporting the Greek Folk Festival.

PARISH COUNCIL
President - Stamatia Ieromonahos
Vice President - Emmanuel Theoharis
Treasurers - Sofia Xouri and John Sfakianoudis
Secretary - Mary Iliadis
Corresponding Secretary - Ioannis Sfakianoudis

BOARD MEMBERS: John Chrissomallis John Korologos Jimmy Kosmas Pete Saliaris Stanley Souranis Vasilios Tserkis

Wishing everyone a Καλό Γλέντι!



SAINT NICHOLAS GREEK ORTHODOX CHURCH



SAINT NICHOLAS GREEK ORTHODOX CHURCH

520 South Ponca Street, Baltimore, Maryland 21224

Office: 410-633-5020-5021; Fax: 410-633-4352 — http://www.stnicholasmd.org
Protopresbyter, Rev. Father Michael L. Pastrikos — Cell: 443-742-8314 — email:frmichael@stnicholasmd.org

June, 2024

Dear Guests of the Saint Nicholas Greek Folk Festival!

It is an honor to welcome you to our annual four-day celebration, which is Maryland's largest and well-attended Greek Event! We greet you with pleasure and hope you will have a great time! Thank you for coming and participating in our festival. Your presence and support are appreciated and hope your love for our Greek culture has increased beyond measure.

We all know that the churches here in America need these successful events to continue to do their great work. So, by offering your participation, the church in turn offers this beautiful experience.

These days, the neighborhood of Greektown is filled with the aroma of the delicious dishes and desserts, prepared with much care and love by the ladies and gentlemen of our community. More importantly, there is the ever presence of love for the Greek traditions, the customs, and values that the first generations brought from their homeland and are kept alive and presented to you these days with love. We offer Greek music, songs, traditional dances, exhibitions, our delicious Greek cuisine for everyone; and more importantly, our Greek hospitality. We hold these values in high esteem and wish that all guests will come away with these same feelings.

There are no words to express our thanks and gratitude to everyone who worked hard and helped in all areas of festival preparation over the past months. May their labor of love become a prayer of thanksgiving to God who will reward them with His rich blessings. We thank the City of Baltimore, the Festival Committee, the Parish Council and all organizations for their excellent cooperation and generous volunteering. We hope you have an unforgettable experience. I look forward to welcoming you and meeting you in person at the festival.

God bless and protect all of you.

With love of Christ, Protopresbyter Georgios Oikonomou

IC XC NI KA METROPOLIS OF NEW JERSEY

SAINT NICHOLAS GREEK ORTHODOX CHURCH

520 South Ponca Street, Baltimore, Maryland 21224

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Protopresbyter, Rev. Father Michael L. Pastrikos — Cell: 443-742-8314 — email:frmichael@stnicholasmd.org

June, 2024

My beloved parishioners and friends of the Saint Nicholas Greek Orthodox Church,

This year marks our 71st anniversary, and we welcome you to our Parish Festival with great joy, love as we promise that you will have a great time. We hope you will have the most beautiful memories that will bring you back every year with your family and friends.

With the blessings of our priest, Father Georgios Oikonomou, the solidarity of all of the Church Organizations and all other Organizations, the members of St. Nicholas, the numerous volunteers, who always come together every year with love - like one big family, we assure the success of our church's Greek Folk Festival.

We thank with deep appreciation, our Chairpersons, Captains and organizations for the countless hours of work they dedicated ensuring that everything was ready for a successful festival.

Come and join us to taste our delicious Greek dishes, hand prepared by our parishioners and watch our talented Dance troupes as we share with you our Culture, Traditions, and our way of Life. We encourage you to stop by our church, our Greektown Square and the many kiosks that will offer you many commemorative gifts for everyone.

The Parish Council of St. Nicholas and I THANK YOU from the bottom of our hearts...our Volunteers who help make our festival better and better every year. We also want to say Thank You, our visitors, who honor us with your presence.

May the Blessings of our St. Nicholas be upon you and may he grant you and your families much health and happiness.

THE BEST IS YET TO COME! HOPE YOU HAVE A GREAT TIME!

With Best Regards,

Stamatia Ieromonahos, President, Parish Council





SAINT NICHOLAS GREEK ORTHODOX CHURCH

520 South Ponca Street, Baltimore, Maryland 21224

Office: 410-633-5020-5021; Fax: 410-633-4352 — http://www.stnicholasmd.org Protopresbyter, Rev. Father Michael L. Pastrikos — Cell: 443-742-8314 — email:frmichael@stnicholasmd.org

June 2024

Dear St. Nicholas Parishioners, Supporters and Friends,

It is with great pleasure that I warmly welcome you to the Saint Nicholas Greek Folk Festival this year. We are delighted for the return of our full festival and are honored to share our wonderful traditions and culture with you.

Over the next four days our goal is to provide you with memorable experiences. Take time to follow our cooking demonstrations, listen to traditional and modern Greek music, and watch traditional Greek folk dancing performed by the youth and adults of our community and our sister churches across Maryland and Virginia. Please visit our lovely vendors. Let's not forget to mention all the delicious Greek food, pastries, and drinks we invite you to enjoy.

I would like to take a moment to thank our incredibly dedicated volunteers who have been tirelessly working months in preparation of this weekend. Thank you to all our station captains who helped facilitate this event, without them it would not be possible. Thank you to our sponsors for your generous donations. On behalf of the entire Festival Committee, the president and members of the St. Nicholas Parish Council, I would like to thank all of you, our guests and friends, who support our community and make our festival a success.

May God bless you and keep you safe.

Warm Regards,

Sofia Xouri Festival Chairperson

FESTIVAL CHAIRPERSON:

Chairperson: Sofia Xouri

STATION CAPTAINS:

AD BOOK: Eva Mavroulis and Adrienne Kourtesis

ALL LOGISTICS AND LICENSING: Kaliope Parthemos

CASHIERS: Stavros Katsas

CHURCH TOURS: Father Georgios Oikonomou and Athena Harris

<u>CAFE AND DESSERT SHOP:</u> Irene Vasilios and the Ladies of Philoptochos

DANCE GROUP COORDINATOR: Foula Paragios & Vasilios Philipou DESSERT STATIONS: Moschoula Koukidis & St Nicholas Diamonds

ELECTRICAL: Stanley Souranis

ENTERTAINMENT: Tony Pearce & Spiros Alafassos FINANCE: Foula Mastrovasilis and Popi Paragios

FIRST FLOOR BAR: Perry Likakis

FOOD DEMONSTRATIONS: Despina Pikounis

FOOD PREPARATION COORDINATORS: Spiros Qirjakos, John Korologos, Jimmy Kosmas, Miltiades Cossis

FRAPPE/COFFEE: Colette Sakellis and Kalliopi Fantis

ICE CREAM/BAKLAVA SUNDAES: Despina Pikounis

INVENTORY: Sofia Xouri

KIDS ZONE: Saint Nicholas Greek School and PTA KITCHEN: John Korologos and Spiros Qirjakos

