

Flavours of Cyprus

A food guide for visitors





Welcome to Cyprus,

the sunshine island of exotic fragrances and Eastern Mediterranean flavours. Relax and let yourself slip into the Cypriot pace of life. Why not take a seat by the sea and sip your first brandy sour, or an ouzo. Nibble on a nut or even better, pass the time with a handful of sunflower seeds or passatempo, as the Cypriots call them. Just sniff Cyprus and you could become intoxicated by the tang of fresh lemons and the delicate citrus blossom, the wholesome smell of freshly baked bread or the fermenting grapes from the wine harvest. Cypriots, as you will soon discover, are a naturally hospitable people and generous to the extreme, in a way that is so much part of the Mediterranean. Cyprus lies at the crossroads of three continents Europe, Asia and Africa. Just take a glance at its history and you will see how various empires, invasions, foreign settlers and traders over the centuries have brought their influence to Cyprus. They have also brought their recipes and many of these have been introduced into Cypriot cooking, the main ones coming from 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.



Its turbulent past has made Cyprus self-sufficient and in rural areas Cypriot families still produce everything they need. Not so long ago the 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 everyday foods such as figs, beans, chick peas, herbs, olives, dates, almonds and nuts date back to the Bible. The Cypriots enjoy a healthy diet apart from their love of syrup and 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 Cypriot menu at your local taverna? In the course of your stay it is quite possible to try everything but why not order a meze and taste all the dishes at one sitting. Meze is short for mezedhes, or little delicacies, and wherever you travel round the Mediterranean they appear in some form or other. Share a meze in Cyprus and you 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 that arrives on the table, or you may feel as though you've eaten for a week by the end! Just take a leaf out of a Cypriot's book and enjoy your meze 'siga siga' or slowly, slowly. Well, 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 with a dressing of lemon, garlic, herbs, coriander seeds and oil. Dips of tahini, taramosalata, and talattouri 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, kappari, pickles of capers and moungra, pickled cauliflower, are some of the unusual meze dishes that may arrive now. 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, tiny sardine type fish or barbouni, red mullet which are usually served very small, and kalamari or rings of squid are buttered and deep fried, accompanied with chunks of fresh lemon. Grilled halloumi cheese and lountza, smoked pork, come next followed by keftedes, (meat balls), the popular sheftalia, grilled pork and loukanika, smoked Cyprus sausages. Now for the composite dishes or 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, arriving straight from the grill. But perhaps you are beginning to feel full now...No surprise – you've survived your first meze! Sit back contented in the knowledge that little else is to follow. Just some fresh fruit, carefully prepared and segmented and, well, perhaps just a few sugar dredged bourekia pastry filled with fresh curd cheese and honey. No more...do I hear you beg? 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 (kebab) 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 have a go yourself! Vegetables, pulses and grains, as well as meat of course, make up the majority of a family diet. Eating home-cooking opens a whole new spectrum of Cypriot tastes and flavours. Here are some of the dishes you could try from a Cypriot cookbook:

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

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 from young vines.

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

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

Yemista, or stuffed vegetables, uses tomatoes, onions, courgettes, peppers or even aubergines, or marrows.

Moukentra – a combination of lentils, rice and onions.

Try making Cypriot casseroles such as **tavas** which should be cooked in particular 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 refreshing 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: whilst at home, **ofto**, or roast meat with potatoes, is usually prepared. If there is a traditional sealed oven in the garden, then **ofto Kleftiko** will be the order of the day. By this method of cooking the meat cooks completely in its own juices and tastes delicious. The dish got its name from the word Kleftis which means robber, and they say that in the past mountain men would cook their 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 fillo pastry and a cream filling or **kandaifi**, whose 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 the 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 friendly smiles and nods of encouragement as well as a taste of anything you like.

Let's start with the fruit and vegetables – so fresh, much of the produce will have been picked before you got up this morning. Everything you see has been produced on the island, and the quality is guaranteed. Just look at those tomatoes ripened and so full of flavour! And the crates full of peppers, courgettes, aubergines and avocado pears.

