



**ERASMUS+ KA229 PROJECT:
“PROIECT” PRomotion Of Identity, Euopean Culture and Tradition
2018-1-IT02-KA229-047925_2
P27 ACTIVITY OF THE “GENIKO LIKIO HORTIATI” (November 2020)**

THE TRADITIONAL GREEK DISH “KOTOSOUVLI (KOTOSOYBAI)”

“Kotosouvli” is a traditional Greek dish that is prepared and served both at home and in taverns or restaurants.

It is a delicious dish with pork meat, which is cooked, as its name suggests, on the spit. Kotosouvli, like kokoretsi, is traditionally eaten at Easter, but there are many Greeks who enjoy it all year round. It is a delicious and quite fatty food, as pieces of meat and fat are placed alternately on the spit.

The pieces of meat and fat are cut quite large, about 5 by 5 cm. They are baked slowly over low heat, on charcoals that have been well burnt for a long time (usually around 2 hours depending on the size of the spit) or in the oven.



Recipe

Materials

- 1600 g lean meat from pork shoulder
- 6 large red peppers
- 750 mL white dry wine
- 1 full tablespoon dried oregano, grated
- 1 full tablespoon dried thyme, grated
- 2 bay leaves
- 3 cloves of garlic, melted
- 1/2 teacup olive oil
- salt and pepper

Execution

Preheat the oven to 180 degrees Celsius. Lightly grease small metal skewers and pass the pieces of pork (previously marinated with oregano, thyme, bay, garlic, salt, pepper and olive oil) and red peppers alternately. Attach the edges of the skewers to a baking tray and place it on the second level from above. Put some wine in the pan (so that the drips from the meat will not burn). Bake for about 40-50 minutes, turning them regularly and smearing them with the marinade you have kept. Also, add wine or water to the pan when it evaporates.

You test if the meat has been cooked as follows: Carve a piece of meat, until the blade reaches the metal of the spit. If the kontosouvli is ready, the meat should have turned white. If it is still pink or red, continue baking for a few more minutes and try again. At the end, turn the oven function on the grill and raise the pan. Bake until the meat is roasted on all sides. For caramelization, add a little honey to the last spread with the marinade.

Once it is ready, take the pieces of meat off the spit and serve them on a plate with yogurt dip next to it.



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