LEMONADE: Maria Theoharis

LOUKOUMADES: Sfakianoudis Family

MAIN DINING HALL: Lemonia Stakias and Family
MAIN DINING ROOM BAR: George Stakias

MARKETING: Spiros Alafassos

MEZE GRILL: Gus Atsalis & John Paragios
OCTOPUS PREPARATION: Spiros Qirjakos
OUTSIDE BAR: Sophia Gerapetritis and Family

PLATEIA OUTSIDE BUFFETT LINE: Stamatia Ieromonahos RAFFLES: Voula Argetakis, Popi Paragios, Vasso Koumoudis

RELIGIOUS ITEMS: Emily Cossis

SECURITY: John Chrissomallis, Jimmy Stakias, and George Stakias

VEGETARIAN KITCHEN: Philoptohos

VENDORS: John Sfakianoudis, Manolis Theoharis WATER/SODA STAND: Saint Nicholas G.O.Y.A

SINCERE THANKS and appreciation to our generous donors who assisted in defraying the cost of our festival. Also, we cannot forget to thank those who spent endless hours preparing and making the delicious Greek food and sweets, working at our many indoor and outdoor stations, assisting with the setup and teardown, and all other aspects of our festival.

A huge thank you to everyone who made it happen! May God continue to bless our beloved St. Nicholas Church and those who support it!

ENTERTAINMENT SCHEDULE:

Thursday	OUTDOOR AMPHITHEATER	INDOOR - 2nd FLOOR
5-6:30	DJ	See Dance Group Schedule - Pg. 13
6:30pm	Opening Ceremonies	
7pm - 11pm	Apollonia Band	

Friday	OUTDOOR AMPHITHEATER	INDOOR - 2nd FLOOR
12pm - 7pm	DJ	See Dance Group Schedule - Pg. 13
7pm - 11pm	Golden Flame Band	

Saturday	OUTDOOR AMPHITHEATER	INDOOR - 2nd FLOOR
12pm - 7:00pm	DJ	See Dance Group Schedule - Pg. 13
7:00pm - 11pm	Niko Moudatso and Band	
11pm - 2am		Greek Night - DJ Grigori and Niko Moudatso
		& Band (Doors open 10:30pm)

Sunday	OUTDOOR AMPHITHEATER	INDOOR - 2nd FLOOR
12pm - 7:00pm	DJ	See Dance Group Schedule - Pg. 13
7:00pm - 11pm	Golden Flame Band	









BOOK YOUR EVENT WITH US

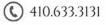
wedding receptions \birthday parties\anniversary
celebrations\business meeting\class reunions\
bull roasts\fundraisers















EVENT SCHEDULE BY LOCATION:

AT THE **CHURCH**:

Guided CHURCH TOURS

Friday @ 6:00 | Saturday & Sunday @ 1:00, 3:00, 5:00 (Self-guided also available)

COOKING DEMONSTRATIONS (Free Samples!) Recipes can be found on pages 88-93

Friday	CHURCH ATRIUM	CHURCH
6:00		Guided Church Tour
Saturday	CHURCH ATRIUM	CHURCH
1:00		Guided Church Tour
2:00	Koulourakia - Kyriala Cornias	
3:00		Guided Church Tour
4:00	Biftekia - Toula Papavasili	
5:00		Guided Church Tour
6:00	Spanakorizo - Dr. Mary Kamos & Angelo Nakos	
Sunday	CHURCH ATRIUM	CHURCH
1:00		Guided Church Tour
2:00	Spanakopita Cookies (Savory) - Despina Pikounis	
3:00		Guided Church Tour
4:00	Tzatziki & Hummus - Demos & Nancy Anastasiades	
5:00		Guided Church Tour













AT THE **PLATEIA**:

DANCE GROUPS

Enjoy performances from a wide variety of dance groups from the area



Thursday	PLATEIA-2ND FLOOR	PLATEIA AMPHITHEATER
5:00		
5:30	Hellenic Golden Coins Juniors	
6:00	Hellenic Golden Coins Senior	Hellenic Golden Coins Junior
6:30		Hellenic Golden Coins Senior
Friday	PLATEIA-2ND FLOOR	PLATEIA AMPHITHEATER
5:00	Hellenic Golden Coins Junior	Bilingual Early Education Center
5:30	Panhellenic	Hellenic Golden Coins Junior
6:00	Demetrakia I & II	Panhellenic
6:30	Hellenic Golden Coins Senior	Demetrakia I & II
7:00		Hellenic Golden Coins Senior
Saturday	PLATEIA-2ND FLOOR	PLATEIA AMPHITHEATER
1:00	Greek School	
1:30	Hellenic Golden Coins Junior	Greek School
2:00	Panhellenic	Hellenic Golden Coins Junior
2:30		Hellenic Golden Coins Senior
3:00	Hellenic Golden Coins Senior	Sts. Mary Magdalene & Markella
3:30	Greek School	Hellenic Golden Coins Junior
4:00	Panhellenic	Hellenic Golden Coins Senior
4:30		
5:00		Diagoras Rhodian Society
5:30		Panhellenic
6:00		Byzantio
6:30		Olympian Brotherhood
7:00		DANCE PLAY BY H.G.C.
Sunday	PLATEIA-2ND FLOOR	PLATEIA AMPHITHEATER
1:00	Hellenic Golden Coins Senior	Hellenic Golden Coins Junior
1:30	Hellenic Golden Coins Junior	Hellenic Golden Coins Senior
2:00	Evangelakia	Filakia
2:30	Filakia	Evangelakia
3:00	Demetrakia V & VI	Greek School
3:30	Greek School	Demetrakia V & VI
4:00	Panhellenic	Demetrakia III & IV
4:30	Demetrakia III & IV	Hellenic Golden Coins Junior
5:00	Panhellenic	Hellenic Golden Coins Senior
5:30	Greek School	Panhellenic
6:00		Diagoras Rhodian Society
6:30		Olympian Brotherhood
7:00		DANCE PLAY BY H.G.C.

