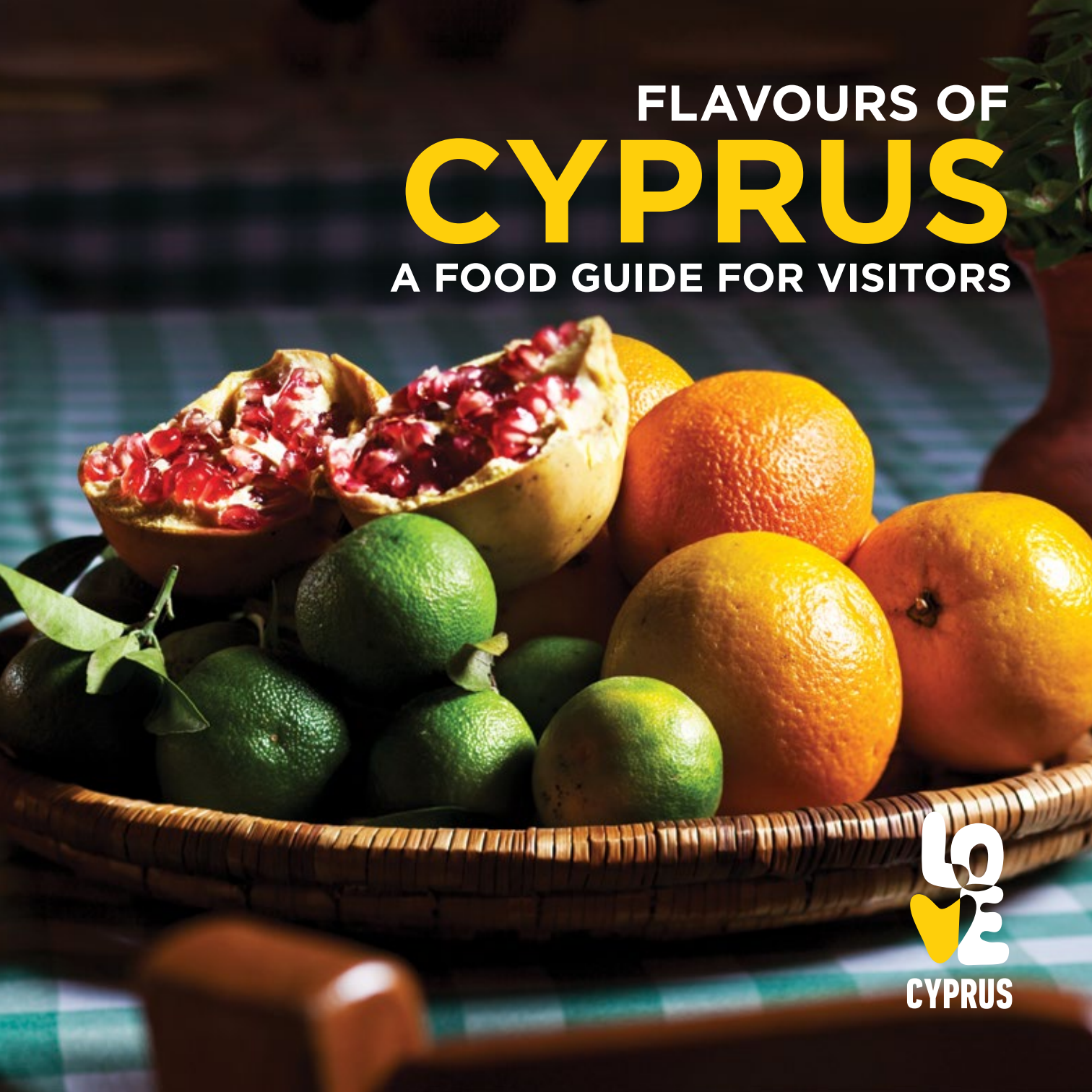
FLAVOURS OF
CYPRUS
A FOOD GUIDE FOR VISITORS
LOVE
CYPRUS

Welcome to Cyprus

The sunshine island of exotic fragrances and Eastern Mediterranean flavours.



Welcome to Cyprus

Welcome to Cyprus, the sunshine island of exotic fragrances and Eastern Mediterranean flavours. Relax as you slip into the Cypriot pace of life. Why not take a seat by the sea and sip your first brandy sour or ouzo? Nibble on some nuts or even better pass the time with a handful of sunflower seeds or passatempo as Cypriots call them.



