



A Vegan
Greek
Easter

5 Easy
Recipes



The Easter holiday is arguably the culinary peak of Greek cooking. Coming at the end of a 40-day period of fasting from animal products, Easter feasts start right after the Saturday midnight liturgy, with a family meal of *mageiritsa* soup, and is followed the next day with what seems like to be an all-day feast! Outdoor grilling starts early and large gatherings of family & friends are a must. Yet this also means that traditional Easter menus are heavy on meat, with spring lamb the basis of many dishes. Greeks do consume the whole animal, with practically nothing going to waste, yet for those who prefer animal-free meals, the Easter festivities can sometimes feel like an insurmountable challenge.

We at Zelos Greek Artisan wanted to show that this doesn't have to be the case! Greece has a rich vegetarian and vegan cuisine, thanks to stewed vegetable *laderá* dishes, a wealth of dried bean, lentil and other pulse-based recipes, and a history of yogurt and cheese-making that goes back to ancient times. Contemporary Greek chefs have embraced this heritage and developed new and innovative vegan dishes with the rich fruits of Greece's land.



Read on for our full menu of vegan takes on traditional Greek Easter dishes. The creative genius behind all these delicious & healthy vegan Greek recipes? Zelos' Marketing Director and fellow woman entrepreneur, Eleftheria Karakatsina. We're sure you'll love them, whether you're vegan or not. If you do give them a try or if you have your own vegan dishes you enjoy over the spring, share them with us by tagging @zelosgreekartisan on Instagram.

On behalf of all of us at Zelos, happy cooking!

Maria Kalomenidou

Founder & CEO of Zelos Authentic Greek Artisan

RECIPES
IN YOUR
E-BOOK

MAGEIRÍ TSA - GREEK EASTER SOUP

VEGAN GYROS - KOKORÉ TSI

CITRUS & SEA FENNEL SALAD

TSOURÉ KI WITH RAISINS &
CINNAMON FILLING

KOULOURÁ KIA - GREEK EASTER
COOKIES



1. Mageirítsa - Greek Easter Soup

This traditional soup is eaten after the midnight Easter church service to break the 40-day fast from animal products. It's usually made with the internal organs from the lamb that is to be roasted on Easter Sunday....needless, to say, we prefer mushrooms instead!

INGREDIENTS

½ cup [Philippos Hellenic Goods Organic Extra Virgin Olive Oil](#)
1 onion, finely chopped
6 scallions, finely chopped
4 cups white mushrooms, sliced
2 cups portobello mushrooms, sliced
2 cups shiitake mushrooms, sliced
2 cups oyster mushrooms, sliced
Salt, pepper
½ cup arborio rice
1 head of romaine lettuce, sliced into thin ribbons
1 bunch of dill, finely chopped
1/2 bunch chervil, finely chopped or ½ cup of chopped fennel leaves (optional)
½ tsp [Sparoza Handcrafted Cooking Blend with Herbs and Lemon Zest](#)
6-7 cups water

INGREDIENTS FOR THE VEGAN AVGOLÉMONO

3 tbsp tahini
the juice from 2 lemons

INSTRUCTIONS

Heat the olive oil in a deep pot and saute the onion and scallions on low heat for 8 minutes.

Add the mushrooms and saute on high heat for another 8 minutes.

Add salt, pepper, the rice and stir for one minute.

Add the lettuce, dill and chervil or fennel leaves. Stir for 2 minutes and add the water.

Cook for 20-25 minutes, until the rice softens. If necessary, add more water, because it has to be a liquid soup.

Prepare the vegan *avgolemono* sauce by placing the tahini and lemon juice in a medium-sized bowl and mixing well with a whisk. Start adding spoonfuls of the hot *mageiritsa* soup gradually until the tahini mixture reaches the same temperature as the soup and is well-blended. Then pour the mixture back into the soup pot, stir well and remove the pot from the heat.

Wait 10-15 minutes before you serve the *mageiritsa*.

Now you can enjoy the most traditional Greek Easter dish guilt-free!

Did you know that animal consumption affects the planet?

Livestock emit almost 64% of total ammonia emissions, contributing significantly to acid rain and to acidification of ecosystems.

Source: NCBI



2. Vegan Gyros - just like Kokorétsi

Saute up this tasty mix of mushrooms and spices for a savory meat-free alternative to the traditional “kokorétsi” of grilled lamb innards.

INGREDIENTS

5 cups oyster mushrooms

½ cup [Tragano Greek Organics Extra Virgin Olive Oil](#)

2 garlic bulbs cut in half

2 tsps [Sparoza - Greek Shepherd's Souvlaki & BBQ mix](#)

2 tsps cumin

2 tsps thyme

1 tsp oregano

2 tsps soy sauce

Fresh pepper and salt

PREPARATION

Split all the ingredients in half and cook in two batches, following the instructions below. That way the mushrooms will stay nice & crispy.

With a wet paper towel, wipe clean all the mushrooms, let them dry, and then tear them in thin strips with your hands.

Heat the olive oil in a pan and saute the mushrooms until they shrink up. Toss in the spices, lots of fresh pepper, and salt, and keep stirring until the mushrooms are cooked. Serve piping hot with toasted pita bread.

There you have it! The most delicious vegan gyros, just like kokoretsi, but as we said guilt-free!