MEZZE GRILL TENT MENU

Find these dishes in the outdoor pavilion under the tent

Noon - IIpm

Pork Souvlaki on a Stick \$7.00 Marinated pork tenderloin served on a stick served with a piece of baguette

Chicken Souvlaki on a Stick \$7.00 Marinated chicken served on a stick served with a piece of baguette

Octopus w/French Fries & Pita \$20.00 Grilled to perfection Mediterranean style

Grilled Baby Lamb Chops (4) \$26.00 Served with potatoes and green beans



Chicken Souvlaki on a Stick

Shaved Lamb Sandwich \$15.00 w/French Fries

A generous portion of sliced lamb served on a kaiser roll dipped in lamb au jus, served with tsatsiki

Marithes Tiganites \$12.00 Small fried smelts

French Fries \$6.00

Greek Salad Small \$5.00 Large \$10.00

Fresh lettuce, tomatoes, cucumbers, Greek olives, feta cheese with Greek dressing



Grilled Baby Lamb Chops

Item availability and pricing subject to change

OUTSIDE DINING WINDOWS

These items can be found at the pavilion windows

Noon-IIpm

WINDOW #1

Pork Souvlaki Pita Wrap \$13.00 w/French Fries - Marinated pork tenderloin served on pita bread with tomatoes, onion, parsley and tzatziki sauce

Pork Souvlaki on a Stick \$7.00 Marinated pork tenderloin served on a stick served with a piece of baguette

Chicken Souvlaki Pita Wrap \$13.00 w/French Fries - Marinated chicken served on pita bread with tomatoes, onion, parsley and tzatziki sauce

Chicken Souvlaki on a Stick \$7.00 Marinated chicken served on a stick served with a piece of baquette

Chicken Tenders (3) \$12.00 w/French Fries

Tenders made of quality white chicken meat

French Fries \$6.00

Tzatziki Sauce \$2.00

Pita Bread \$2.00



Moussaka



Kondosouvli

WINDOW #2

Moussaka Dinner \$15.00 Layers of tender eggplant, potato and ground beef topped with béchamel sauce and grated cheese, small salad and bread

Pastitsio Dinner \$15.00 Layered macaroni and ground beef topped with béchamel sauce and cheese, small salad and bread

Oven Roasted Lemon Chicken \$14.00 Served with potatoes and string beans

Lamb By the Pound

1/2 pound Mkt Price Full pound Mkt Price

Kondosouvli

1/2 pound \$15.00 Full pound \$25.00 Chunks of marinated pork cooked on a long skewer over a charcoal flame

Spanakopita \$6.00 Greek filo dough filled with feta cheese and spinach baked to golden perfection

Tyropita \$6.00 Greek filo dough filled with three different cheeses baked to golden perfection

Dolmathes \$10.00 Tender grapevine leaves filled with ground beef and rice (8)

Greek Salad Small \$5.00

Large \$10.00 Fresh lettuce, tomatoes, cucumbers,

Greek olives, feta cheese & Greek dressing

Extra Dressing \$1.00

SIDES:

 Rice
 \$2.00

 Oven Potatoes
 \$6.00

 Greek Style String Beans
 \$6.00





INSIDE BALLROOM DINING

Find these dishes in our Air Conditioned Ballroom (Plateia 2nd floor)

Friday & Saturday Noon-8pm Sunday Noon-Ilpm

Pork Souvlaki Pita Wrap \$12.00 Marinated pork tenderloin served on pita bread with tomatoes, onion, parsley and tzatziki sauce

Pork Souvlaki on a Stick \$7.00 Marinated pork tenderloin served on a stick served with a piece of baquette

Chicken Souvlaki Pita Wrap \$12.00 Marinated chicken served on pita bread with tomatoes, onion, parsley and tzatziki sauce

Chicken Souvlaki on a Stick \$7.00 Marinated chicken served on a stick served with a piece of baquette

Moussaka Dinner \$15.00 Layers of tender eggplant, potato and ground beef topped with béchamel sauce and grated cheese, small salad and bread

Pastitsio Dinner \$15.00 Lavered macaroni and ground beef topped with béchamel sauce and cheese, small salad and bread

Lamb Shank Dinner \$27.00 Sliced, roasted lamb shank served with orzo (gouvetsi)



Spanakopita \$6.00 Greek filo dough filled with feta cheese and spinach baked to golden perfection

\$6.00 Tyropita Greek filo dough filled with three different cheeses baked to golden perfection

Dolmathes \$10.00 Tender grapevine leaves filled with ground beef and rice (8)

Greek Salad Small \$5.00 Large \$10.00 Fresh lettuce, tomatoes,

cucumbers, Greek olives, feta cheese with Greek dressing

Tzatziki Sauce \$2.00 Pita Bread \$2.00 Extra Dressing \$1.00



Greek Salad

Pastitsio

VEGETARIAN KITCHEN

Plateia - First Floor Noon - I Ipm

Spanakopita \$6.00 Greek filo dough filled with feta cheese and spinach baked to golden perfection

\$6.00 **Tvropita** Greek filo dough filled with three different cheeses baked to golden perfection

Moussaka Dinner \$15.00 With small salad and bread

Stuffed Cabbage w/rice \$12.00

Vegan Dolmathes (8) \$10.00 Tender grapevine leaves filled with rice Stuffed Tomatoes \$14.00 & Peppers (2)

Served wtih roasted potatoes

Briam is a dish of vegetables Potatoes, zucchini, eggplant, peppers, tomatoes—baked in the oven with onions, parsley and olive oil

Greek Style Green Beans \$6.00

Vegan

Gigantes Greek Baked Beans \$7.00

FESTIVAL PASTRIES

Inside Plateia 1st & 2nd Floors All of the Pastries are Homemade with Pride by the Women of our Community

Baklava \$4.00 Thin layers of buttered filo and walnuts topped with honey syrup

Galaktobouriko \$4.00 Custard between thin layers of buttered filo with honey syrup

Karidopita \$4.00 Spiced walnut cake with honey syrup

\$4.00 Kataifi Shredded dough stuffed with spiced walnut filling rolled and dipped in honey syrup

Koulouria \$3.00 Butter cookies in a twist or ring design (5)

Tsoureki \$10.00 **Sweet Bread** \$5.00 **Bougatsa Ekmek** \$5.00 \$4.00 Rizogalo

Ahladakia \$3.00 Soft pear shaped butter cookie stuffed with walnuts, dipped in honey & sprinkled with cinnamon

Diples \$3.00 Fried pastry dough dipped in honey and sprinkled with cinnamon and walnuts

Finikia \$3.00 A moist butter cookie, dipped in honey syrup & sprinkled with walnuts (2)

Kourambiethes \$3.00 Sweet butter cookies topped with powdered sugar (2)

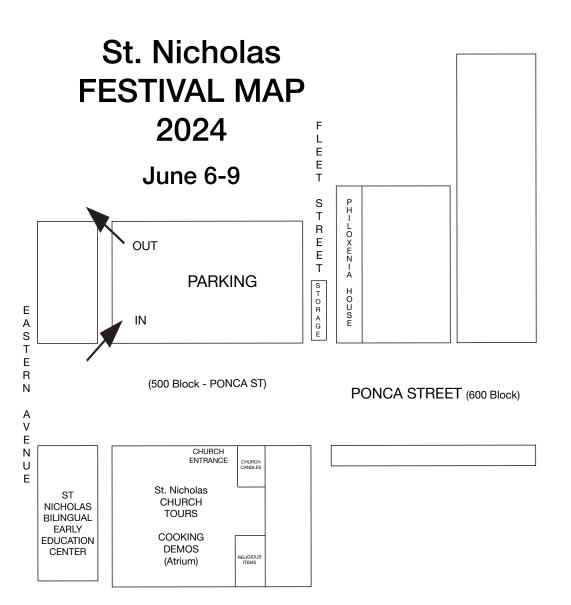
Loukoumathes

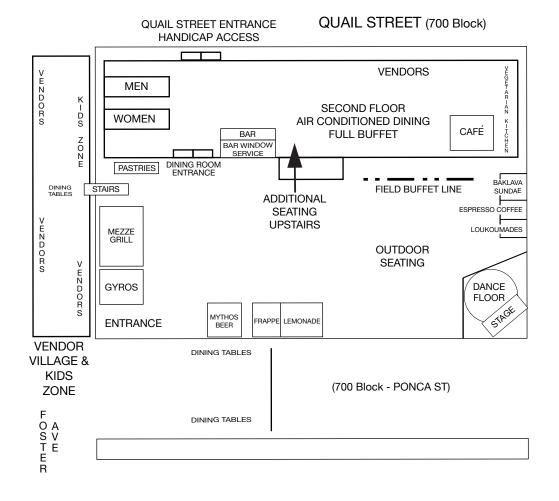
Small \$7.00 • Large \$14.00 Hot deep fried honey puffs with honey syrup