Just inhale the scents of Cyprus and you may become intoxicated by the tang of fresh lemons and the delicate citrus blossoms, the wholesome smell of freshly baked bread or the fermenting grapes from the wine harvest. As you will soon discover, Cypriots are naturally hospitable and generous to the extreme, in a way that is so typically Mediterranean. Cyprus lies at the crossroads of the three continents of Europe, Asia and Africa. Take a glance at its history and you will see how over the centuries, different empires, invasions, foreign settlers and traders left their mark on the island. They also brought their recipes, many of which have been introduced into Cypriot cooking, particularly those of Greece, Turkey, Armenia, Lebanon, Syria, Italy, France and latterly Britain. These foreign flavours have combined with the food produced on the island to give Cyprus its own traditional cuisine.

A turbulent past has made Cyprus practically self-sufficient and in rural areas families still produce most of what they need. Not so long ago grain, oil and wine were stored in pitharia, those enormous onion shaped terracotta pots that adorn the countryside. The island has always produced a huge variety of food due to its fine climate. In fact, staples such as figs, beans, chickpeas, herbs, olives, dates, almonds and nuts date back to antiquity. Cypriots enjoy a healthy diet, apart from their love of syrup-soaked pastries. Everything is cooked fresh, daily, and the quality of the produce is superb, due no doubt to the motto of the Cypriot housewife...

"If it isn't fresh we don't want it".



Time to Visit a Taverna

Eating out to catch some local flavour is always the high spot of a holiday, but where do you start when faced with the menu at a local taverna? It is quite possible to try everything over the course of your stay. But why not order a meze and taste all the dishes at one sitting?



Meze, short for mezedes or little delicacies, appear in some form or other around the Mediterranean. Share a meze in Cyprus and you will have tasted the true flavours of the island, for you may be served anything up to 30 dishes. It is a complete meal. But beware, don't be tempted to finish every dish brought to your table, or by the end you may feel as though you've eaten for a week! Just take a leaf out of a Cypriot's book and enjoy your meze 'siga siga' or slowly, slowly.

Once the decision has been made and your meze is ordered, what can you expect to eat? First come the olives, black and green (elies tsakistes), the latter with a dressing of lemon, garlic, herbs, coriander seeds and oil. Dips of tahini, taramosalata, and talattouri (yoghurt, sliced cucumber and mint) arrive with a basket of fresh village bread and a bowl of salata horiatiki (village salad). Octapodi krasato (octopus in red wine), karaoli yahni, (snails in tomato sauce), zalatina (pork in aspic), kappari, (pickled capers) and moungra (pickled cauliflower), are some of the more unfamiliar meze dishes that may follow. Bunches of greens, some raw, some dressed with lemon juice and salt such as carrots and kohlrabi, and some tossed in oil and bound with egg may fit into your meze at this point. Fish of some kind could be next on the menu. Marida (whitebait) or barbouni (red mullet) which are usually served very small, as well as kalamari (deep fried batter-coated rings of squid) accom-

panied with chunks of fresh lemon.Grilled halloumi cheese and lountza (smoked pork), come next followed by keftedes (meat balls), the popular sheftalia (minced pork rissole), grilled pork and loukanika – the traditional smoked Cyprus sausages.

Now for the composite dishes and casseroles such as afelia, moussaka and stifado. Towards the end of the meal come the kebabs or souvlakia, the ofto kleftiko (meat baked in a sealed oven), as well as pieces of chicken, straight from the grill. Sit back content in the knowledge that little else is to follow. Just some carefully prepared and segmented fresh fruit and perhaps just a few sugar dredged bourekia, pastry filled with fresh curd cheese and honey. No more... do I hear you plead? If eating in a tavern seems like hard work then a visit to the local "souvlitzidiko" (kebab place) is recommended. Enjoy the most traditional Cypriot take-away in the shape of a pitta bread envelope filled with souvlakia and salad. This is not to say that you cannot enjoy it on the spot accompanied with a cool beer.



Home Cooking

Eating with a Cypriot family is an experience not to be missed, should you be lucky enough to be invited. Alternatively buy a local cookbook and try some of the recipes yourself. Vegetables, pulses and grains, as well as meat of course, make up the best part of a family's diet. Eating home cooked meals opens up a whole new spectrum of Cypriot tastes and flavours. Here are some of the dishes you could try from a Cypriot cookbook:



Pourgouri or bulgur wheat is cooked together with some fried onions and chicken stock to make a light pilaf which is always served with plain yoghurt.

