



Maria Benardis

Greekalicious Cooking School

"I love to grow my own herbs because I enjoy watching them grow and get great joy from seeing a seed develop into a beautiful plant."

I am passionate about growing them because it takes me back to my childhood days in Psara, Greece where my grandmother and everyone on the island grew everything. The land and sea was our main source of food supply. I also had my own garden where I grew my herbs, tomatoes, cucumbers, zucchinis etc it was where I escaped and dreamed of my future.

Growing my own herbs on my balcony takes me back to these nostalgic and fond memories.

Using fresh herbs is a quick way to transform ordinary dishes into extraordinary ones!"

Greekalicious Cooking School, Paddington
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BBQ Greek Style Lamb

1-1.5 kg of leg of lamb, cleaned and some of the fat trimmed off and de-boned
6 cloves of garlic, crushed
1-2 teaspoons dry wild oregano
A handful of fresh oregano
1-2 teaspoons dry thyme
2 teaspoons fresh thyme
3-4 teaspoons fresh rosemary
The zest of 1 lemon
The juice of one lemon
Extra virgin olive oil
Sea salt and cracked pepper

Garnish:

1 lemon cut in wedges
Herbed Yoghurt Dip (see below)

Rub the lamb with sea salt, cracked pepper the herbs, garlic, lemon zest, lemon juice and olive oil all over.

Place the lamb on a very hot BBQ and cook until golden brown on both sides or according to your taste. This should take approximately 25-30 minutes.

Let the meat rest for about 15 minutes.
Serve the lamb with the lemon wedges and some herbed yoghurt dip on the side.

Herbed Yoghurt Dip

¼ cup spring onions, chopped
2-3 cloves garlic, sliced
1 cup continental parsley leaves
1 cup dill
¼ cup fresh mint
½ cup basil leaves
1-2 tablespoons lemon juice
2-3 tablespoons olive oil
500 grams Greek-style yoghurt

Place the onions, garlic and herbs in a blender and mix for about 1 minute until they are chopped finely. Add the lemon juice and olive oil and blend for a further 30 seconds until the mixture is smooth.

Place the yoghurt in a bowl and then add the mixture from the blender and fold through gently until well combined.

Refrigerate for at least two hours before serving.

Tips for Growing Basil:

Empty some premium Australian Standard potting mix into a pot, reserving a small amount for covering your seeds.

Add your basil seeds by sprinkling them lightly over the surface.

Sprinkle some of the reserved potting mix lightly over the seeds so that they are just covered.

Water lightly and drain the pot. In 10-12 days your basil seeds will have germinated.

Once the seedlings are 2cm, start watering with Yates Thrive Soluble fertilizer. This can be reapplied every fortnight.

Sweet Basil will be ready to start harvesting in 6 weeks, and is delicious with fresh sliced tomatoes and crusty bread.