

FROM THE MENU AT O NIKÓS

Although *biftéki* translates as 'beefburgers', it's really an insult to call them that at O Nikós! One of the house specialities, these hearty burgers can be grilled, barbecued or baked in the oven.

Biftéki (Beefburgers)

Mix all the ingredients together for a few minutes. The mixture should bind well but not be too sloppy, so add the egg a little at a time. Divide into four portions and shape into round, flattened patties.

Grill 3-4 min each side, barbecue 5-6 minutes each side, or bake in the oven at 180°C for 20-30 min. The centre should be cooked but still moist.

Ingredients (for 4 large servings):

500 g lean minced beef
1 medium onion, grated
1/2 tsp dried oregano
1/2 tsp dried mint
1 tsp dried parsley
(or 2 tbsp of finely chopped fresh)

recipes

eat

O Nikós family cooks

Ksifias (Swordfish)

Wash and dry the swordfish steaks and place them in a shallow dish. Mix the marinade ingredients and pour over the fish. Make sure the steaks are well coated. Cover and leave in the fridge for a few hours or at least 30 min.



Heat the grill to medium-high. Drain the fish and grill for 5 min each side at the most. If the steaks are thin, allow less cooking time, or the fish will become dry.

Ingredients (for 2 people)

2 (150 g) swordfish steaks
(preferably fresh)

Marinade

1 tbsp olive oil
70 ml lemon juice
25 g plain yoghurt