Louvia me lahana is a good mixture of greens cooked with black-eyed beans and served with olive oil and lots of fresh lemon juice.

Koupepia (dolmades) are rolled vine leaves stuffed with meat and rice, especially good when prepared with the spring leaves of young vines.

Melintzanes Yiahni (Imam bayldi) is a superb dish of aubergines, garlic and fresh tomatoes.

Spanakopitta – a pie of spinach, feta cheese and eggs, wrapped in filo pastry.

Yemista, or stuffed vegetables, such as tomatoes, onions, courgettes, peppers or even aubergines and marrows.

Moukentra – a combination of lentils, rice and onions. Try making Cypriot casseroles such as tavas which should be cooked in special earthenware pots and combine lamb or beef with tomatoes, lots of onions, potatoes and cumin.

Or **Stifado**, a rich stew of beef or rabbit cooked with plenty of onions, vinegar and wine.



Pastitsio is a baked dish rather like macaroni cheese with a layer of spiced meat in the middle and white cream on top.

Home-made soups are nourishing as well as filling in Cyprus. Taste **trahana** made from cracked wheat and sour milk, or avgolemono which is egg and lemon soup in chicken stock.

For a celebration or large family meal, souvla is very popular. Large chunks of lamb, pork or chicken flavoured with fresh herbs, are threaded onto a spit and grilled over charcoal. Cypriots often cook souvla on a picnic. **Ofto** or roast meat with potatoes is usually prepared at home. If there is a traditional sealed oven in the garden, then **Ofto Kleftiko** will be the order of the day. This method of cooking allows the meat to cook completely in its own juice and the end result tastes delicious. The dish owes its name to the word Kleftis, Greek for robber. According to tradition, it was first made by bandits who would cook stolen meat in sealed underground ovens.

Now for the puddings:

Cypriot housewives have a real flair for these and you should try **galatopoureko,** which is made with filo pastry and a cream filling or **kandaifi,** where the pastry strands are wound into a cigar shape and soaked in syrup. **Mahalepi** is a creamy pudding which floats in rosewater syrup and is much loved by Cypriots. Even a **rizogalo or rice pudding** is rather special in Cyprus.

Visit a Market

If you really want to understand Cyprus food then take a trip to the local market and get to the root of the matter. Go early, though, before the sun gets too hot and Cypriot housewives have taken the freshest produce for lunch.



Most of the items in the market will be familiar but some may be quite new to you and this is when the fun starts. Carry a dictionary if you can, or even better, borrow a translator for the day! If you have neither don't worry, there will be many smiles and plenty of encouragement, as well as a chance to taste anything you like. Let's start with the fruit and vegetables – so fresh, much of the produce would have been picked before you got up in the morning. Just about everything you see has been produced on the island, and the quality is guaranteed. Just look at those ripe tomatoes, so full of flavour. And the crates full of peppers, courgettes, aubergines and avocado pears. You will find salad greens and fresh herbs in untidy bundles, as well as parsley, rocket and leaf coriander. Then there are some more exotic vegetables – okra, fresh black eyed beans and purple leafy artichokes. But what is kolokasi? This is a root vegetable (colocasia esculent) rather like a sweet potato and a speciality of Cyprus. It has a rich flavour and is especially good with pork They

say that Richard the Lionheart had kolokasi at his wedding feast in Limassol in 1191. More than likely you will be offered some fresh fruit to nibble as you wander through the stalls, a genuine offer given without any pressure to buy. Even after the glut of citrus fruit in the spring there are still oranges, grapefruit and lemons in the market in summer.

Strawberries, which first appear in January, are still available during the early summer months. Enormous black cherries come in during June as do plums, apricots, peaches and nectarines. July and August are the months for water melons, a juicy refreshing bargain. Sweet seedless grapes flood the market from July to November and taste wonderful. Other varieties to look out for are Rozaki, pinkish grapes, and Ampelisimo which are big and black as are Veriko which took their name from the British, who reportedly kept saying 'very good'. Don't miss the delicious green and purple figs that ripen in August and September and taste wonderful just as they are, or even better with a little local brandy poured over them.



