

Pastitsio

Step By Step



*Therapeutic advice
for workaholics*

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Mr. Goodies



PASTITSIO

Most likely, this word is foreign to you. Familiarize yourself with it because from now on, pastitsio will become one of your favourite dishes.

Of course, it is a dish that has been around for centuries and well known to the Mediterrean areas of Cyprus, Greece, Egypt and surrounding areas. I fondly remember my mother used to make it very often.

The Italians call it pasticcio!

Basically, that is the name. Try to prounounce it a few times, pas-tea-chi-oh.

Now that I have loosened up your tongue, I will ensure you perfect the recipe so that your tongue will enjoy the taste in a little while.

At one of our regular sales meetings, I mentioned to the staff that "Tonight we were having pastitio for dinner."

The immediate response was, "What? What is that?"

The pastitsio was ready. I spent almost the entire day, creating, taking numerous pictures, positions and enhancements to create this booklet.

By evening, the aroma penetrated the air and they were quickly

familiarized with the dish, its taste and appearance.

I must add that they all enjoyed it immensely.

However, at one moment while I was watching them enjoy the dish, (and there were lots of "mmm's"), by quickly scanning everyone, I noticed that the oriental salesman had made a pastitio sandwich. I was shocked! Never in my dreams did I ever think that I would see such a thing! After spending the time to make it perfect, carefully cutting it into even squares and providing plates knives and forks so that we could enjoy.

At that moment, I asked for a piece of rope to commit suicide.

Everyone looked at me and I signalled with my eyes.. the man who dared to place the pastitio between two slices of bread, squash it down and after several bites of the fallen pieces, he finally managed to take a bite of his pastitio sandwich.

Since I am in the food busines and produce products for all nationalities, I have seen many things in my life. I postponed my suicide attempt until further notice.

However, I was crushed! I was hurt! My heart was broken! Tears came to my eyes but I managed to get the camera and capture the images. You be the judge.

Nevertheless, he stated that it was one of the most delicious foods he has ever had.

(The look is captured on his face.)

Well, enough story telling.

Let us take a break from junk food.

The chips, nuts, cookies and all their relatives and imagine that, after following this recipe, in a little while, you may become one of the greatest chefs of all time.

Now that I have your undivided attention, the recipe I am about to reveal is in a picture format and by the way, I took all of them myself.

So far to date (November, 2009), I have created over 150 recipes on my website and 40 booklets.

These booklets are related to product information, product invention, recipes, personal stories and cherished people and things.

Although I am primarily in the food business, I wrote two very special booklets about animals:

The Koukla Story is related to my three pets. and the Canada Geese story is an account of my experience with this Canadian treasure.

It has been forty years since I started this adventure in the food business. And now with over 1,000 items from all over the world, I thank the Lord again and again that I have not had a single recall

experience.

So, to all my dear consumers, here is a recipe to make you proud.

As I have mentioned in other booklets, many people believe that cooking at home is a female thing.

Gentlemen, did you know that cooking is very relaxing and therapeutic and recommended for workaholics like me and you?

Imagine! Going to market and purchasing the items you need for a specific recipe.

It is a wonderful experience!

Recently, I received a telephone call from a gentlemen. He happened to be the Chief Executive of a large accounting firm. He informed me that he had never cooked in his life and that he always enjoyed his wife's cooking which consisted primarily of steaks, roast potatoes, etc.

The usual North American/ Canadian cuisine.

However, he found one of my recipes very appealing and decided to attempt it with the assistance of his wife.

The Stuffed Vegetables which included photos and step by step instructions helped him to create the dish which they both enjoyed.

He also mentioned that he found it so simple, and suggested that I should continue to write more recipe booklets about all of my favourite dishes.

