

Greek Easter: Occasion For Lavish Feast

(NAPSA)—For Greeks across the globe, the Easter feast is a sumptuous culinary event comprised of the many foods given up during a strict 40-day Lent. Even such key foods as olives and olive oil—as well as dairy, meat and fish—may not be eaten during certain periods.

This year, Greek Easter falls on May 5, and many cooks will indulge their families and friends with their favorite recipes. The following traditional appetizer and entrée are from the *Greek Gourmet Cookbook*, available free from Krinos Foods, the nation's largest importer of Greek specialty foods.

Many ingredients in these recipes may be found in Krinos' Fresh Cup imported, premium olives (including pitted and sliced), peppers, marinated vegetables and cheeses. Contained in safety-sealed, reusable tubs, the Fresh Cup varieties are particularly suited for cooking, entertaining and long-term storage in the home pantry.

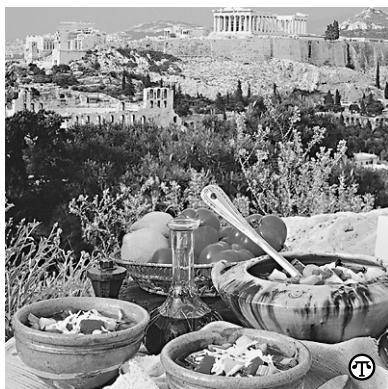
Spicy Whipped Feta and Pepper Spread

- 1 roasted red pepper, rinsed, drained and chopped
- 2 pepperoncini (spicy green peppers), seeded and chopped
- 2 small dried red chili peppers, seeded and chopped
- ½ lb. feta cheese
- 3 Tbsp. olive oil
- Juice of ½ to 1 lemon
- 2 tsp. dried oregano
- Pepper, to taste
- Pitted Kalamata, green or oil-cured olives for garnish

Place first three ingredients in food processor and puree completely. Add feta and oil and puree until creamy. Add lemon juice, oregano and pepper and puree again. Chill, covered, and serve with bread, crackers or vegetable dippers. **Makes 1 cup.**

Chicken with Tomatoes and Olives

Flour for dredging



Olives, olive oil, cheese and peppers are among the key ingredients of the Greek Easter feast.

- Salt, pepper to taste
- 1 medium frying chicken (about 3 lbs.), cut into 6-8 serving pieces
- ½ cup olive oil
- 2 large red onions, chopped
- 3 garlic cloves, minced
- 1 ½ cups peeled, chopped plum tomatoes
- ½ cup dry red wine
- ½ cup feta cheese
- 1 cup pitted Kalamata olives, rinsed and drained
- 1 tsp. dried oregano

Combine flour, salt and pepper on a plate and lightly dredge chicken. Heat ½ cup oil in large, deep skillet and brown chicken on all sides, over high heat. Remove with slotted spoon. Add remaining oil to skillet, and sauté onions until lightly browned. Add garlic and stir for 30 seconds. Place chicken back in the pan. Pour in tomatoes and wine, and season with salt and pepper. Cover and simmer over low heat for about 45 minutes, or until chicken is tender. Ten minutes before removing from heat, add feta and stir until melted, then add olives and oregano. Serve warm. **Makes 6 servings.**

Krinos Fresh Cups are available in supermarket deli sections. They can also be ordered by calling (800) 333-5548 or online at www.3Emarket.com. To order the *Greek Gourmet Cookbook*, send \$2.99 for shipping and handling to: Krinos Foods, Dept #120, 47-00 Northern Blvd., Long Island City, NY 11101. Additional product information and recipes can be