



GREECE

DINNER

PRINTABLE RECIPE PDF

Greek Kleftiko

Kleftiko is a traditional Greek dish that originates from the practice of bandits, known as 'kleftes', who would slow-cook lamb in underground ovens to avoid

PREP

30 min

COOK

120 min

SERVINGS

4

DIFFICULTY

Medium

SHOPPING LIST

Ingredients

- 1.5 kg lamb shoulder - cut into large chunks
- 4 cloves garlic - minced
- 2 tablespoons fresh rosemary - chopped
- 2 tablespoons fresh oregano - chopped
- 1 lemon juiced - for marinade
- 3 medium potatoes - cut into wedges
- 2 medium onions - sliced
- 100 ml olive oil - for cooking
- salt - to taste
- pepper - to taste

WHY THIS WORKS

About this recipe

A printable Greek Kleftiko recipe PDF with ingredients, cooking times and step-by-step instructions.

MEDITERRANEAN NOTE

Kleftiko is a traditional Greek dish that originates from the practice of bandits, known as 'kleftes', who would slow-cook lamb in underground ovens to avoid detection. This cooking method imparts a unique flavor and

ORIGIN & TRADITION

Mediterranean context

Kleftiko is a traditional Greek dish that originates from the practice of bandits, known as 'kleftes', who would slow-cook lamb in underground ovens to avoid detection. This cooking method imparts a unique flavor and tenderness to the meat, making it a beloved dish in Greek and Cypriot cuisine, traditionally served at gatherings and celebrations.

METHOD

Step-by-step instructions

1

In a large bowl, combine the lamb, minced garlic, chopped rosemary, oregano, lemon juice, olive oil, salt, and pepper. Mix thoroughly and let it marinate for at least 2 hours, preferably overnight in the refrigerator.

2

Preheat your oven to 160°C (320°F). In a large baking dish, layer the sliced onions and potato wedges. Place the marinated lamb on top, covering it with aluminum foil. Bake for approximately 2 hours, or until the lamb is tender and falls off the bone.

CHEF'S TIP

For an authentic touch, serve Kleftiko with warm pita bread and Greek yogurt for dipping.

NUTRITION PER SERVING (EST.)

Calories	650 kcal	Fat	35 g
Protein	40 g	Fiber	5 g
Carbohydrates	45 g	Sodium	200 mg

SERVING SUGGESTION

Serve hot, garnished with fresh herbs, alongside a Greek salad and a glass of full-bodied red wine.

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