Mounds of slithering silver fish make an attractive sight in the market but unless you have a stove handy to cook them, you will have to get to know these Cyprus fish in a restaurant. Look out for red mullet or barbouni as it is called in Greek, seabream or fangri, sorgos (white sea-bream), skaros (parrot fish), or marida (whitebait), sea bass known as sfyrida or xyfias, the delicious swordfish. You will also find Cypriot favourites such as octopus, squid and cuttlefish, which are cooked in a variety of ways in tavernas.

In Cyprus, meat is eaten very fresh, hardly hung at all, and you may well notice the difference in flavour. Lamb and beef are lean and tasty and pork is of excellent quality. Goat has a pleasant slightly gamey flavour and is very lean and well worth trying. The delicatessen stall sells an enormous variety of goods, many of which come from small producers in the mountain villages. As well as honey and a range of different olives, there will be tubs of cheeses submerged in brine to keep them fresh. Feta, soft and salty, and halloumi firm and rubbery are two such cheeses made from goat, sheep or cow milk. Anari is similar to ricotta when sold fresh, but more like parmesan when salted and left to dry. Ask the stall holder where the cheeses have come from and you will be locked in a fascinating discussion for at least half an hour.

Loukanika, Cyprus village sausages, vary in flavour depending on where they are made. The meat content is very high and usually crushed coriander and other





spices are added. Before being smoked, the sausages are soaked in red wine. Loukanika taste good fried or grilled.

Another smoked pork product is hiromeri, leg of pork which is marinated and spiced like the loukanika, as is lounza, the delicious fillet of pork. A local favourite is pastourma, a sausage full of hot peppers and fenugreek which adds a spicy bite to the barbeque.
Peep into the sacks of pulses stacked in front of you to discover a wide range of beans and dried peas as well as nuts of every description. But perhaps it is time to leave the market? No, not quite. Let's pause at one of the mobile baking stands on our way out.

Fresh, seed coated bread, eliopittes or buns full of black olives, mint and onions, sesame paste or tahini pies, halloumi pastries and sausage rolls.

Lastly look out for delicious almond filled **daktyla** pastries or ladies fingers, honeysoaked **loukoumades** which look a little like doughnuts or pisides flat, fried pancakes, which literally drip with syrup flavoured with citrus.

Wines of Cyprus

Wine is not a new story for Cyprus. Recent archaeological excavations have confirmed that wine has been produced here for almost 6000 years. These discoveries testify that Cyprus may well be the cradle of wine development in the Mediterranean basin.



This historic panorama of continuous wine history that the island possesses is just one of many reasons that make a trip to the wine villages such a fascinating prospect. A second important reason is the wines of today and the chance to find and get to know the regional wineries, which are mostly small and charming. Remember, though, it is important always to make contact first to arrange your visit.

The third and best reason is the wine you will sample during your journeys along the "Wine Routes" of Cyprus, seven routes in total, all equally interesting and fascinating.

From the traditional indigenous varieties of Mavro (for red and rosé wines) and the white grape Xynisteri, plus the globally unique Commandaria to well-known global varieties, such as Chardonnay, Cabernet Sauvignon and Shiraz. Let's take a wine walk. The wine is waiting for us.

Who hasn't heard of the world's oldest named wine Commandaria?

It takes its name from the Grand Commanderie, a huge estate at Kolossi that belonged to the Knights Hospitallers in the 12th to the 14th centuries.

Richard the Lionheart enjoyed the wine so much he called it “The Wine of Kings and the King of Wines.” Commandaria is a sweet dessert wine made in a designated region in the foothill mountain villages of the southern Troodos range. The grapes are picked late and dried in the sun to enhance their sugar content and give the wine that mature, almost burnt, flavour.

Distinctive to Cyprus, Commandaria is certainly worth a taste, but then so are so many local wines, and at very reasonable prices, we suggest you try a range.

Stin igia sou, cheers, to your health!



Cyprus Food Calendar

Whatever time of year you visit Cyprus there is bound to be some seasonal or religious festival taking place. Synonymous with these special events, of course, are the traditional elebratory foods. Check with the calendar below to see what specialities may be on offer and where to find them.

NEW YEAR'S DAY

Known as St Basil's Day in Cyprus, this is a day of optimism when Cypriots hope for a fruitful year ahead. Each family bakes a special cake known as the Vasilopitta. When it is shared out, the person who finds the coin in his slice is promised luck for the forthcoming year.

