



News & Events Fall, 2009

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If you're reading this then – Υποδοχή! Welcome! – to our new website. Here we'll bring you seasonal updates about events, special evenings and special deals here at The Aegean in Framingham. We can also email you now and then about our specials and events. Just subscribe on our website.

Greek food is an excellent way to eat well whether dining out or just kicking back at home. From time to time we'll cobble up some easy recipes that you can try at home. Here's a very simple recipe for starters (literally).

Tzatziki – An easy yogurt based dip that you can fine tune. Get creative. It's a popular Greek appetizer that's often served with souvlaki and pita. You'll need: strained (Greek) yogurt, cucumber, vinegar, oil, salt and garlic (optional, to taste). Keep refrigerated to enjoy tzatziki anytime.

- Grate some cucumber and use a small strainer to remove the water.
- If you add garlic, then mash and mix in a bowl with the salt and vinegar. (Some prefer the garlic and extra virgin olive oil drizzled on top.)
- Add strained yogurt, mix well. Add strained cucumber, mix well.
- Finally, pour olive oil over the yogurt dip and mix well.

Like our Tzatziki recipe, this first newsletter is pretty simple. We look forward to bringing you more recipes, stories of interest and news of upcoming events and specials over time.

And – next time your hungry – come and visit us.