

# delicious dish

Greek Cooking - Part 2  
Grocery, Tool List and Prep list

Recipe Title	Grocery Fresh	Grocery Dry	Tools Needed	Prep Ahead
Greek Fish with Feta	1 small fennel bulb, optional 2 cloves garlic 1 bunch parsley ¼ lb/115g greek feta 1½ lb. firm white fish (cod, halibut), salmon or 1½ pounds large shrimp (16/20), peeled and deveined	olive oil white wine 1 small can (14 oz/400g) chopped or cherry tomatoes ½ cup breadcrumbs	12-inch oven proof skillet	n/a
Skillet Spanakopita	1 500-gram bag of frozen spinach 2 large leeks or 1 small cooking onion 2 cloves garlic 3 eggs 280 grams/10 ounces greek feta 30 grams/1 ounce parmesan cheese 1 lemon 1 454 gram/1 pound box frozen phyllo 1 stick of unsalted butter	olive oil	Pastry brush 12-inch cast iron skillet or a 9-10 inch springform pan (you can make this in any round pan)	defrost spinach and let drain  defrost phyllo in the fridge over night and then bring to room temp for 1-2 hrs before the class