EPIPHANY (6th January)

This is an important holiday, when all Cypriots go to church to ask for a fruitful and prosperous year to come. Families gather and share a feast. Loukoumades is the popular sweet of the day.

CARNIVAL

In preparation for Lent, Cypriots make the best of the two weeks of carnival prior to the fast. Limassol is famous for its carnival celebrations and processions, although other towns and villages celebrate too. Look out for seasonal specialities such as pastry Bourekia filled with cinnamon flavoured anari cheese. The last week of carnival is called Tyrini or cheese week and ends on Green Monday, which is the first day of Lent. Cypriots pack a picnic on this day and head for the countryside. They eat vegetables, olives, bread and salad and drink village wine.



LENT

Still taken seriously by many Cypriots, no meat, fish or dairy products are consumed during this period. Pulses, vegetables and fruit, though, are allowed and now that the winter rains have brought the vegetation to life again, just watch the Cypriots gather armfuls of edible greens from the countryside – molohes (mallow), pangali (type of wild artichoke) and radikia (chichory leaves). Try some of the pastries or pittes too, kolokotes made from red pumpkin, raisins and bulgur wheat, tahinopitta, made with sesame seed paste, even spanakopitta – spinach pie.

EASTER

This is the main religious event of the year and all members of the family join in together to celebrate. Avgolemono soup, made from eggs and lemons in chicken stock, is a traditional Easter fare as are flaounes – the savoury Easter cakes that are baked in every household. They are made with a special Easter cheese, eggs, spices and herbs all wrapped in a yeast pastry. The main meal for Easter is souvla when the fast is really broken and chunks of mouthwatering meat are roasted on a spit in the spring sunshine.



SUMMER

Summer is the best time for fruit. Just watch the shops as their shelves fill with an ongoing supply of strawberries, cherries, apricots, plums, greengages, peaches, grapes, figs, apples, pears and a great variety of melons.

AUTUMN

This is the busiest time for rural Cyprus. Almonds, carobs, table and wine grapes as well as olives need to be gathered, stored, packed and delivered; but after all this hard work there will be time to celebrate and the Cypriots really know how to do this well. Look out for the village grape festival when palouzes, a blancmange of grape juice, and soutzoukos, a chewy sweet made by dipping strings of almonds into the palouzes juice, are prepared from the unfermented grapes. After the carob harvest there will be the pastelli and carob honey which is made from boiled carob pods and is eaten on slices of fresh bread.

CHRISTMAS

In the past, the order of the day was pork, nowadays poultry is also on the menu. A Cypriot Christmas cake is the basic British recipe which has been adapted to suit local supplies, and jolly good it is too. But traditional Christmas baking only really gets underway just a few days before December 25th. That is when the icing sugar covered kourambiedes or shortbread biscuits and melomakarona, spicy buns drenched in honey syrup, are baked. It is also time of course for koulouria, traditional sesame bread.

TIME FOR A COFFEE

After all this talk of food, let's stop a while in a cool shady café and have a coffee. More often than not instant or espresso coffee will be offered, but perhaps you would prefer to drink the same as the locals sitting around you. Cypriots drink lots of local coffee. It is made individually in small, long handled pots, wide at the base and tapering at the top. These are called mbrikia and come in various sizes. Fresh coffee beans are finely ground daily and one heaped teaspoon is added to each demitasse of cold water. Sugar goes in too at this stage, before heating the coffee on the stove. So you need to know whether you want your coffee glykos (sweet), metrios (medium sweet) or sketos (unsweetened). The mbrikia are heated on the stove and when the sugar has dissolved, the coffee is allowed to come to the boil, forming a creamy froth known as Kaimaki on top. As the froth turns in from the sides and the coffee begins to rise in the pot, it is removed from the heat and a little is poured into each cup to distribute the froth. Cyprus coffee is strong and should always be served with a glass of cold water. It contains no spices, such as the cardamom pod you might find in a cup of Arabic coffee, but sip with care for at the bottom of every cup lurks a little sediment – don't drink it! So relax, nibble something delicious, perhaps a kalo prama (a type of semolina cake) -- literally translated it means 'good thing', and like so many flavours of Cyprus, that's what it is.



Rise and shine in Cyprus, with a breakfast to remember

Some of the best flavours the Mediterranean has to offer, enjoyed daily by the locals for ages, expertly combined by Cypriot tradition in what many consider the most important meal of the day.