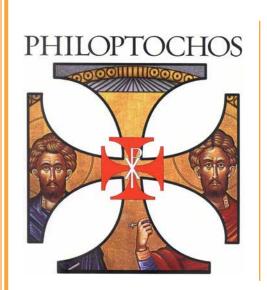
Baklava Sundae \$8.00 **Portokalopita** \$4.00 Pasta Flora \$3.00











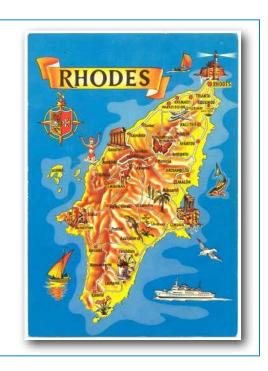
WISHING OUR COMMUNITY A SUCCESSFUL FESTIVAL!

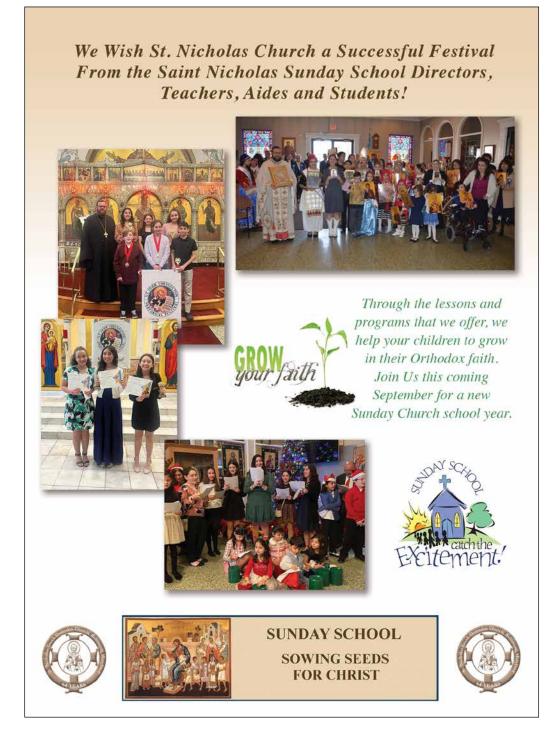
PRAYING FOR A
HEALTHY & SAFE
SUMMER FOR
EVERYONE.

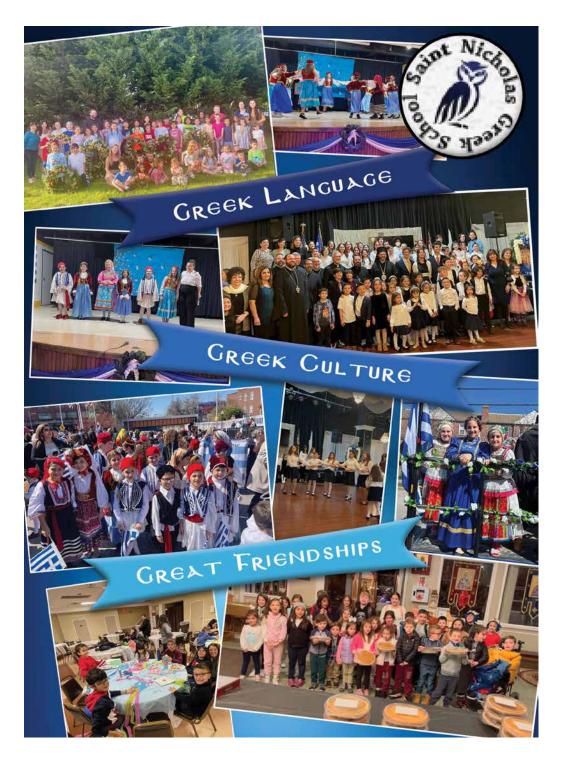
ST. NICHOLAS PHILOPTOHOS

Best Wishes to
St. Nicholas Greek
Orthodox Church
for a Successful
Greek Folk Festival!

The Rhodian Society
of
Maryland "Diagoras"







Best Wishes to St. Nicholas for a Successful Festival!

Thank you for supporting the 2024
Maryland Greek Independence Day Parade!
Σας ευχαριστούμε για την υποστήριξη της
Παρέλασης 25ης Μαρτίου 2024!

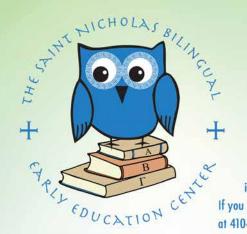


The 2024 Maryland Greek Independence Day Committee

Save the Date for Next Year's Parade!

Sunday, March 30, 2025

www.greekparade.com www.facebook.com/greekparade



A safe, nurturing, home away from home learning center

The Bilingual Early Education Center of Saint Nicholas is hiring full/part time teachers and teachers assistants. If you or anyone you know is interested can contact the center at 410-633-5020 extension #4 or message them on Facebook!



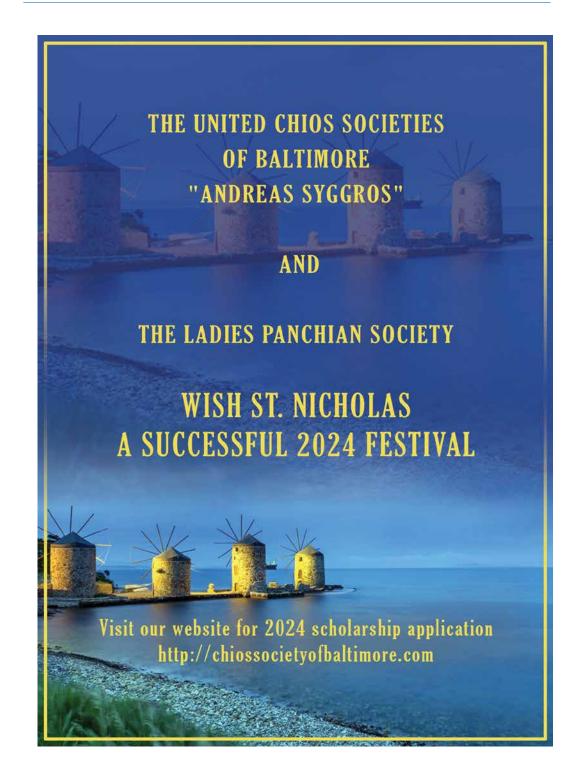
The Saint Nicholas Bilingual Early Education Center provides a safe, nurturing, home away from home learning center. We accept children from 6 weeks untill 5 years of age. We currently have openings for children ages 3-5 in our Preschool room. If you have any questions please feel free to contact our director at 410-633-5020.