3. Green Salad with a Citrus Twist

INGREDIENTS

- 1 packet of arugula salad greens
- 1/2 packet of baby spinach salad greens
- 1 navel orange
- 1 cara-cara orange
- 1 grapefruit (optional)
- 1/2 cup [Tragano Greek Organics Sea Fennel](#)
- 1/3 cup [Philippos Hellenic Goods Organic Extra Virgin Olive Oil](#)
- salt and pepper

There's nothing like a fresh green salad to offset all the rich foods of the holiday. Give yours a tart twist with a delicious citrus-based dressing and "krítamo" (sea fennel), a rare, little-known plant with powerful antioxidant properties and a great flavor & texture.

PREPARATION

- Peel the citrus fruits with a sharp knife, making sure you clean all the white membrane.
- Core and slice them in 1/2-1 inch pieces
- Mix the arugula and baby spinach with the olive oil, salt and pepper.
- Add the citrus fruit and mix carefully.
- Top everything off with the sea fennel and enjoy!



4. Tsouréki with Raisins & Cinnamon filling

Traditional Greek Easter bread. A delight for Easter breakfast, brunch or anytime you want a rich and tasty snack without the usual butter & eggs.

INGREDIENTS FOR THE YEAST

- 4 tsp dry yeast
- 4 tbsp bread flour
- ¼ cup lukewarm water

INGREDIENTS FOR THE BREAD

- 1 cup unrefined sugar
- 5 ½ cups flour for bread
- 1 cup almond milk
- ½ cup orange juice
- ½ cup + 2 tbsp sunflower oil
- 1 cup [Elli & Manos Raisins & Cinnamon Gourmet Spread](#)
- zest of 2 oranges
- 1/4 tbsp salt
- 1 tsp mahlepi
- 1/2 tbsp ground mastic pearls
- ¼ tsp cardamom powder

ALMOND MILK WASH

- ¼ cup almond milk

PREPARATION

In a mixing bowl, whisk together the yeast, flour, and water until well-blended. Set aside for 10-15 minutes to rise. You can also cover and place in a tepid oven (80F) so that it rises more easily and stays warm).

In another bowl, whisk together the eggs and sugar until well-blended. Add them to the bowl with the yeast mixture and then add all the other ingredients. Using a dough hook, mix at first at low speed until the ingredients start to blend, and then at medium-high speed for about 15 minutes, until the dough no longer sticks to the side of the bowl.

Preheat your oven to 80F, turn it off, and place the bowl with the dough (covered with plastic wrap) in the warm oven until it doubles in size about 2-3 hours.

Cut the dough in half and then cut each piece into 4 smaller ones so that you have 8 pieces of dough in total.

With the first 4 pieces, roll each one out to create 4 long flat strips, about 10 inches wide, so we can fill them.

Spread the [Elli & Manos Raisins & Cinnamon Gourmet Spread](#) lengthwise with a teaspoon.

Fold over each piece and pinch the edges to seal in the filling. Then roll gently to create a rope-like piece of dough. Place the four rolls side-by-side and start braiding them.

Do the same with the remaining four pieces of dough, rolling out, filling, sealing, rolling and then braiding to create a second loaf. Then transfer both loaves onto a large baking tray lined with parchment paper.

Allow the two Greek Easter bread loaves to rise for another hour in the warm oven until they almost double in size.

Brush the top of each loaf with the almond milk wash and bake in a preheated convectional oven for about 30-40 minutes, without opening the oven, until nicely browned.

Enjoy this most aromatic vegan tsouréki, it pairs great with our [fragrant Greek teas!](#)



5. Koulourákia - Greek Easter Cookies

Baking these traditional cookies fills your home with the intoxicating fragrance of orange & sugar. We substitute the traditional butter & eggs with applesauce & sunflower oil to keep the texture without the animal products.

INGREDIENTS

3-5 cups all-purpose flour
½ cup orange juice
the zest from 1 orange
¾ cup + 1 tbsp applesauce
½ cup sunflower oil
⅔ cup sugar
1 tsp vanilla extract
3 tsp baking powder
¼ tsp baking soda

ALMOND MILK WASH

¼ cup almond milk

PREPARATION

Place the sugar and applesauce in a pan and stir on low heat until the sugar dissolves. Then place the mixture into a mixing bowl, adding the sunflower oil, vanilla, and orange zest. Mix well.

Dissolve the baking soda in the orange juice and, as it fizzes, pour into the bowl and continue mixing until well-blended.

Start incorporating the flour, start with three cups of flour, adding more as needed, into your dough, either kneading gently by hand or using the hook attachment on your mixer. However, be careful not to overmix, as the cookies will toughen. There isn't an exact amount of flour to add, it really depends on your other ingredients, but you want a fluffy and pliable dough, so you might need ½ cup less than indicated - you'll just need to "go with your eye", as our grandmothers did! Once you've mixed in the flour, cover your dough and let it stand for 20 minutes.

Preheat your convection oven to 350°F and line 2 baking sheets with parchment paper. Shape the cookies into a braid shape (that's the classic Greek Easter Cookie shape but you can make them in whatever shape you like - have fun!) and place them onto the baking sheets. Take a pastry brush and baste with the almond milk to give the cookies a nice sheen when they bake.

Bake for about 25 minutes until golden brown. Now the best part: open a jar of [Citrus Handmade Marmalade or Spoon Sweet](#) and dip your Greek Easter Cookies. Pair this amazing treat with a cup of warm or cold [Greek herbal tea](#) and enjoy your Easter time like a Greek!

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THANK YOU!

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