

CYPRIOT BREAKFAST

Traditional Breakfast

- Bread
- Hallouni
- Olives
- Tomatoes
- Eggs



Description of Traditional Cypriot Breakfast

Breakfast habits in Cyprus were formed through the ages in regard with the climate, the geographical characteristics of the island and the social and economical conditions of the inhabitants.

The origins of the cypriot breakfast derive from the life of the rural family, since cypriot society until 50 years ago it was solemnly a farmers' society

The ingredients for preparing the breakfast were coming exclusively from the produce of the family itself as the rural family used to cover almost all their needs for food and clothing by their own produce

Bread was the most basic piece of food every home should possess so it was the duty of the house wife to make sure that bread is always available. For every week she had to light up the fire in the wood burning oven to bake bread.

The bread was made exclusively by wheat flour and the dough usually was prepared in the evening and it should stay covered overnight in order to be ready.

TRADITIONAL BREAD PREPARATION

Ingredients

- 1 kg Wheat flour
- 130gr Prozymi (bread starter)
- Water
- Salt

Bread is made the same all over the world, using flour, yeast (or sourdough), salt and water. The difference in this Cypriot bread is the starter (prozymi) and the round scoring which characterizes its shape. Prozymi meaning before (pro) and dough (zymi or zyme) is a dough we make and leave it for some days to ferment, in order to use it as a starter to make bread. Usually is added holy water from church ceremony in prozymi preparation.

Directions

1. Knead the prozymi with warm water, salt and flour until soft.
2. Allow to stand for 4-5 hours in a warm place.
3. After the dough is raised and thick, cut it into pieces and roll them in shape of a ball, not too round, not too flat.
4. Dip it in wet sesame
5. Shape and bake in hot oven for an hour (preferably traditional wood oven) until right colour is reached.



CYPRIOT
BREAKFAST

Complete traditional breakfast.

1. Halloumi cheese was absolutely necessary for the breakfast table since it was together with the bread the basis of cypriot nutrition. It's made of sheep's milk and it has a distinguish taste and a squeezy texture.



2. Olives were the best supplement to bread and cheese. They were eaten black or green. Green olives were particularly popular and were called "tsakistes" because they should be cracked with a stone in order not to be bitter since they were collected when they were still green



3. Tomatoes and cucumbers were essential part of the Mediterranean diet and great companion to the halloumi cheese so they were present on the breakfast table



4. Eggs were also present since their protein was a big source of energy for a difficult day in the fields which would follow and they were collected fresh every morning from the yard.

5. It was very common for the adults to accompany their breakfast with a glass of red wine or the strong spirit of distilled grape skins called zivania



LUNCH

The main reason many people on the island live to a ripe old age is the **Mediterranean diet** which is the basis of all Greek and Cypriot food.

The mainstay of Cypriot food is **olive oil**, olives, an abundance of fresh fruit, salads, vegetables, fresh bread, potatoes, pulses (legumes) and fish which comes straight from the sea.

Salads and mountains of sizzling chips made from the famous red potatoes grown in the red villages of the Famagusta area of the island often accompany meals in Cyprus.

The potatoes are delicious and one of the leading exports of the island. They can be used in a variety of ways and in Cyprus are often used for chips and roasts.

The traditional lunch may include lamb, pork, chicken and fish served with potatoes, pasta, rice and pulses (beans, lentils etc) which are often very simple and easy to cook.

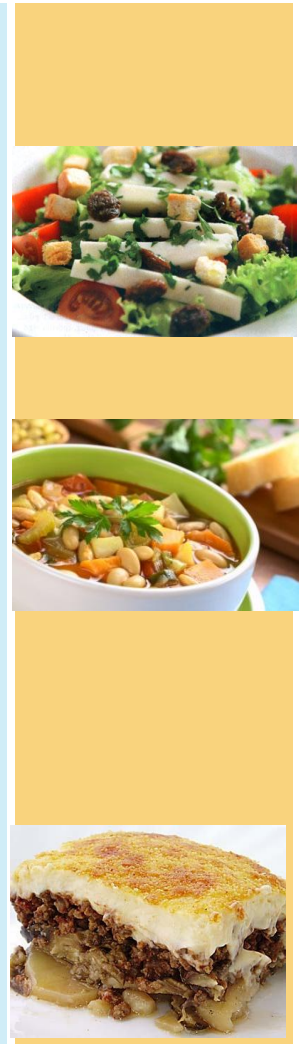
Cypriots enjoy **Kleftiko**, **Afelia** and traditional beef dishes such as stifado and tava.

Casserole dishes are cooked with lots of olive oil (or sunflower oil) and it's customary to mop up the juice with wedges of fresh crusty bread.

Probably the most popular food on the island are the barbecued lamb and pork kebabs which are often made at home or eaten at the local tavernas or restaurant. This has always been a popular fast food in Cyprus and Greece and one which many other countries enjoy.