502 South Ponca Street | Baltimore, MD 21224 410-633-5020 ext. 4



With Love and Best Wishes

for another successful festival

the St. Nicholas Diamonds



Join us for fun and fellowship and have the time of your life!

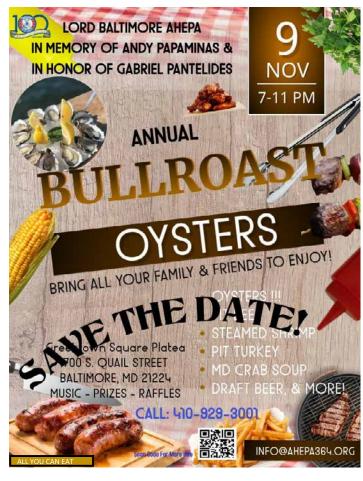




Congratulations for a successful St. Nicholas Greek Folk Festival from



The Lord Baltimore Chapter #364 ORDER of AHEPA





Our Annual Bull and Oyster Roast is coming!!!

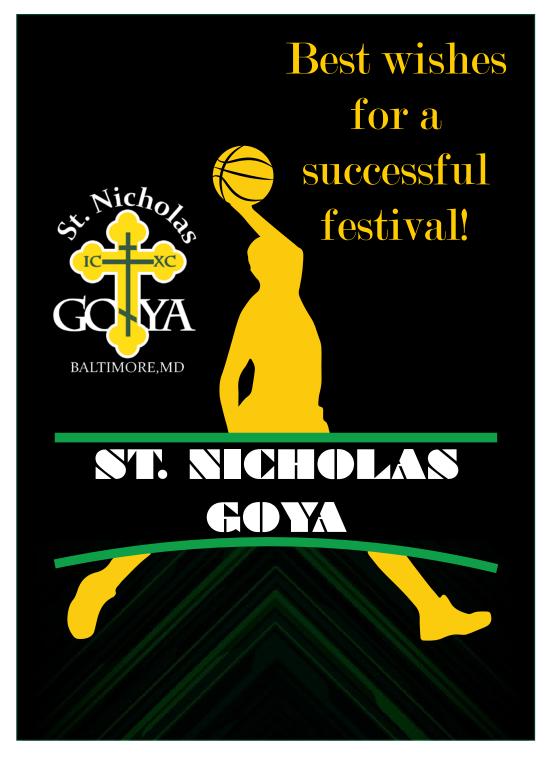
Nov 9, 2024 at Greektown Square Platea



visit www.Ahepa364.org for more information











BEST WISHES FOR A SUCCESSFUL FESTIVAL

ST. NICHOLAS HELLENIC GOLDEN COINS DANCE TROUPE

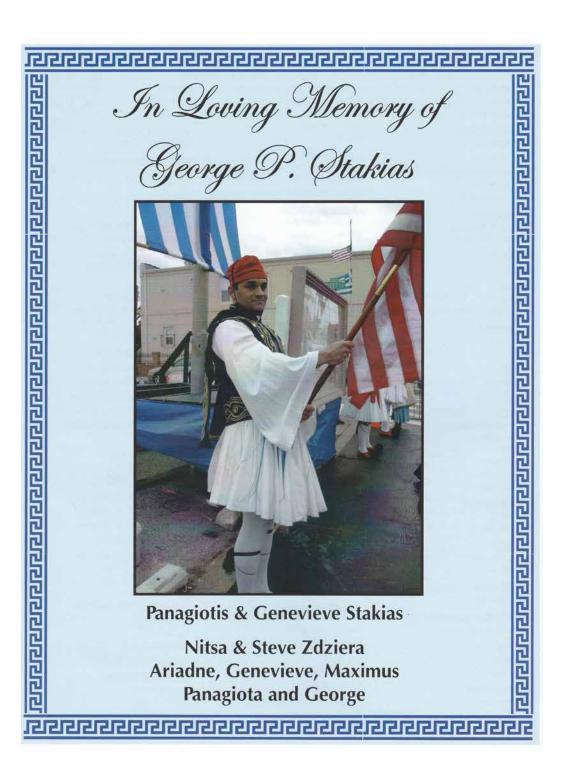
INSTRUCTORS: VASILI PHILIPPOU & FOULA PARAGIOS DIRECTOR: VASSO KOUMOUDIS

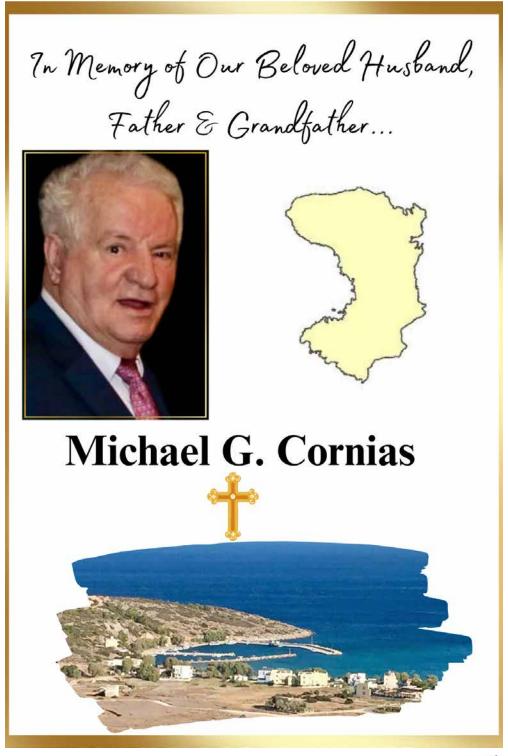
2024/2025 DANCE SEASON WILL BEGIN SEPTEMBER 2024

