



TASTES OF CYPRUS



APPERITIVES



HALLOYMI CHEESE



Halloumi cheese can be enjoyed raw, grilled or fried. It is an essential part of the Cypriot diet. Halloumi is a cheese produced from sheep or goat milk or a mixture of the two, with or without cow milk.

GREEN OLIVES



Green olives (elies) with a dressing of lemon, garlic, coriander seeds and lemon.

MAIN DISHES



KOUPEPIA



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

PASTITSIO



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

SOUVLA



Large chunks of lamb, pork or chicken flavored with fresh herbs.

SHEFTALIES



Sheftalia is a Cypriot lamp and pork sausage that is wrapped in caul fat cooked over a live fire.

SOUVLAKIA



Souvlakia, is a popular fast food consisting of small pieces of meat grilled on a skewer. It is usually served in a pita sandwich, or on a dinner plate, often with fried potatoes. The meat usually used in Cyprus is pork, although chicken and lamb may also be used.

COMMANDARIA



Commandaria is a unique wine produced from some of the oldest grape varieties in the world. It was named Commandaria by the knights of St. John who made it famous throughout the kingdoms of Europe during the Crusades. Richard the Lionheart enjoyed the wine so much that he called it 'The wine of kings'.

DESSERTS



SPOON SWEETS



Spoon sweets are produced by preserving fruit and vegetables in syrup for a long time, while at the same time maintaining their nutritional value. They are the perfect accompaniment to coffee and can also be offered as dessert after meals.

DAKTYLA(GREEK LADIES FINGERS)



These crunchy sweets are about the size of mid-sized fingers and consumed during the holiday of *Sikoses*, which is a Greek celebration held after Carnival but before Lent. The sweet's construction consists of a phyllo-style dough, wrapped around a crunchy center of crushed almonds, sugar and cinnamon that is fried and then doused in a sugary, flower-infused syrup.

LOUKOUMADES



Honey soaked loukoumades which look a little like doughnuts or fried pancakes, which literally drip with syrup flavoured with citrus.

LOUKOUMI



Loukoumi is a confectionery product with sugar as the main ingredient.

MAHALEPI



Mahalepi is a creamy pudding which floats in rosewater syrup and is much loved by the Cypriots especially in the summer.

SOUTZIOUKOS



Soutzioukos is made with a mixture of white grape juice , whole wheat flour and rosewater. When the mixture is cooked, strings of almonds or walnuts are dipped into it. This dipping process is repeated for 5-6 days. This product makes the perfect accompaniment to coffee, tea or drinks.

Christoforos Charalambous B6

Ourania Michael B1

Ttousiou Panagiotis B1

Nicolas Kylilis B3