Lunch is served around 2 o'clock at midday. Usually on Sundays Cypriot families gather together for lunch. In this way they come together, eat and communicate.

A complete traditional lunch may consist of Village salad as a starter, Fasolia yahni (baked beans) as main dish and Loukoumades as dessert.



STARTER

VILLAGE SALAD

Ingredients:

- 4 tomatoes
- 4 small cucumbers
- 1 medium-sized onion
(red onions are tastier)
- 1 green pepper
(capsicum)

Preparation:

1. Cut the tomatoes in wedges and peel and section the cucumber. Slice the onion into thinly sliced rings, this can form the base of the salad.
 2. Core the capsicum by cutting around the stem and cut it into slices like the onion. Build the salad up by adding cubed feta, parsley and olives to the top. Dress with olive oil, oregano, lemon and/or vinegar (Optional)
- Serves 4



CYPRIO
LUNCH

MAIN DISH

Fasolia Yiahni Recipe

	Directions
<p>There are many variations of this very popular dish which is delicious served just as it is. However, if preferred, the beans can be served with keftedes (meatballs) or grilled Cyprus sausages such as loukanika and pastourma which are delicious with lots of lemon squeezed over them or just black olives</p>	<ol style="list-style-type: none">1. Soak the beans overnight in water (covered with at least 4 inches of water as the beans will swell). You can add a teaspoon of bicarbonate of soda as this helps soften the beans.2. Drain and rinse and put the beans in a casserole pot covered by at least 2 inches of water and bring to the boil for ten minutes taking care to remove the scum.3. Drain beans, return to pot, add boiling water (get this ready when boiling beans), turn heat down and simmer for about 30mins or until beans are soft.4. While waiting for the beans to cook fry onions, garlic (optional carrots and celery) until golden then add tomato puree, stir and cook for a few minutes then turn off the heat.5. When beans are ready, add the onion mix to beans and if necessary add a little water. Bring to boil, reduce heat and simmer for 30mins. If there's still a lot of juice, take the cover off and cook for a further five/ten minutes as this will reduce liquid.
<p>• Fresh crusty bread is essential for mopping up the juices of this hearty dish which is best served with salt, pepper, fresh onion and lemon (optional chopped parsley).</p>	
<p>• Ingredients</p>	
<ul style="list-style-type: none">• 2 cups dried haricot beans (washed)• 2 large chopped onions• 2 medium carrots (optional)• 1 celery stick (optional)• 2 tablespoons tomato puree• Salt and freshly ground black pepper to taste• 3 tbsp finely chopped fresh parsley for decoration and taste (optional)• 2 Fresh Lemons	



CYPRIT
LUNCH

DESSERT
LOUKOUMADES (HONEY BALLS)

The traditional way of making them entails scooping up a handful of batter into your clenched fist and then squeezing a walnut size amount through the gap between your first finger and thumb. Then with a small spoon scoop up the batter.

This is then placed into a pan of very hot oil to cook for a few minutes until golden and then covered with syrup - very, very yummy!

Directions

You will need a bowl or food processor (use the dough hook) and a saucepan of hot oil or a deep fryer.

Remember not to add the hot syrup to hot honey balls. The syrup must be made before you cook the dough balls so it is cool when added.

Ingredients

- 3 cups plain flour
- 1/4 oz packet of easy-blend dried yeast
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 1 tablespoon of rose water
- 1-1/2 cups lukewarm water
- Grated zest of 1 orange
- 2 tablespoons honey
- sunflower oil

Syrup

- 2 cups sugar, 2 cups of water and 1 stick of cinnamon

- 1) Mix the flour, dried yeast, zest of an orange and salt into a bowl (or food processor)
- 2) Add the rosewater and lukewarm water gradually until you have a thick batter mixture
- 3) Cover with a clean tea towel and leave in a warm place for about an hour or until risen with bubbles
- 3) Now you can prepare the syrup as it must be cool when covering the honey balls
- 4) Put the sugar, water and cinnamon stick into a saucepan and bring to boil. Reduce heat and simmer for about 5 minutes
- 5) Divide into balls using traditional method or scoop up walnut size amounts using a teaspoon and drop into a deep fat fryer or saucepan of boiling sunflower oil for a few minutes until golden
- 6) Drain onto paper towels, then place on a plate and cover with syrup then add honey, crushed walnuts and sesame seeds if desired.



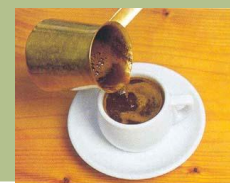
CYPRriot
LUNCH

SOMETHING TO DRINK!

There is a strong coffee culture in Cyprus with traditionally-made coffee often served in the morning. Cypriot coffee is made by mixing freshly roasted and ground beans with cold water and sugar in a *briki*, or coffee pot. The mixture is then brought to the boil, which produces a creamy foam on top and is served short and black with a side glass of cold water.

