

Sunvil Supper Club

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October 2013 Makaronia touournou



Ingredients

500g of Macaroni (or penne pasta)
1 kg minced pork or beef
4 tbsp olive oil
3 onions - finely chopped
A bunch of flat leaf parsley - finely chopped
400g chopped tomatoes - optional
1 tsp ground cinnamon - (a sprinkle added to top also adds flavour)
Salt and pepper for seasoning

For the sauce:

2 litres fresh milk
3 eggs - beaten
3 tbsp cornflour
100g grated halloumi or Kefalotiri cheese

Serves 8

Method:

Bring a large pan of lightly salted water to the boil. Add the pasta and cook until just 'al dente' then drain thoroughly and toss with 1 tbsp olive oil.

In another pan heat 3 tbsp of olive oil and gently cook the onions until translucent. Add the minced meat and parsley, cook until browned and crumbly. Season with salt and cinnamon to taste. If using tomatoes, add at this stage.

Make the sauce by heating $\frac{3}{4}$ of the milk in a pan. Mix the remaining milk with the cornflour in a large bowl to make a paste. Beat in the eggs. Now briskly beat in some of the hot milk then add this egg mixture back into the remaining hot milk. Heat, stirring all the time until the sauce becomes smooth and thickened.

Assemble the Makaronia tou Fournou. First pour a thin layer of sauce in the base of a large rectangle overproof dish, then cover with half of the pasta. Now spread on the meat mixture, followed by another layer of pasta. Finally cover with the remaining cheese sauce and top with grated cheese and a sprinkle of cinnamon.

Makaronia tou Fournou (or oven-baked macaroni), as its known in Cyprus, is commonly called Pastitsio in the rest of Greece.

Like Pastitsio it is a layered pasta casserole dish. There are variations throughout Greece using different meats, herbs, spices and cooking methods. The Cypriot version uses cinnamon as it's main spice. Recipes vary, but usually the meat filling in the middle is made of pork or beef, tomatoes are used in some regions. This recipe uses grated halloumi cheese, though cheese is only sometimes added to the white sauce. Other cheeses can be used such as Kefalotiri.

Delicious eaten cold or hot, it is often served as an accompaniment to family meals including roast dinners and Easter dinner, or simply served with salad.

Find out more about Cyprus holidays at www.sunvil.co.uk/holidays/Cyprus