You'll find some salad stuffs and fresh herbs in untidy bundles, parsley, rocket and leaf coriander too. 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 esculenta*) rather like a sweet potato and a specialty 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 generous 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 during 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 got their name from the British who kept saying "very good". Don't miss the delicious green and purple figs which ripen in August and September and taste wonderful just as they are, or even better with a little local brandy poured over



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, skaros, or marida, which is something like 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 the 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 flavor 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 goats', ewes' or cows' 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 into a fascinating discussion for at least half an hour!

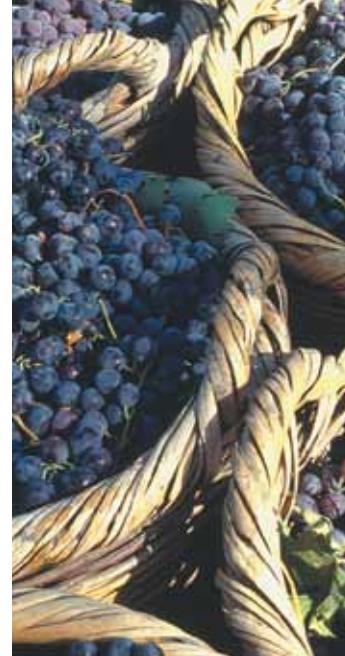
Loukanika, the Cyprus sausage, varies in flavour depending on where it is made. The meat content is very high and usually crushed coriander and other spices are added. Before being smoked, the sausages are soaked in red wine. Loukanika taste good when fried or grilled.



Another smoked pork product is hiomeri, leg of pork which is marinated and spiced like the loukanika, as is lounza, the delicious fillet of pork. A favourite with the Cypriots 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's time to leave the market? No, not quite. Let's stop at one of the mobile baking stands on our way out. Fresh, seed coated bread, eliopitta, 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, honey soaked **loukoumades** which look a little like doughnuts or pisides, which literally drip with citrus flower water syrup.



Wines of Cyprus

Wine is not a new story for Cyprus. Recent archaeological Excavations which have been undertaken on the island have confirmed the thinking that this small tranche of earth has been producing wine for almost 5000 years. The discoveries testify that Cyprus may well be the cradle of wine development in the entire Mediterranean basin, from Greece, to Italy and France.

This historic panorama of continuous wine history that the island possesses is just one of the reasons that make a trip to the wine villages such a fascinating prospect. A second important reason is the wines of today –finding and getting to know our regional wineries, which are mostly small and enchanting. 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, six routes in all, 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 Koumandaria 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 has derived its name from the Grand Commandarie, a huge estate at Kolossi belonging to the Knights Hospitallers of the 12th-14th centuries. Richard the Lionheart enjoyed the wine so much that he called it 'The Wine of Kings and the King of Wines'.

Commandaria is a sweet desert wine, and is 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.

Peculiar to Cyprus, Commandaria is certainly worth a taste, but then so are so many of the Cyprus wines, and at very reasonable prices, we suggest you try a range. Stin iya sou, cheers, health to you!



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 there are, of course, traditional celebration 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 for optimism, when Cypriots hope for a fruitful forthcoming year. A special cake - Vasilopitta – is baked by each family, and, when it is cut, the person who finds a coin in his slice is promised luck for the forthcoming year.

EPIPHANY (6th January)

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

CARNIVAL

In the preparation for Lent, Cypriots really let their hair down during 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 it 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 will be 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, pangali and radikia. Try some of the pastries or pittes too, kolokotes made from red pumpkin, raisins and cracked wheat, tahinopitta, made with sesame seed paste, even spanakopitta – spinach pie.

EASTER

The major religious celebration of the year in Cyprus, when all members of the family join in together to celebrate. Avgolemono soup, made from eggs and lemons in chicken stock, is traditional Easter fare as the flaounes or savoury Easter cakes which are baked in every household. These contain 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 on the spring sunshine.



Cyprus Food Calendar



SUMMER

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

AUTUMN

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 a 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 breads.

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 when powdery icing sugar covered kourambiedes or shortbread biscuits are baked as well as melomakarona, spicy buns drenched in honey syrup, and of course



koulouria, traditional sesame bread.