A celebration of terroir and century-old recipes

Slices of grilled halloumi – everyone's favourite squeaky cheese. Thinly sliced lountza, the island's most popular cold cut: pork tenderloin cured in wine and coriander, then carefully smoked over aromatic wood. Olives, either the green tsakistès, crushed and preserved in coriander, garlic, and olive oil, or the oven-baked black variety. Sun-ripened heirloom tomatoes, cucumbers, and fruit from the island's garden. To bring them all together, Cypriot sourdough, often flavoured with fragrant seeds: white and black sesame, coriander, anise, even cumin. For the caffeine boost, a cup of robust Cypriot coffee – bold, dark, and slow-brewed.

Simple and fresh ingredients, grown with care and touched by tradition, are served all over the island, from seaside hotels to mountain coffee shops, to truly nourish your body while giving you a peek into Cypriot cuisine.

For more on authentic Cypriot breakfasts and where to find them, visit ***www.cyprusbreakfast.com.cy***

Taste Cyprus – Delightful Journeys

Cypriot cuisine, like the island itself, is a celebration of people and cultures from three continents, coming together to build a bold, but also warm and welcoming, identity.

Variation is key. Typical meals often include grilled cuts or hearty meat dishes, complemented by an abundance of fresh vegetables and greens. However, the everyday table makes exquisite use of legumes, grains and olive oil, which, combined with excellent locally-grown produce,

honey, artisanal bread and baked goods, offer an endless choice of traditionally vegetarian and vegan dishes, both savoury and sweet. The vibrance of fresh herbs – coriander, parsley, spearmint – and the earthiness of spices – coriander seeds, bay leaf, cinnamon, cumin – contribute to an unforgettable fragrance profile. Seafood, that is also abundant, rounds out the quintessentially Mediterranean character of the island's culinary tradition.

The Quality Label "Taste Cyprus – Delightful Journeys" is the joint effort of the Deputy Ministry of Tourism and the private sector (producers and businesses in the agro-food sector) to promote Cypriot gastronomy as part of the cultural heritage of Cyprus.

For more information, visit ***www.tastecyprus.com.cy***



Recipes



BRANDY SOUR

Brandy sour is “the” drink of Cyprus. It combines local brandy with the fresh tang of Cyprus lemons.

- Mix the brandy, lemon squash and angostura bitters in a long tall glass.
- Top up with soda.
- Add lots of ice cubes.
- Serve with a slice of lemon and a straw.

Ingredients

- 2 parts (50ml) Cypriot brandy
- 1 part (25ml) lemon squash
- 2-4 angostura bitters
- Soda water to top up
- Ice cubes



TALATTOURI

A refreshing yoghurt, cucumber and mint dip.

- Drain all liquid from the yoghurt – alternatively you can use strained yoghurt.
- Peel and coarsely grate (or finely chop) the cucumbers. Place in a sieve and squeeze out as much of the water as possible.
- Add the cucumber, dry mint, salt, olive oil and garlic to the yoghurt and stir well.
- Chill before serving.

Ingredients

- 1 large yoghurt
- 2-3 small cucumbers
- 1 garlic clove crushed (optional)
- 1teaspoon olive oil
- Dry mint
- Salt

PASTITSIO

Baked pasta with meat dish, rather like macaroni cheese with white bechamel sauce.

Preparing the meat:

- Place the mince meat in a saucepan with oil and season with salt and pepper.
- Cook for 3-5 minutes, stirring, until brown.
- Reduce the heat; add half a coffee cup of water, cover and simmer till almost cooked, stirring occasionally.
- When the meat is almost cooked add the parsley.
- Remove the saucepan from the heat and stir in 1-2 tablespoons grated cheese.
- While the meat is being prepared cook the pasta in salted boiling water and drain.
- Place half of the pasta in a baking dish (27x27), sprinkle with half the cheese, cover with the meat and add the rest of the pasta and cheese.

Ingredients

- 1 packet of thick pasta such as Mezzani 3
- 650 gr fresh lean mince (beef, pork or lamb)
- 4-5 tablespoons oil (corn oil or sunflower oil)
- 1 onion finely chopped
- 3-4 tablespoons fresh parsley finely chopped
- 1-11/2 cups of grated cheese preferably halloumi cheese
- Salt and pepper

For the white sauce:

- Melt butter in a saucepan.
- Add the flour gradually stirring with a wooden spoon till the flour is absorbed.
- Add the warm milk gradually, over low heat, whisking briskly to remove any lumps till the sauce thickens.
- Remove the saucepan from the heat, stir in eggs, cheese, salt and pepper.
- Pour the sauce over the pasta and cook in medium oven for about 45 minutes.

