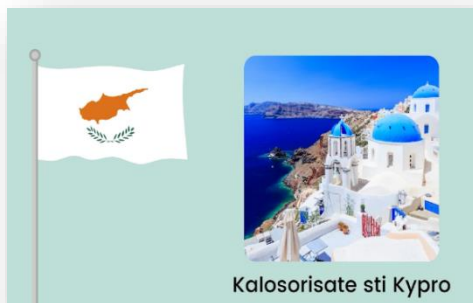


## SCRIPT

SECTOR: GASTRONOMY IN CYPRUS

TOPIC: PREPARATION OF THE TYPICAL DISH:  
LEARN HOW TO PREPARE KOUPEPIA  
AND GET TO KNOW THE KEY WORDS



Welcome to Mediterranean island of Cyprus.

**Kalosorisate sti Kypro!**

Where you are most likely to try **koupepia** or in its Greek version- dolma!



**Koupepia** is one of the most popular food in Cyprus and are stuffed vegetables. Stuffed grape leaves - **ampelofylla** with minced meat - **kimas**, rice - **ryzi**, tomatoes - **ntomates**, and herbs - **votana**.



To prepare koupepia, you need a big bowl – **koupa**, cutting surface and a pot - **katsarola**.

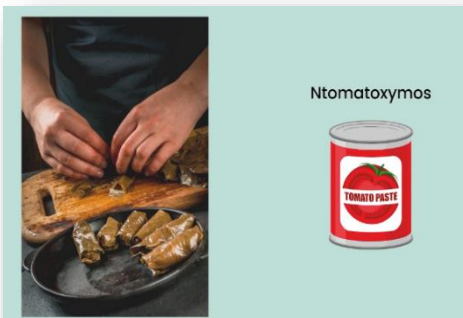
First, in a large bowl place the minced meat - **kimas**, rice - **ryzi**, onions - **kremmydi**, mint – **dyosmos**, coriander – **koliandros**, olive oil – **elaiolado**, parsley – **maintanos**, salt - **alati** and pepper - **piperi**. In the bowl place all the ingredients together and pour the grated tomatoes. Mix them well to combine all the ingredients.



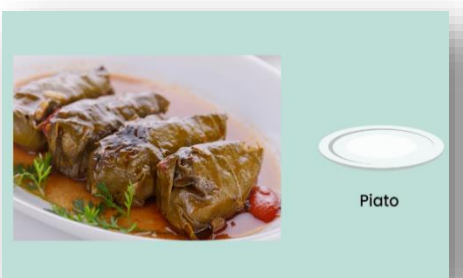
Afterwards, take the grape leaves - [ampelofylla](#) and add them in batches in the pot - [katsarola](#). Cook them for 1-1,5 minutes to soften.



Once the grape leaves are soften, take a tablespoon full of the mixture that you have prepared first, and place it in the widest part of the leaf.



Take the pot again (in preference to be non-stick), add few grape leaves at the bottom and start placing them next to each other creating a circle of koupepia with the end of the leaf facing the bottom of the pot.  
Preferably, pour on them some tomatoe pasta ([ntomatoxymo](#)) oil and lemon juice making sure that koupepia are submerged.



Finally, place a plate ([piato](#)) on top of them to make sure that they stay at their place and keep their shape.  
Wait 15-20 minutes or until the rice is cooked and enjoy!



Kali oreksi!

---

## LIST OF VOCABULARY

**SECTOR:** GASTRONOMY IN CYPRUS

**TOPIC:** PREPARATION OF A TYPICAL DISH:  
LEARN HOW TO PREPARE A PAELLA AND GET TO KNOW THE KEY WORDS

GREEK	YOUR LANGUAGE
<i>Kalosorisate sti Kypro!</i>	
<i>koupepia</i>	
<i>ampelofylla</i>	
<i>kimas</i>	
<i>ryzi</i>	
<i>ntomates</i>	
<i>votana</i>	
<i>koupa</i>	
<i>katsarola</i>	
<i>kremmydi</i>	
<i>dyosmos</i>	
<i>koliandros</i>	
<i>elaiolado</i>	
<i>maintanos</i>	
<i>alati</i>	
<i>piperi</i>	
<i>ntomatoxymo</i>	
<i>piato</i>	
<i>Kali oreksi!</i>	