*Here I go, revealing the recipe for
Pastitsio.*

*You will need to purchase one
package of macaroni,*

*When you purchase pasta, each
variety has a number.*

*Regular spaghetti, is number six.
Spaghettini, is number ten. But for
the pastitsiso you need to purchase
the number two or three which have
a hole in the centre approximately
quarter of an inch in diameter.
The purpose of the hole is to allow
juices to penetrate while cooking.*

*Sometimes it is difficult to find
this variety.*

*However, by visiting a Greek or
Arabian store, I am sure you
will be able to.*

*If you are unable to find this
particular pasta, do not substitute
with another one of my products
called Tai Tai Vermicelli. It would
not work. I will provide you with
vermicelli recipes in another
booklet.*

INGREDIENTS:

*2 or 3 onions (even the crying kind
will be okay).*

*The pictures suggest how you
handle the tears.*

*1 bunch of parsley and dill, (if
you like the taste.) 1 pound ground
beef (or chicken or pork), salt, black
pepper, Trinidad Style Hot Sauce,
a 500 gr package of pasta, 1 can
of Crushed Tomatoes, Extra Virgin
Olive Oil (make sure the label states*

*Acidity less than 0.8%),
To fully understand anything
related to Extra Virgin Olive Oil you
must read my book with the title*

Olive Tree.

*I will not guarantee the final
outcome of this recipe unless some
of the above ingredients are under
Mr. Goudas label.*

*As a final touch, I recommend some
Kalamata Olives, Feta Cheese and a
couple slices of Italian bread.*

*By now you should know that if
you plan to invite the guy in the
picture for dinner, it would be
advisable to hide the bread*

INSTRUCTIONS:

*Our step by step photos will guide
you through the process.*

*View them as if you were reading
a book.*

*Fill a large pot bring water to a
boil. Add pasta. Allow to cook for
5 to 6 minutes. Do not over cook
because further cooking is done in
the oven. Drain and set aside.*

*Cut the parsley into small pieces.
Dice the onions (Note how you
handle the crying.)*

*Place ground meat in frying pan.
Cover with water and bring to a
boil. All the while try to break into
pieces. The boiling process creates
brown-coloured foam which is to be
removed.*

Stir occasionally for even cooking.

Once all the water has been evaporated, add 1/2 cup of extra virgin olive oil and fry for a few minutes.

Add the chopped onions, parsley, dill, garlic and crushed tomatoes to the ground meat. Add salt, black pepper and hot sauce. Stir the mixture to blend all the ingredients.

Yes, you may now lick your fingers in anticipation of the delectable results.

When meat is cooked pour over the pasta. Mix well and place in a baking tray 10 x 15 inches size.

Now is the time to make the cream, also referred to as bechamel.

You may purchase a package of prepared bechamel or create it as follows:

In a frying pan melt 100 - 150 grams of butter. Add 1 large cup of all purpose flour. Stir.

Beat 2 eggs well and add to frying pan along with one litre of 3.25% milk. Stir well to blend all ingredients. (Or you may simply use a blender.)

Evenly pour cream over the pasta. Cover with foil paper.

Ensure that the foil paper is longer and wider than the baking tray to allow for proper folding over the edges.

This allows the steam created by the cooking to remain within the tray.

SUGGESTED COOKING TIME is 30 to 40 minutes at 420 degrees.

After the 30 to 40 minute time period, you are allowed to taste.

Remove the foil. Cook uncovered for an additional few minutes to achieve a beautiful colour.

Allow the Pastitsio to sit for a couple hours before eating. Should you try to eat immediately after cooking it will fall apart.

I know you will be anxious to eat it right away but resist the temptaion. It will be worth the wait.

Leftovers, if any, may be refrigerated for 2 to 3 days.

Well, was this not an enjoyable experience! You should be proud. Now go impress your friends!

Every portion of this dish is a mouth watering experience.

It is November, 2009 and so far the weather here in Canada has been incredible.

No snow, we are confused. I took these pictures at the time that I was creating this recipes and finally, I called my secretary to type it for me











due to the fact that I type with one finger and it would have taken me forever and full of typing errors.

*I leave you with one thought:
I spent a lot of time creating
this recipe.
Please enjoy it.*

I intend to publish a wonderful recipe for Eggplant called Imam.

I know that you picked up this booklet somewhere free of charge.

But remember, later on from now, when I can no longer write them, this booklet and others will be collector items and priceless!



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