

# GIVE IT A GO

SIOBHAN CALAFIORE LEARNS NEW DISHES

## We try GREEK COOKING

### The promise

After years of frustration over the lack of traditional foods available with no preservatives or additives, Niki Louca quit her job and began running Greek cooking classes at her Templestowe home. The classes allow Niki to share the healthy Mediterranean dishes, cooking techniques and traditions from her Greek-Cypriot upbringing.

### The reality

In three hours we manage to make and eat five dishes: bourkouri (burghul wheat pilaf), prawn saganaki, gemista (stuffed vegetables), Greek salad and ricotta cigars. The informal class allows everyone to join in chopping vegies, stuffing capsicums and zucchinis and wrapping fresh ricotta in filo pastry. As we work on the dishes Niki reveals her tips and tricks, from where she gets her fresh produce – many vegies are home-grown – to her preferred equipment. She's a funny and delightful person and quickly has the kitchen full of laughter and aromas.

### The pay-off

Sitting down to a delicious feast of food and wine with new friends. The Greek yoghurt



(SIOBHAN CALAFIORE)



mixed through the burghul wheat pilaf is the perfect combo, the prawn saganaki is full of flavour, the stuffed vegetables are tasty and healthy, and the ricotta cigars a standout dessert dish.

### The pain factor

There are no kitchen mishaps under Niki's watchful eye.

### Who should try it?

Anyone interested in Greek cuisine or healthy, flavoursome meal ideas. Don't be discouraged if you're a hopeless cook like me – it's both a fun and informative environment.

### The bill

It depends on the class. The everyday Greek class I did is \$120, while the woodfire oven all-day class is \$180.

### WOULD I DO IT AGAIN?

We're given a copy of the recipes so I'm eager to test the dishes out at home. ●

### My Greek Kitchen

Templestowe, 0412 990 466  
mygreekkitchen.com.au

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## School Tours

Tuesday 3 May, 9-10am

All Levels

Parents and students are invited to take a tour of our facilities and observe our students while they work. Staff will be available to discuss the school's programme and culture.

Tours depart from the foyer of the Performing Arts Centre, 55 Mont Albert Road Canterbury at 9am.

**CAMBERWELL**  
GRAMMAR SCHOOL

For further information please contact the Registrar, Mr Peter O'Connell:

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