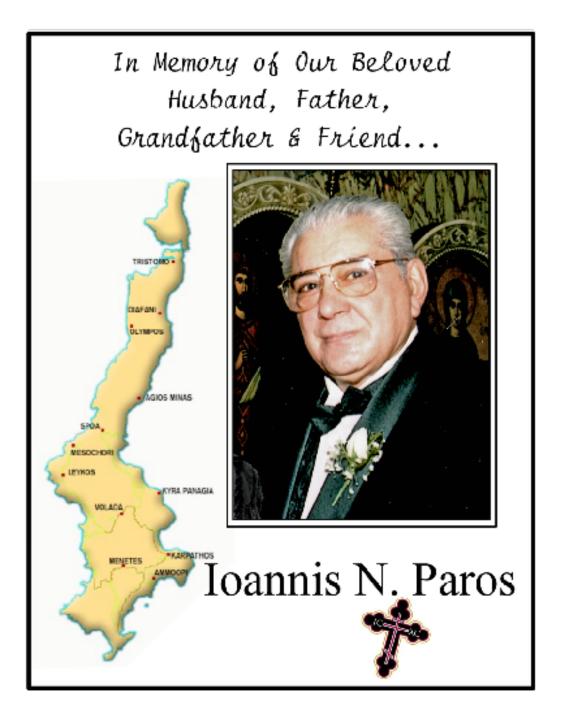
JR. GROUP: AGES 12 – 15 YEARS OLD SR. GROUP: AGES 16 – 18 YEARS OLD

















For more information go to: sttheodores.org/festival or scan code:







Greektown 600 Oldham Street Baltimore, MD 21224 410.675.5292

SAMOS GREEK ISLAND GRILL

Canton Crossing Shopping Center 3745 Boston St. Baltimore, MD 21224 410.276.0165 McHenry Row Shopping Center 1703 Whetstone Way Baltimore, MD 21230 410.244.1714

Samos Restaurant and Samos Greek Island Grill have been proudly serving Baltimore fresh and modern Greek food for the past 6 years!

From our family to yours, we would like to say thank you Baltimore for your continued support of our local, family-owned and operated restaurants.



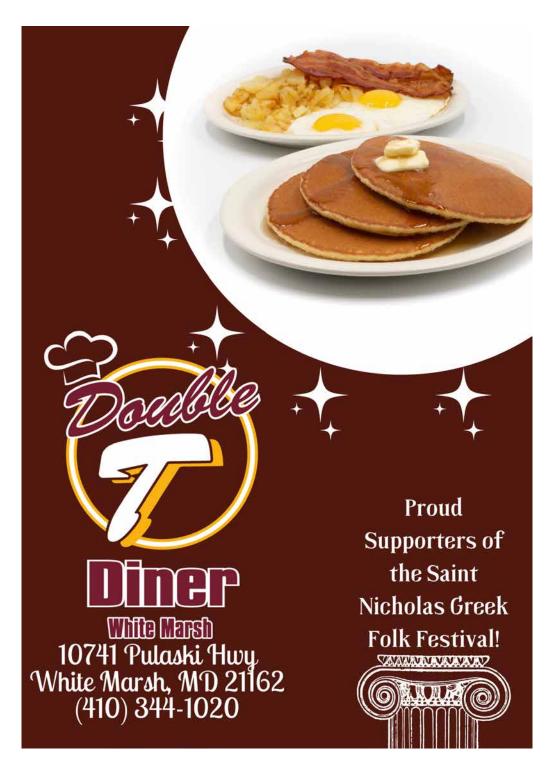
-The Georgalas Family

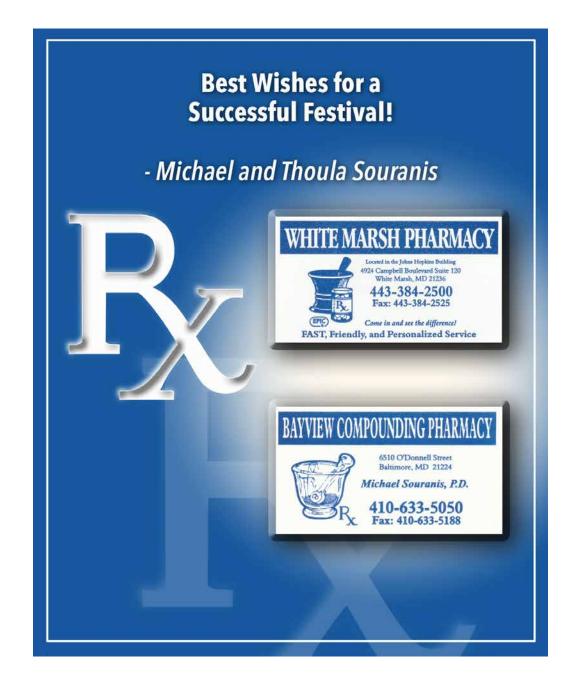
www.SamosRestaurant.com www.SamosCatering.com www.SamosGiG.com













Happy Greek Festival Weekend to Everyone from Team PlayBetter

Spiro, Penny, Katerina, & Christina Alafassos

TITAN

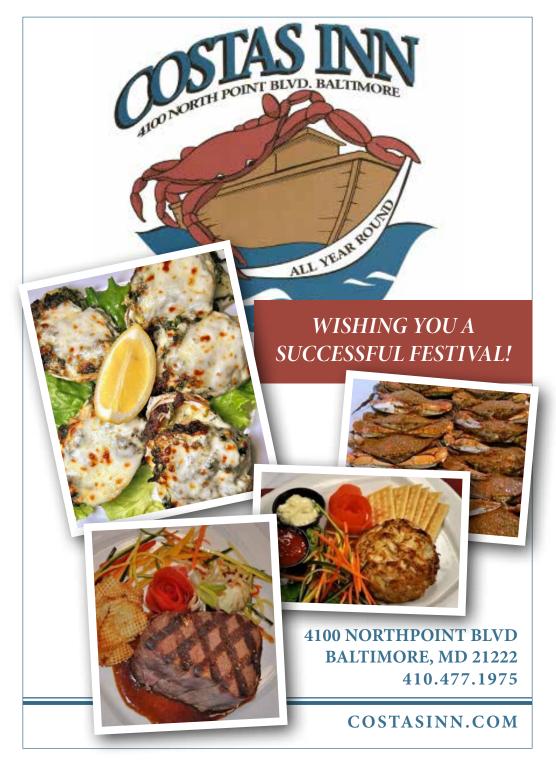
Industrial Services, Inc.

www.titanindustrialservices.com

Industrial Services, Inc. www.titanindustrialservices.com

BEST WISHES TO ST. NICHOLAS FOR A SUCCESSFUL FESTIVAL!

- THE FORAKIS FAMILY



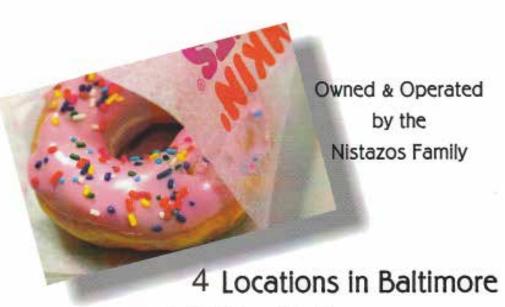


At Yasou Greek Bistro, we use only the finest ingredients to create for you the recipes we learned from our families in our Greek homeland. The passion and dedication we put into cooking for our own families, we put into the food we serve our customers. Come to Yasou, and become a part of our family.

GOOD LUCK AND HAVE A FANTASTIC FESTIVAL!

