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Impair Healthy Healing In People Over The Age Of 30!**

Grilled Lamb Shashliki

By News Canada

Grilled Lamb Shashliki

by: News Canada

(NC)—This is one of those easy recipes with a real Mediterranean feel. If extra guests arrive, stretch the meal with more pita bread, or rice cooked with fried

onions and spinach. Buy some tzatziki, make a Greek salad or serve with thinly sliced cucumbers dressed with sour cream, lemon juice and fresh dill.

Ingredients

3 lbs boneless leg or shoulder of lamb 750 g
1 cup olive oil 250 mL
1/2 cup lemon juice 125 mL
1 tsp each of salt and pepper 5 mL
3 cloves garlic, pressed in a garlic press 3
2 bay leaves, crumbled 2
2 tbsp fresh chopped dill (or 2 tsp/10mL dried dill) 25 mL
whole cherry tomatoes
1 red pepper 1
1 yellow pepper 1
1 large red onion 1

Procedure Trim the lamb of fat and cut into large, 2-inch cubes. Combine the oil, lemon juice, salt and pepper, garlic, bay leaves and dill in a bowl or sealed plastic bag. Add the lamb and toss to coat well. Marinate overnight in the refrigerator or up to 24 hours. Cut the peppers and onion into large chunks. Thread the meat on long metal skewers alternating with tomatoes, peppers and onions. Make sure the meat and vegetables are not crowded on the skewers. You can also cook the meat and vegetables on separate skewers, which gives you more control and ensures the vegetables don't overcook. Grill the meat skewers over direct medium high heat for 8 minutes for rare, or 10–12 minutes for medium,

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turning three or four times during cooking. Grill vegetables until starting to char but still crisp. Serve lamb and grilled vegetables over rice or wrapped in a pita bread with tzatziki on the side.

Serves 6

Recipe courtesy of Weber–Stephen Products Co.

Easy Extras Good quality pita bread A jar of roasted hot peppers Yogurt and cucumber tzatziki or Greek salad from the deli counter Fruity sangria or fresh mint tea Sliced oranges and take–out baklava for dessert

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Greek Food

By Yannis Moraitis

A meal in Greece is highlighted with a selection of hot and cold plates known as mezedes. Soups are few but they are meals by themselves.

– The main course is a boiled or grilled meat/fish. There are also many delectable meat stews to

Grilled Lamb Shashliki

choose from, as well as plain grilled cuts of meat and of course the well known charcoal grilled lamb or pork called souvlaki.

– Fish and shellfish are excellent in any kind of cooking.

Salads are usually ordered with the main course and can consist fresh vegetables or cooked dandelions .

– Horiatiki, the traditional Greek salad, consists of tomato slices, cucumber slices, olives, peppers, onions and feta cheese dressed with oil and vinegar.

– Cheese, the most commonly offered in restaurants are feta (white semi-soft and salted), graviera (yellow hard), kasseri (yellow semi-soft), and manouri (unsalted creamy and fattening).

– Desserts, are a delectable treat, including baklava (consisting of strudel leaves and walnuts) and kataifi (which consists of nuts wrapped in shredded wheat with a honey sauce). During the summer as desserts are preferred large peaches , watermelonmelon, grapes and pears

– Greek coffee is like Turkish coffee. Greek coffee is always served with a glass of water.

Eating Establishments

There is a wide variety of eating establishments in Greece:

– Tavern, eating establishment with emphasis on the traditional cooking and mezedes.

– Psistaria, a barbecue style eating place.

– Estiatorion (restaurant), a conventional eating establishment.

– Psarotaverna (fish tavern), they specialise in fish and almost found by seaside or harbour side.

– Prices and Tipping, in Greece a 15% service charge is usually included in your bill. Menus are usually presented with two parallel price charts. On the left the price of the food and drink. On the right the same price with service and tax included. The service charge is ordained by Greek law so additional tipping is really a recognition of special service for special requests.

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<http://www.seascope-sailing.com/>

Yannis Moraitis, director of Seascope Sailing Yacht Charters.

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