

GREEK TRADITIONAL CUISINE



SOME INFORMATION FOR GREEK CUISINE

Greek cuisine is a Mediterranean cuisine, sharing numerous characteristics with Middle Eastern cuisines of the region. Contemporary Greek cookery makes wide use of olive oil, vegetables and herbs, grains and bread, wine, fish, and various meats, including lamb, poultry, rabbit and pork.

Greek cuisine has a long tradition and its flavors change with the season and its geography. Greek cookery, historically a forerunner of Western cuisine, spread its culinary influence - via ancient Rome - throughout Europe and beyond .It has influences from the different people's cuisine the Greeks have interacted with over the centuries, as evidenced by several types of sweets and cooked foods.

It was Archestratos in 320 B.C. who wrote the first cookbook in history. Greece has a culinary tradition of some 4,000 years. Ancient Greek cuisine was characterized by its frugality and was founded on the "Mediterranean triad": wheat, olive oil, and wine, with meat being rarely eaten and fish being more common .This trend in Greek diet continued in Roman and Ottoman times and changed only fairly recently when technological progress has made meat more available. Wine and olive oil have always been a central part of it and the spread of grapes and olive trees in the Mediterranean and further afield is correlated with Greek colonization.



The Greek cuisine is comprised of:

- Kritiki (Cretan cuisine) →



- Ipirotiki (Epirotic cuisine) →



- Cuisine of the Ionian islands →



- Cuisine of the Aegean islands →



Wine

The origins of wine-making in Greece go back 6,500 years-and evidence suggesting wine production confirm that Greece is home to the oldest known grape wine remnants discovered in the world and the world's earliest evidence of crushed grapes. The spread of Greek civilization and their worship of Dionysus, the god of wine, spread Dionysian cults throughout the Mediterranean areas during the period of 1600 BC to the year 1. Greece's viticultural history goes back to prehistoric times, and wine production was thriving until the 11th century.



Other traditional Greek alcoholic beverages

- Ouzo
- Tsipouro (whose Cretan variation is called tsikoudia),
- Local liquors, such as mastika
- Tentura, a cinnamon flavored liquor from Patras



Greek Cheeses

There is a wide variety of cheeses made in various regions across Greece. The vast majority of them remain unknown outside the Greek borders due to the lack of knowledge and the highly localized distinctive features.

Many artisanal, hand made cheeses, are produced by small family farms throughout Greece and offer distinct flavors atypical of the mass-produced varieties found commercially in Greece and abroad.

These are some of the more popular throughout Greece:

• Anthotyros →



• Feta →



• Graviera →



• Myzithra ←



• Manouri ←



• Kasseri ←



Appetizers and salads

Meze or *orektiko* (appetizer; plural *mezedes/orektika*) is served in restaurants called *mezedopoleía*, served to complement drinks, and in similar establishments known as *tsipourádika* or *ouzerí* (a type of café that serves drinks such as ouzo or tsipouro). A *tavérna* (tavern) or *estiatório* (restaurant) also offers a *meze* as an *orektikó* (appetiser). Many restaurants offer their house *pikilía* (variety) a platter with a smorgasbord of various *mezedes* that can be served immediately to customers looking for a quick or light meal. Hosts commonly serve *mezedes* to their guests at informal or impromptu get-togethers as they are easy to prepare on short notice. *Krasomezédhes* (literally "wine-meze") are *mezedes* that go well with wine; *ouzomezédhes* are *mezedes* that go with ouzo.

Appetizers :

- Saganaki



- Skordalia



- Tzatziki



- Kolokithoanthoi



- Dolmadakia



- Tirokafteri



SALADS



• *Greek salad*: the so-called Greek salad is known in Greece as village/country salad (*horiatiki*) and is essentially a tomato salad with cucumber, red onion, feta cheese, and kalamata olives, dressed with olive oil. In Cyprus it contains also cracked wheat (bulgur), spring onions instead of red onions, and lemon juice.



• *Kaparosalata* (salad with caper)



• *Melitzanosalata*: eggplant (aubergine) based dip.



PIES

- *Cheese pie*



A white cheese (usually feta) pie with phyllo pastry. When yellow cheese (usually kasseri) is used, it is called Kasseropita.

- *Spinach pie*



Spinach, feta cheese (sometimes in combination with ricotta cheese), onions or scallions, egg and seasoning wrapped in phyllo pastry in a form of a pie.

- *Mincemeat pie*



DESSERTS AND SWEETS

- *Spoon sweets* of various fruits, ripe or unripe, or green unripe nuts. Spoon sweets are essentially marmalade except that the fruit are boiled whole or in large chunks covered in the fruit's made syrup.



- *Loukoumi* is a confection made from starch and sugar, known in English as Turkish Delight. Patrina loukoumia are famously produced in the city of Patras. A variation from Serres is called *Akanés*. *Loukoúmia* are flavored with various fruit flavors, with rose water considered the most prized.



- *Milopita*, apple pie with cinnamon and powdered sugar.



- Pasteli is a confection of sesame seeds and sugar or honey pressed into a bar or ball



- *Diples*, a Christmas and wedding delicacy, made of paper-thin, sheet-like dough which is cut in large squares and dipped in a swirling fashion in a pot of hot olive oil for a few seconds. As the dough fries, it stiffens into a helical tube; it is then removed immediately and sprinkled with honey and crushed walnuts.



- Halvas simigdalenios is usually made with wheat semolina, sugar or honey, and butter or vegetable oil.





THE END

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