Our common cuisine

**Turkish-Greek**

***Many similarities in dishes due to availability of the same ingredients (same ecosystem) and cultural interaction due to migration and occupation***

1. Tarhana – tarhana
2. Kebab – souvlaki
3. Kag kebab - kontosouvli
4. Helva – halva
5. Kokorec – kokoretsi
6. Dolma, sarma – dolmades yalanzti, yaprakia
7. Tzatziki
8. Pilafi
9. Stuffed vegetables
10. Meze
11. Salads
12. Sweets = baklava, lukum,
13. Turkish – Greek Coffee

**Differences**

Tsai is more common in Turkey

Soup is more common in Turkey

Aryan is common in Turkey – rare in Greece

**Italy – Greece**

Quite a few similarities in dishes and ingredients due to the same ecosystem (Mediterranean) and the cultural interaction of the past (trade, colonisation and migration)

***Some Examples***

1. Pasta – Spaghetti (carbonara, napolitana, etc)
2. Salads
3. Vegetables (broccoli)
4. Souffles
5. Olive oil in salads, cooking and baking (Greek lalagia – Italian …..)
6. ……………..

Differences

**Spain – Greece**

***Mediterranean Diet – similar ecosystems***

Similarities mainly in fish and seafood dishes

Differences in the frequency of fish and seafood eating

**Czechia – Germany and Greece**

***Few similarities due to globalization and common preservation practices***

1. Schnitzel
2. Fried potatoes
3. Preserved vegetables (lardi, toursi and Sauerkraut)