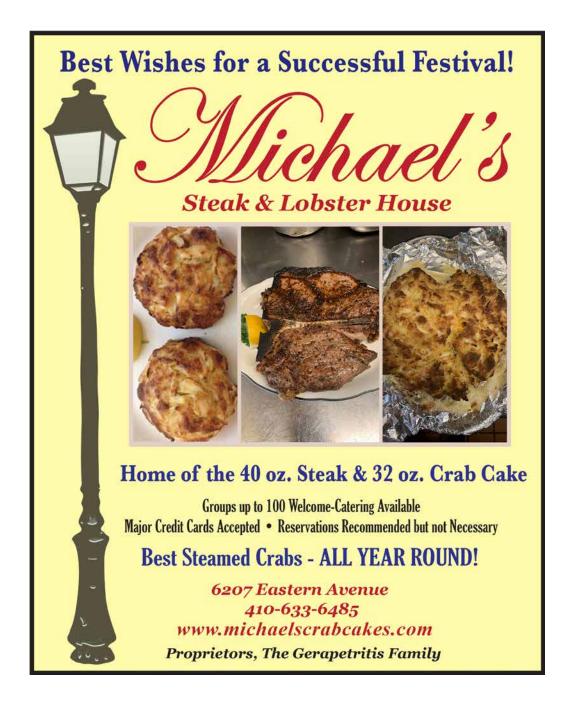
11121 YORK ROAD, SUITE C HUNT VALLEY, MD 21030 PH: 410-527-0208





- \$ 600 Dundalk Ave.
- \$ 3600 St. (in Natty Boh Center)
- 4022 Pulaski Hwy. & Haven St.
- \$ 1903 Taylor Ave & Perring Pkwy.











to all the Volunteers who make the

Saint Nicholas Greek Festival

a SUCCESS Every Year!











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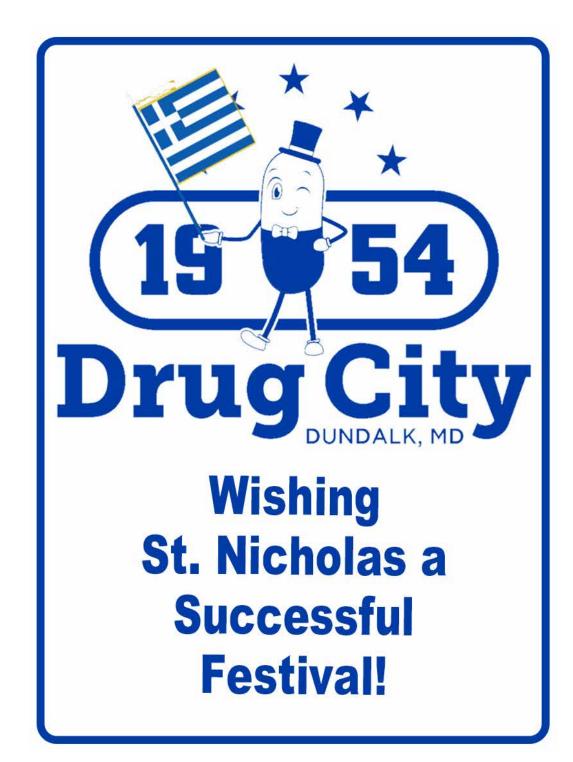


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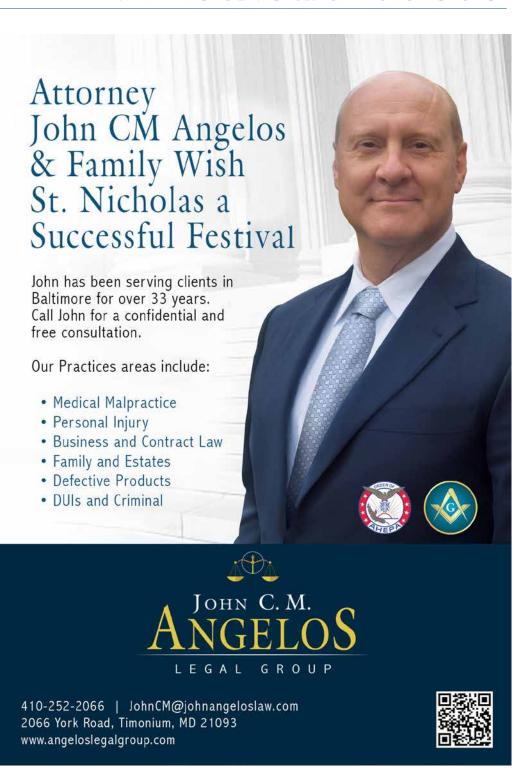
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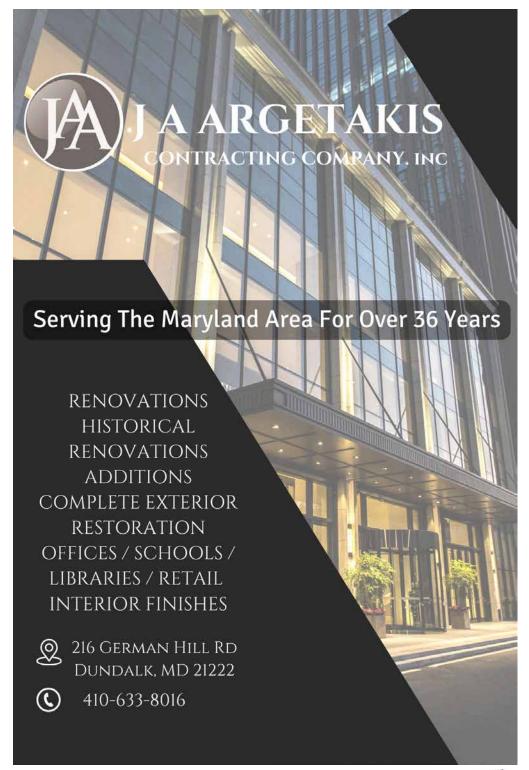


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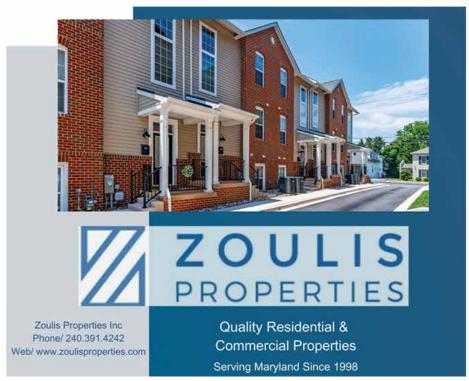
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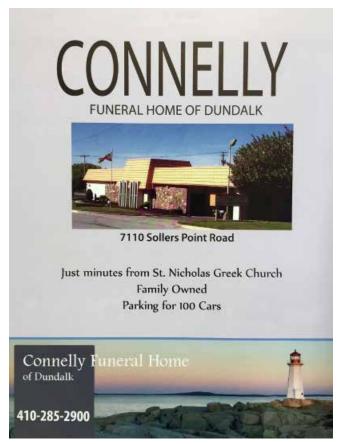






















