

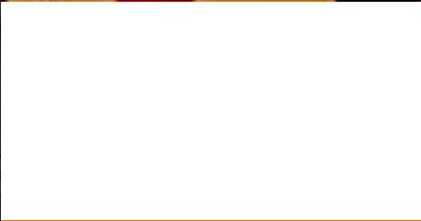
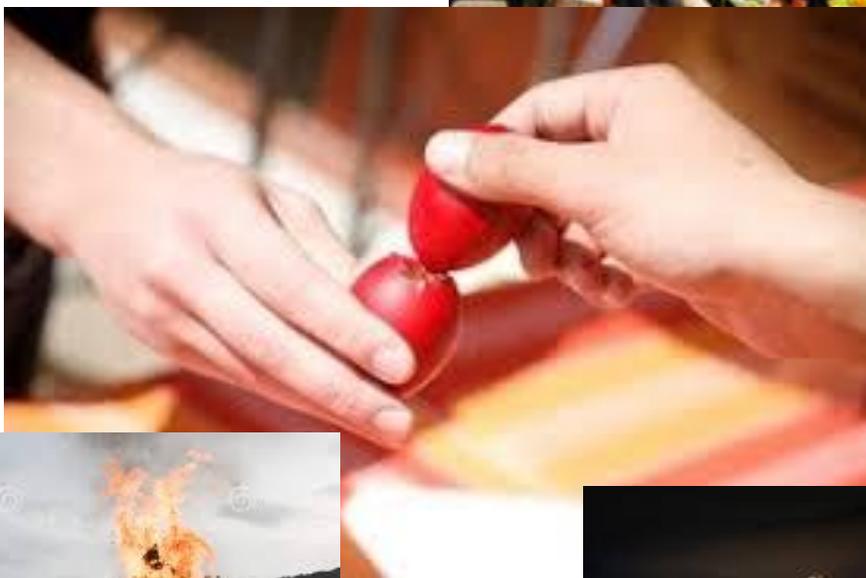
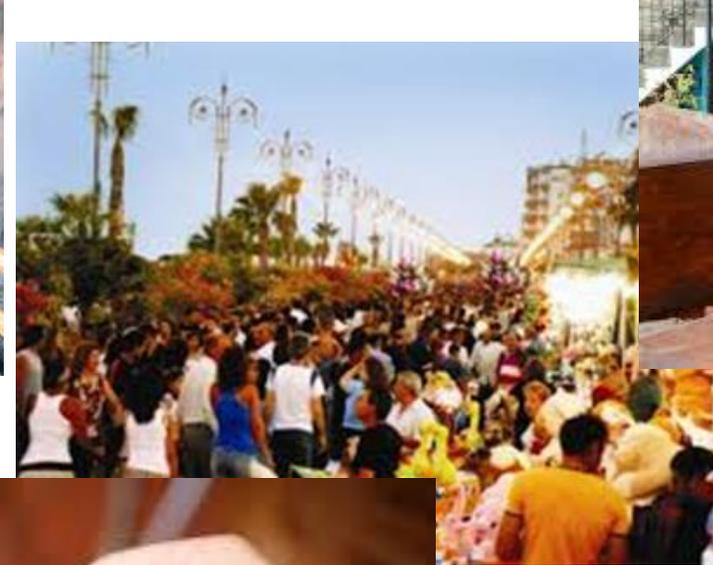


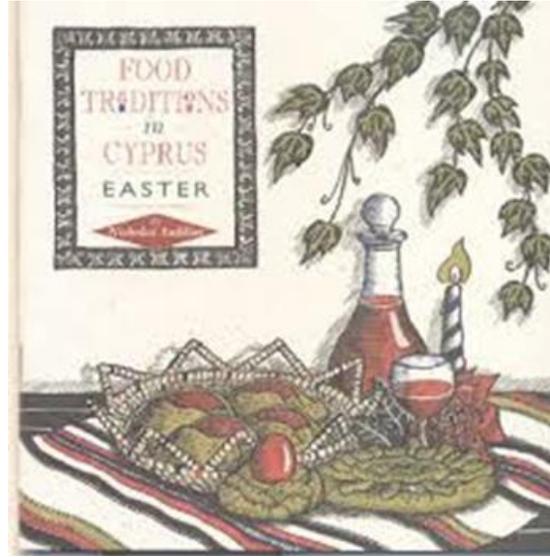
# Easter in Cyprus

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OUR BEAUTIFUL ISLAND..

EASTER TRADITIONS AND CUSTOMS





# "Kathara Deftera" (Green Monday)

**"Kathara Deftera" (Green Monday)** is a really big family festival that marks the start of the 50-day Orthodox Lenten fast which ends after midnight on Easter Saturday. Groups of friends and families head for the countryside for a huge vegetarian picnic and to fly kites. There are many kite-flying competitions which is great fun to watch in action! Traditionally, it is considered to mark the beginning of the spring season.



# Martoui

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**Martoui** is a tradition well known not only in Cyprus . It is a bracelet made of twisted red and white thread (the red one symbolizes love for the beautiful and the white one purity) that children wear on the wrist of their hand from 1st until March 31. According to the popular tradition, the Martoui protects the children from the first sun of spring, not to be burned and destroy their beautiful skin. It is made the last day of February and they wear it on the first day of March, before leaving home.

Kids all around Cyprus throw their martoui into a large bonfire called Lambratzia.





## Souvla (σούβλα)

Souvla consists of large pieces of meat.

It's cooked on a long skewer over a charcoal barbecue called "Foukou".

Traditional souvla is made from the neck and shoulder of lamb, pork and chicken.

Cypriots mostly eat Souvla to celebrate occasions such as Christmas, Easter etc.



## Sheftalia (σεφταλιά)

Sheftalia is a type of sausage without skin.

It is made usually with pork or lamb mixed with finely chopped onion and parsley.

It is wrapped with omentum to keep the meat together.

Sheftalia is grilled until golden brown.

You can eat them with traditional pitta and a light salad.



# Flaounes (φλαούνες)

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Flaouna is a cheese-filled pastry which may include raisins or be garnished with sesame seeds.

Flaounes are made in Easter.

They are served as a celebratory food for the breaking of the Lenten.

They are traditionally prepared on Good Friday for consumption on Easter Sunday.

Various villages all around Cyprus have their own recipes about what cheeses or fillings should be included in flaounes.

In Paphos they have their own version which they call "Paskies" and the difference is that they add

small pieces of lamb in the filling and onions.

<https://www.youtube.com/watch?v=K8LSrszTzPY>



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THE END

Thank you for your attention!

Cyprus Team