Ingredients for the white sauce (bechamel)

- 7 tablespoons unsalted butter
- 7 tablespoons flour
- 31/2 cups warm milk
- 3 eggs beaten lightly
- 4 tablespoons grated cheese.
- Salt and pepper



AFELIA ME POURGOURI

Pork cooked in red wine and crushed coriander seeds served with bulgur wheat pilaf.

Preparing the meat:

- Marinate the meat in wine and coriander seeds for at least 4 hrs or overnight if
- possible in the refrigerator.
- Remove the meat from the marinade, reserve the marinade. Dry the meat with kitchen paper.
- Heat oil in a saucepan and sear the cubes of meat until browned.
- Add water, cover the saucepan with a lid and simmer till the meat is half cooked.
- Remove excess liquid and add the reserved marinade. Season with salt and pepper
- and leave to cook. Almost all the liquid should evaporate to leave a thick sauce.

Ingredients for the meat dish

- 1kg boned lean pork meat, diced
- 1 glass dry red wine 2-3 tablespoons coriander seeds, coarsely crushed
- 7 tablespoons corn or sunflower oil
- 1 cup of water
- Salt and pepper

Preparing the pourgouri:

- Heat oil in a saucepan and sautée the vermiceli and onion till soft but not brown.
- Stir in the tomatoes.
- Add the pourgouri, boiling water and salt.
- Cover the saucepan with a lid and remove immediately from heat.
- Leave to stand in the covered saucepan till all the water has been absorbed.

Ingredients for the “pourgouri” pilaf

- (Bulgur wheat) is made of grains partly cooked, then dried before being ground.
- 3 tablespoons oil (olive, ground nut or sunflower oil)
- 3 tablespoons vermiceli
- 1 medium onion finely chopped
- 3-4 tomatoes coarsely grated
- 2 cups of pourgouri
- 4 cups of boiling water
- Salt





COURGETTES OR OTHER VEGETABLES BOUND WITH EGG

Cypriots love to eat various vegetables and greens such as spinach, wild asparagus, tomatoes, onions, potatoes, artichokes etc. bound with egg. A type of vegetable omelette.

- Wash and slice courgettes.
- Heat oil and fry the courgettes.
- Remove the excess oil, add the eggs, salt and pepper, stir and leave to cook.

Useful tips:

- Depending on the vegetable used one can add onion to the dish. For example if using spinach onion adds a nice flavour.
- Asparagus needs to be immersed for a couple of minutes in boiling water before frying.

Ingredients

- ½ kilo courgettes
- 3 eggs lightly beaten
- Corn, olive or sunflower oil for frying
- Salt and pepper

CHICKEN COOKED IN COMMANDARIA WINE

Commandaria, the oldest named wine in the world, gives a distinct taste to meat dishes.

- Combine the meat, Commandaria wine and cinnamon sticks. Leave to marinate for at least 30 minutes to one hour at room temperature.
- Remove meat from the marinade, reserve the marinade, drain the meat on kitchen paper.
- Heat oil in a saucepan and fry the meat until brown.
- Remove cinnamon sticks from the reserved marinade, add to meat and leave to cook. Almost all the liquid should evaporate to leave a thick sauce.

Ingredients

- ½ kilo skinless boneless chicken breast cut into strips
- 125 ml Commandaria wine
- 2-3 cinnamon sticks
- Corn or sunflower oil for frying
- Salt and pepper





OCTOPUS COOKED IN RED WINE

This is a lovely dish, best accompanied with rice.

- Wash the octopus with water and then with lemon juice.
- Cut in small pieces (about 2-3 cm each)
- Place oil, octopus pieces, wine, tomatoes, bay leaves, salt and water in a saucepan and cover with a lid.
- Leave over low heat till the octopus is cooked. If necessary add more water.

Ingredients

- 1 kg octopus (fresh or frozen)
- Juice of1 lemon
- 1 glass of oil (preferably olive oil)
- ½ glass of dry red wine
- ½ glass of water
- 2-3 tomatoes coarsely grated
- Bay leaves
- Salt

HALLOUMI KEBAB

Halloumi cheese can be enjoyed raw, grilled or fried. It is an essential part of the Cypriot diet.