TIME FOR A COFFEE

After all this talk of food, let's stop a while in a cool shady cafe and have a coffee. More often than not an instant or espresso coffee will be offered to a visitor 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 mbriki and come in various sizes. Fresh coffee beans are finely ground or powdered 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 order you coffee glykos (sweet), metrios (medium sweet) or sketos (unsweetened).

The mbriki are heated on the stove and when the sugar has dissolved, the coffee is allowed to come to boil, forming a creamy froth 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 – what's that – literally translated, it means good thing, and, like so many flavours of Cyprus, that's just what it is.

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 yogurt, cucumber and mint dip.

- Drain all liquid from the yogurt – alternatively you can use strained yogurt.
- Peel and coarsely grate (or finely chop) the cucumbers. Put 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 yogurt and stir well.
- Chill before serving.

Ingredients

1 large yogurt

2-3 small cucumbers

1 garlic glove crushed (optional)

1 teaspoon olive oil

Dry mint

Salt



PASTITSIO

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

Preparing the meat:

- Put 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, giving an occasional stir.
- 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.
- Put 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.

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 hard 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

1 packet of thick pasta such as Mezzani 3

650 gr fresh lean mince (beef, pork or lamb)

4-5 table spoons oil (corn oil or sunflower oil)

1 onion finely chopped

3-4 tablespoons fresh parsley finely chopped

1-1 1/2 cups of grated cheese preferably halloumi cheese

Salt and pepper

Ingredients for the white sauce (Bechamel)

7 tablespoons unsalted butter

7 tablespoons flour

3 1/2 cups warm milk

3 eggs beaten lightly

4 tablespoons grated cheese.

Salt and pepper



Ingredients for the meat dish

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

Ingredients for the “pourgouri” pilau (Bulgar wheat) comprises from 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

AFELIA ME POURGOURI

Pork cooked in red wine and crushed coriander seeds served with cracked wheat pilau.

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 marinate, reserve the marinate. 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 marinate. Season with salt and pepper and leave to cook. Almost all the liquid should evaporate to leave a thick sauce.

Preparing the pourgouri

- Heat oil in a saucepan and sautee 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 closed saucepan till all the water has absorbed.

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 form of vegetable omelet.

- 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 marinated for at least 30 minutes to one hour at room temperature.
- Remove meat from the marinate, reserve the marinate, drain the meat on kitchen paper.
- Heat oil in a saucepan and fry the meat until brown.
- Remove cinnamon sticks from the reserved marinate, 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



OCTAPUS 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)
- Put oil, octopus pieces, wine, tomatoes, bay leaves, salt and water in a saucepan with the lid.
- Leave over low heat till the octopus is cooked. If necessary add more water.

Ingredients

1 Kg octopus (fresh or frozen)

Juice of 1 Lemon

1 glass of oil (preferably olive oil)

½ glass of red dry 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 obtain a golden – brown colour.
- 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 PUDDING

- Add the rice into boiling water stir and leave to cook till all water is absorbed.
- Dissolve corn flour 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 corn flour.
- Leave to boil.
- Remove from heat and stir in the rosewater.
- Divide the pudding in small individual bowls and when they cool down refrigerate.
- Before serving sprinkle with cinnamon.

Ingredients

1 cup of rice (Carolina)

6 cups water

1½ ltr milk

4 tablespoons corn flour

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 almost to boiling point the rest of the water 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

MILOPITTA (APPLE PIE)

Ingredients for pastry

1 cup flour

¾ cup light brown sugar

½ cup unsalted butter

Cinnamon powder

Ingredients for the filling

6-8 big apples

1 tablespoon dark brown sugar

1 cup of almonds or walnuts chopped

1 tablespoon cinnamon powder

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

More recipes available on www.visitcyprus.com

GLOSSARY

Afelia: pork cooked in red wine crush 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

Feta: salty white cheese usually crumbled on village salads

Flaounes: Cypriot Easter cakes made with cheese and spices

Glyko: preserved fruits in syrup

Halloumi: firm goats or ewes 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

Koupes: cigar shaped 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 cheese 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 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 cods roe

Trahanas: soup from cracked wheat and yogurt

Tavas: lamb or beef cooked in earthenware pot

Vodino: beef

Yemista: baked stuffed vegetables with rice and minced beef

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