

SCRIPT

SECTOR: GASTRONOMY IN CYPRUS

TOPIC: LEARN ABOUT THE MOST
IMPORTANT TRADITIONAL CYPRIOT FOOD AND MEALS



Welcome to the beautiful island of Cyprus.

Kasolorisate!

What do you need to know about the preparation of the main traditional food in Cyprus?



Kalimera!

This means good morning. Try it out yourself and repeat!

Kalimera!



Here is what real halloumi cheese looks like in its birthplace of Cyprus. It is the traditional cheese of Cyprus **halloumi**. It is made mainly with goat, sheep or cow's milk, salt and dry mint.

You can eat halloumi fresh in a sandwich, or you can fry it or grill it.

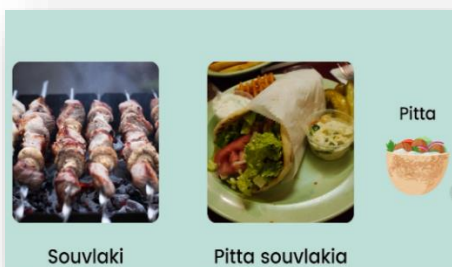


During the summer it is served cold alongside freshly sliced watermelon - [karpouzi me halloumi](#).



[Koupepia](#) is the Cypriot version of the Greek dolma that uses minced meat, rice, tomatoes and a mixture of herbs. This filling is then wrapped in fresh grape leaves- [ampelofylla](#). This dish is on every Cypriot grandmother's menu!

[Gemista](#) has the same filling as koupepia, but instead of stuffing grape leaves, vegetables like peppers, tomatoes and onions are stuffed.



The Cypriot-style - [souvlaki](#) consists of small chunks of charcoal-grilled meat on a skewer and a large amount of fresh salad.

Many locals catch up over a [pitta souvlakia](#).

The [pitta](#) bread used is thinner and larger than the Greek or Arabic version.



The meat is commonly pork or chicken and can be accompanied by [sheftalia](#). It is a spiced sausage -[loukaniko](#) with herbs, minced pork or lamb that is grilled (there are vegetarian versions too with mushrooms or halloumi).



Souvla looks similar to souvlaki but it has a different taste. It comprises large chunks of meat slow-cooked on a large skewer over a charcoal barbecue, called **foukou** in Greek. This food is considered the king of meat dishes in Cypriot cuisine, as it is very common for a group of friends or family to gather to cook souvla or souvlakia while drinking beer, snacking and chatting. It is a very popular meat especially after fasting periods and can be accompanied with a range of other dishes, usually potatoes or salad.



Kleftiko today is cooked in a traditional round, white oven for many hours, flavoured with bay leaves, oregano and red wine. The dish is accompanied by soft oven potatoes - **patates tou fournou** and a side of yoghurt.



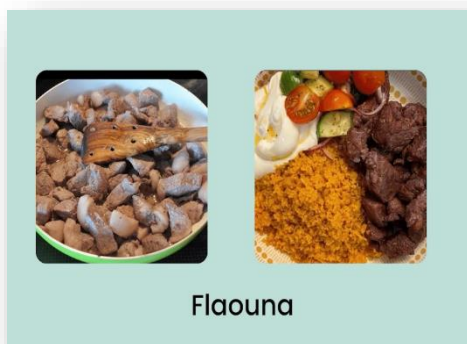
Kolokasi is a vegetable that grows in Cyprus. Eating kolokasi in its raw form can be poisonous. However, it is a very popular food on the island especially during winter. Cut it in small chunks and cook it in a tomatoe sauce with onions, herbs and chicken or pork. Baby kolokasi are called **poulles** and are fried much like chips.



Koubes are croquettes, the outer shell is made of bulgur - **poyrgouri** and encases a filling of minced meat with spices. The bites are served with lemon.

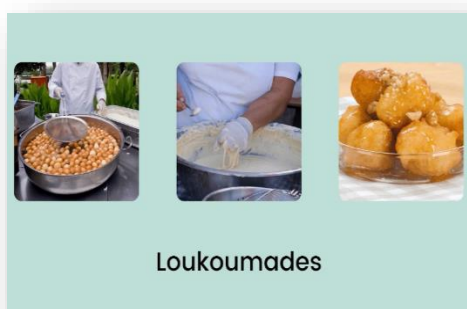


Thick soup, which is appropriate for vegetarians as well. **Trachanas** is made with dried cracked wheat and soured goat's milk. It is common to add pieces of **halloumi** to the soup once it's cooked.

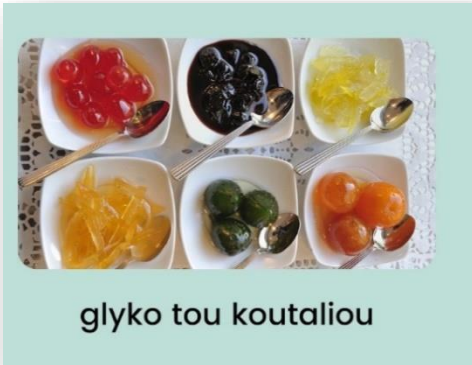


A traditional Cypriot recipe, **Flaouna** is usually prepared over the Easter holidays as part of a large family affair. It is the traditional Easter bread. It can be savoury (with cheese like halloumi, mint or other herbs) or sweet (with anari and dried grapes)

*Anari cheese is a fresh mild whey cheese produced in Cyprus.



Loukoumades are dough balls, deep fried and then soaked in sugar syrup or honey. They are often referred to as honey doughnuts, and they have a light and spongy texture.



Most lunch meals in Cyprus end with a [glyko tou koutaliou](#), which is translated to "spoon sweets" as they are the size of a teaspoon. These sweets are made from all kinds of fruit, vegetables and nuts that are boiled and then sugared to create the syrup they are stored in.



[Kolokotes](#) are traditional Cypriot pumpkin pies. They are filled with pumpkin or squash, [pourgouri](#) (bulgur), raisins, and spices. They are sweet and savoury and that's why they are perfect for breakfast or as a snack. You can enjoy them with coffee or with a glass of wine.

LIST OF VOCABULARY

SECTOR: GASTRONOMY IN CYPRUS

TOPIC: LEARN ABOUT THE MOST IMPORTANT TRADITIONAL CYPRIOT FOOD AND MEALS

GREEK	YOUR LANGUAGE
<i>Kalosorisate!</i>	
<i>Kalimera!</i>	
<i>halloumi</i>	
<i>karpouzi me halloumi</i>	
<i>koupepia</i>	
<i>ampelofylla</i>	
<i>gemista</i>	
<i>souvlaki</i>	
<i>pitta souvlakia</i>	
<i>pitta</i>	
<i>sheftalia</i>	
<i>loukaniko</i>	
<i>souvla</i>	
<i>foukou</i>	
<i>kleftiko</i>	
<i>patates touournou</i>	
<i>kolokasi</i>	
<i>poules</i>	
<i>koubes</i>	
<i>poyrgouri</i>	
<i>trachanas</i>	
<i>flaouna</i>	
<i>loukoumades</i>	
<i>glyko tou koutaliou</i>	
<i>kolokotes</i>	