- Cut halloumi cheese into 2.5cm cubes.
- Cut and deseed pepper and tomato into 2cm cubes
- Thread the halloumi, pepper and tomato onto skewers and sprinkle with the mint or oregano
- Preheat the grill and cook the halloumi kebab turning regularly until the halloumi cubes turn golden brown.
- Serve with pitta bread and green salad.

Ingredients

- 1 packet of halloumi cheese
- 1 large green pepper cored and deseeded
- 1 large tomato
- Dry mint or oregano



RICE PUDDNG

- Add the rice to boiling water stir and leave to cook till all water is absorbed.
- Dissolve cornflour in a cup of cold milk
- Add the rest of the milk in the rice and as it reaches almost boiling point add the sugar and dissolved cornflour.
- Leave to boil.
- Remove from heat and stir in the rosewater.
- Divide the pudding in small individual bowls and refrigerate (when cool).
- Before serving sprinkle with cinnamon.

Ingredients

- 1 cup of rice (Carolina)
- 6 cups water
- 1½ ltr milk
- 4 tablespoons cornflour
- 8 tablespoons sugar
- 2-3 tablespoons rosewater
- Cinnamon powder

MILOPITTA (APPLE PIE)

- Peel, core and cut apples in small cubes. Mix with the nuts, sugar and cinnamon and place in ceramic dish.
- Sift the flour and cinnamon powder.
- Cream together the butter and sugar, then stir in the sifted flour.
- Use your hands to create small strips of thin pastry, to cover the filling.
- Bake in a medium oven for 1-1½ hours.

Ingredients

- 1 cup of rice (Carolina)
- 6 cups water
- 1½ ltr milk
- 4 tablespoons cornflour
- 8 tablespoons sugar
- 2-3 tablespoons rosewater
- Cinnamon powder





MACHALLEPI

A popular refreshing summer dessert.

- Dissolve the maize powder starch in two cups of water.
- Heat the rest of the water almost to boiling point and add the dissolved maize powder starch stirring continually till it boils.
- Pour the machallepi into individual bowls and add a little rosewater.
- Leave to cool and refrigerate
- Machallepi is served cold. Before serving add sugar to taste and top up with cold water.

Ingredients

- 10 tablespoons maize powder starch
- 12 cups of water
- Sugar
- Rosewater



GLOSSARY

Afelia: pork cooked in red wine and crushed coriander seeds

Arni: lamb Avgolemono: egg and lemon soup

Baklava: filo pastry with nuts and syrup

Bourekia: small puff pastries with meat, cheese or cream cheese filling.

Daktyla: almond finger pastries

Eliopitta: olive bread or pastries

Feta: salty white cheese usually crumbled on village salads

Flaounes: Cypriot Easter cakes made with cheese, spices and herbs

Glyko: preserved fruits in syrup

Halloumi: firm goat, sheep or cow milk cheese, often served grilled

Hirino: pork

Hiromeri: marinated, smoked and pressed ham

Horiatiki salata: village salad

Keftedes: meat balls

Kleftiko ofto: lamb or goat baked in a sealed oven

Kotopoulo: chicken

Koupepia or dolmades: stuffed vine leaves


ΑΠΟ ΒΑΡΕΛΙ ΔΡΥΙΝΟ
ΦΡΕΣΚΟΙ ΧΥΜΟΙ
ΡΟΔΙ
ΜΑΝΤΑΡΙΝΙ

Koupes: cigar shaped bulgur wheat cases with meat filling

Loukoumades: doughnuts in syrup

Loukanika: Cyprus sausages

Lountza: smoked and marinated loin of pork

Moussakas: a pie made from layers of minced beef, spices and vegetables with a bechamel topping

Octapodi krasato: octopus in red wine

Pitta: flat envelope of unleavened bread

Psari: fish

Sheftalia: minced pork and herb rissole

Souvla: large chunks of lamb meat or chicken cooked on a spit

Souvlakia: kebabs

Stifado: rich beef and onion stew

Tahini: sesame seed paste, served as a dip

Taramosalata: dip made from smoked cod roe

Trahanas: soup from cracked wheat and yoghurt

Tavas: lamb or beef cooked in earthenware pot

Vodino: beef

Yemista: baked stuffed vegetables with rice and minced beef

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