

Hi, I will introduce you
to our **Cyprus cuisine**,
part of the broader, diverse family
of **Mediterranean cuisine**.



Halloumi

Halloumi is probably Cyprus' most famous product.

The cheese is produced by combining a mixture of goat's and sheep milk.

It can be easily fried or grilled, or served cold.



Koupepia (stuffed vine leaves) and gemista

The Cypriot variety of the *dolma* uses minced meat, rice, onions, tomatoes and a mixture of herbs.

This filling is then carefully wrapped in fresh vine leaves.

Instead of leaves they use peppers, tomatoes and onions



Souvlakia and sheftalia

Consists of small chunks of charcoal-grilled meat on a skewer, and a large amount of fresh salad filling.

The pitta bread used usually contains a pocket to hold the ingredients.

The meat is commonly pork or chicken and can be accompanied by *sheftalia*. These are spiced sausage parcels with herbs, minced pork or lamb that are grilled.



Souvla

Large chunks of meat slow-cooked on a large skewer over a charcoal barbeque, called *foukou* in Greek.

The meat is either pork, lamb, or chicken.

This food is seen as the king of meat dishes in Cypriot cuisine.



Kolokouthkia me ta avga (courgettes with eggs)

This dish often comes along with a dozen other mezze dishes, and consists of fried courgettes with scrambled eggs, sprinkled with salt.

It's a very simple and typically Cypriot dish to accompany any other main.



Makaronia touournou

Large pasta tubes, béchamel sauce and a tomato-y minced pork are the main ingredients used.

The dish is usually prepared in a large oven pan.

When served as a main dish, usually comes with a side of salad.



Kolokasi (taro)

Cut in small chunks, the vegetable is cooked in a tomato sauce with onions, herbs and chicken or pork.



Cyprus can proudly lay claim to the world's oldest wine still in production - that of the delicious sweet dessert wine

Commandaria.

Back to 800 BC, a wine named 'Cypriot Nama' is believed to have been Commandaria.



Richard the Lionheart celebrated his capture of Cyprus, declaring it **“the wine of kings and the king of wines”**.

Sweetly similar to sherry, Commandaria has been made in the same manner for centuries, and in the same 14 winegrowing villages of the island.



**Thank you for you
attention**