There are three main ways to drink coffee in Cyprus:

- **Sketo** – plain with no sugar, strong and bitter
- **Metrio** – usually with one sugar added, medium strong
- **Glyko** – usually with two sugars added, sweet



CYPRIOT DINNER

Dinner

The Cypriot kitchen is a tasteful and exciting experience. The food have strong colors and much fresh ingredients. The food have a lot in common with the Greek kitchen but is also inspired from the Turkish kitchen which makes the Cypriot kitchen a exciting mix of the smaller Asian and Balkan food.

Dinner habits varies in Cyprus. Families who come together and eat lunch may have at night a very light dinner. Whereas families that parents work till late afternoon, then the dinner is the main event of the day as the whole family gathers together at night.

Cypriots like visiting traditional taverns especially at nights. The most famous food in this case, is traditional meze. Meze is consisted usually of 15 – 20 plates, including starters, main dishes (like grill souvla, afelia, keftedes – meatballs, seftalia, mousakka and many others) and traditional desserts like glika tou koutaliou (spoon sweets).

Description

Traditional dinner meze

Starters

Houmous
Tachini
Taramosalata
Tzatziki
Village salad

Main course

Souvla (big pieces of grilled meat)
Souvlakia (small pieces of grill meat)
Afelia
Keftedes
Mousakka
Sheftalia
Stifado
Tavas
Yemista

Desserts

Glyko Karydaki (Walnut Sweet)
Glyko Karpouzi (Watermelon Sweet)
Daxtila (Sweet fingers)



**CYPRIOT
DINNER**

STARTERS
TZATZIKI (YOGURT AND GARLIC DIP)

Ingredients

1 Cucumber
3dl strained yoghurt
3 garlic cloves
1tsp oliveoil
1 lemon
Pepper & salt



Directions

1. Grate the garlic and mix it with salt and vinegar.
2. Peel the cucumber, grate it and squeeze it until all its water is removed.
3. Put the yoghurt into a bowl and add the cucumber into it.
4. Then mix the yoghurt with the mixture of grated garlic.
5. Whiz the content until all the ingredients are well mixed.
6. Add some oil.
7. Yoghurt dip can be served in a normal temperature but it is rather preferred cold.

STARTERS
TZATZIKI (YOGURT AND GARLIC DIP)

MAIN DISH
AFELIA (PORK COOKED IN WINE AND CRUSHED CORIANDER SEEDS)

Ingredients

1kg boned lean pork, diced
 2dl red wine
 1-2 tablespoons coriander seeds, crushed coarsely
 spices
 salt
 black pepper
 cinnamon
 6 tablespoons sunflower or vegetable oil

Directions

1. Marinate the meat in the wine and spices for at least 4 hours, overnight if possible.
2. Lift the meat out of the marinade and dry on kitchen paper. Keep the marinade for later.
3. Heat the oil in a heavy-based casserole and brow the cubes of meat a few at a-time, until all are crisp and brown. Add more oil if necessary.
4. Wipe any excess oil from the pan and return all the meat. Pour over the marinade and enough cold water to just cover the meat. Cover the casserole with a lid and cook gently, either in the oven or on top for about 30 minutes or until the meat is tender.
5. Almost all of the liquid should have evaporated to leave a thick sauce. If necessary cook the afelia uncovered for a further 10 minutes to reduce excess liquid.



DESSERT

Glyko Karydaki (Walnut Sweet)

Ingredients:

100 fresh walnuts
 Lemon juice
 2 cups lime
 4 kg sugar
 3 ltr water
 Cinnamon sticks
 Cloves (Preserved walnut)

Preparation:

1. Peel walnuts very thinly. Remove a small triangular piece from the top and bottom.
2. Soak in water for eight days, changing water daily.
3. On the eighth day, soak in water with lime for 12 hours.
4. Rinse well under running water and pierce walnuts vertically and horizontally with a skewer.
5. Boil in fresh water and rinse twice.
6. Boil in a casserole until cooked.
7. Drain and soak in water and lemon juice for 6 hours.
8. Drain and place in a casserole with sugar, lemon juice, cinnamon sticks and cloves.
9. Bring to boil on low heat.
10. The following day boil again on high heat.
11. On the third day boil until the syrup thickens.
12. Store in sterilised jars when cold.



SOMETHING TO DRINK!

Beer

There are two breweries on the island, producing Leon, **KEO** and **Carlsberg** beers.



Wine

Cyprus is one of the world's oldest wine producers, however, with the new production methods Cypriot wine is sometimes referred to as "New World wine". The most famous wine produced is the sweet dessert wine **Commandaria**. The native grape varieties are Mavro and Xynisteri but others are used too. Most of the wines are produced by monasteries, round the Troodos Mountains and production is based on traditional methods.



Zivania

Zivania is a traditional Cypriot alcoholic beverage with a light aroma of raisins. It is a distillate produced from pomace, the residue of grapes that were pressed during the winemaking process, mixed with local wine. The alcohol content is typically 45 percent by volume, though up to 90 percent can be found. Zivania is served ice-cold as an aperitif.