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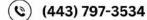


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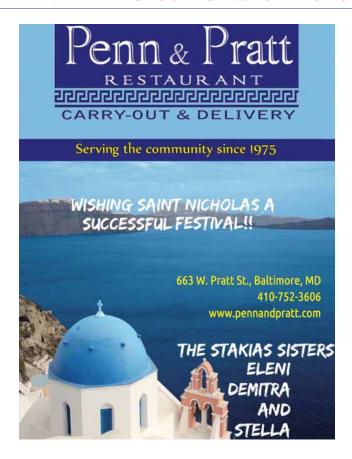
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KOULOURAKIA

Demo by Kyriala Cornias | Saturday @ 2 p.m. - Church Atrium



INGREDIENTS

2 sticks butter

1 1/2 cups sugar

3 eggs

1/2 warm milk

5 cup flour

2 teaspoons baking powder

2 teaspoons vanilla, orange or lemon extract

1 grated orange or lemon zest (optional)

1 egg beaten for brushing

PREPARATION

- Cream butter and sugar, add eggs one at a time
- Beat until creamy, add vanilla
- Mix flour and baking powder together
- Add milk and flour alternately until you can shape the koulourakia into a twist shape
- Brush with a beaten egg
- Bake at 350 until golden brown

BIFTEKIA

Demo by Toula Papavasili | Saturday @ 4 p.m. - Church Atrium

Biftekia are Greek-style meat patties that are typically made with ground beef or lamb, seasoned with various herbs and spices

INGREDIENTS

1 pound ground beef or lamb (you can also use a mix of both)

1 small onion, finely chopped

2 cloves garlic, minced

1 egg

2 tablespoons fresh parsley, chopped

1 teaspoon dried oregano 1/2 teaspoon dried mint Salt and pepper to taste Olive oil (for cooking) FOR SERVING

Tzatziki sauce Pita bread or rice

Greek salad (optional)



PREPARATION

Prepare the Meat Mixture:

In a large mixing bowl, combine the ground meat, chopped onion, minced garlic, egg, parsley, oregano, mint, salt, and pepper. Use your hands to mix everything together until well combined.

Shape the Biftekia:

Divide the meat mixture into equal portions and shape them into oval or round patties, about 1/2 to 3/4 inch thick. You can make them smaller for appetizer-sized portions or larger for main course servings.

Cooking:

Heat a non-stick skillet or grill pan over medium-high heat and lightly grease it with olive oil. Once the pan is hot, add the biftekia patties in batches, making sure not to overcrowd the pan. Cook for about 4-5 minutes on each side, or until they are nicely browned and cooked through. You can adjust the cooking time based on your desired level of doneness.

Serve:

Transfer the cooked biftekia to a serving platter and serve hot with tzatziki sauce on the side. You can also serve them with pita bread or rice and a Greek salad for a complete meal.

Enjoy:

Dig in and enjoy the flavorful Greek biftekia!

Feel free to adjust the seasonings and herbs according to your taste preferences.



SPANAKORIZO (Greek Spinach Rice)

Demo by Dr. Mary Kamos and Angelo Nakos | Saturday @ 6 p.m. - Church Atrium

INGREDIENTS

3 tablespoons olive oil

1 large onion diced

4 scallions chopped

1/2 cup long or medium grain rice

1 pound of fresh or frozen spinach

3 tablespoons chopped dill

1 cup water

1 tablespoon tomato paste

Salt & Pepper to taste

Lemon juice (optional at the end)

Feta cheese (as a topping)



PREPARATION

- Add olive oil to a pot and allow to get warm. Add both types of onions to pot and cook and stir about 3-4 minutes until translucent.
- In the oil onion mixture add the rice and stir for about one minute or so for the rice to get the flavor of the onions.
- Next, add the spinach, dill, water, tomato paste, salt and pepper. Once all ingredients have come to a boil, quickly cover the pot and cook on low for about 20 to 25 minutes. Stir every few minutes and adjust seasoning to your liking. To plate, put some into a bowl and top with lemon juice and feta! Enjoy!

SPANAKOPITA COOKIES

Demo by Despina Pikounis | Sunday @ 2 p.m. - Church Atrium

INGREDIENTS

1 egg lightly beaten
4 tablespoons olive oil or melted butter
1/4 cup Greek yogurt
1 1/2 cups chopped baby spinach
1 tablespoon chopped dill
1 tablespoon chopped scallions
Salt and pepper to taste
4 ounce feta cheese crumbled
1/3 cup shredded mozzarella cheese
One cup self rising flour ***



PREPARATION

- Preheat oven to 350° and line a baking sheet with parchment paper.
- In a large bowl whisk together the egg, oil, and yogurt until smooth. Add in the spinach, dill, scallions, salt and pepper to taste, feta, mozzarella, and mixed to combine.
- Next sift in the flour and mix to combine. Mixture will look dry but keep mixing to incorporate everything you can use your hands if necessary.
- Form balls and press down slightly. Bake until golden about 17 to 20 minutes.
- Yields 13 cookies.

*** If you don't have self rising flour, use this instead:

1 cup all purpose flour with 1 teaspoon baking powder, 1/4
teaspoon baking soda and 1/2 teaspoon salt

ENJOY!!!



HOMEMADE HUMMUS & TZATZIKI SAUCE

Demo by Demos and Nancy Anastasiades | Sunday @ 4 p.m. - Church Atrium

Hoummi Kopanisti (Hummus)

INGREDIENTS

1 cup tahini
1 cup lemon juice
24 oz. can chickpeas
1 cup olive oil
½ cup parsley, finely chopped
5 cloves crushed garlic
1/2 tsp. crushed red pepper
1 ½ tsp. salt



PREPARATION

- Put 1½ tsp. of salt, red pepper, tahini, and garlic in the food processor and mix well for about 5 minutes
- Open the 24 oz. chickpea can and drain. Once drained, add the chickpeas to the rest of the tahini mixture and beat well until they become a thick paste
- Reduce "speed" and alternately add small quantities of oil and lemon juice a little bit at time
- Once finished, place the mixture into small bowls and garnish with finely chopped parsley
- Enjoy with pita bread

Tzatziki Sauce

INGREDIENTS

3 cups of greek yogurt

1 tbsp of lemon juice or the juice from 1 large lemon

1 garlic clove minced

1 large English cucumber diced (long, skinny, & seedless)

1 tbsp of salt (for salting the cucumber)

1 tbsp of fresh mint chopped

A pinch of ground pepper and salt to taste



PREPARATION

- Peel cucumbers and dice. Put in a colander and sprinkle with the tablespoon of salt (draws water out). Cover with a plate and sit something heavy on top. Let sit for 30 minutes. Drain well and wipe dry with a paper towel.
- In food processor or blender, add cucumbers, garlic, lemon juice, mint, and a few grinds of black pepper. Process until well blended, then stir into yogurt. Taste before adding any extra salt, then salt if needed. Place in refrigerator for at least two hours before serving so flavors can blend.

Thank you

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