

The Greek custom for “Tsiknopempti”

Fat Thursday (Tsiknopempti) is the most special day of the second week of Triodion (the three-week period before Easter Fast),



during which according to customs, large quantities of meat are grilled at homes and taverns, filling the air with smell of “tsikna” (the smell of scorched meat). People wear

costumes, have fun, eat and drink wine. This feast takes place on a Thursday (Pempti) because according to the Cristian religion, Wednesdays and Fridays are fast days. After fat Thursday come the great carnival.

