

**8TH GYMNASIUM OF KALAMARIA
THESSALONIKI**



**Education and culture
Lifelong Learning Programme
MULTILATERAL PARTNERSHIPS
COMENIUS**

**“Intercultural Dialogue as a means to develop
creativity and innovation”**

GREEK CUISINE

WORKING

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*"Αρχή και ρίζα παντός αγαθού η της γάστρου
ηδονή"*

Επίκουρος 341-270 π. Χ.



Scene from ancient Greek Symposium. 475 B.C.

The Greek culinary identity is rich and deep rooted within the year. Greece has one of the oldest and most good-tasting traditions in the world, a tradition of ice-creams, materials and styles of prehistoric years and up to today. The ancient Greek cuisine is in recent years a subject of study. Written texts of the era of seniority describe with impressive details the eating habits of our ancestors in the island and mainland Greece. It was Archestratos in 330 B.C. who wrote the first cookbook in history.



Greece has a culinary tradition of some 4,000 years. Ancient Greek cuisine was characterized by its frugality and was founded on the "Mediterranean triad": wheat, olive oil, and wine, with meat being rarely eaten and fish being more common.



The species and shapes of containers, utensils and kitchen tools that come to light from the excavations reveal a very advanced, refined and healthy kitchen.



*Kylix,
the
most
common
drinking
vessel
in
ancient
Greece.*



*Fresh
fish, one
of the
favourite
dishes of
the
Greeks.
Platter
with red
figures.*



*Red-figure
kantharos,
National
Archaeological
Museum of
Athens.*

*kantharos, is a
type of Greek
pottery used for
drinking. It is
characterized by
its high swung*

*handles which extend above the lip of the pot. The god
Dionysus had such a cup that was never empty.*



*Attican Rhyton,
c. 460–450
BCE, National
Archaeological
Museum of
Athens.*

Traditional Greek cuisine

What distinguishes traditional Greek cuisine is a combination of the following factors: unique ingredients, the Greek philosophy regarding eating and sharing meals, as well as the country itself and the atmosphere in general.

The basic ingredients



Greek cuisine has four secrets: fresh ingredients of good quality, proper use of herbs and spices, the famous Greek olive oil and its basic simplicity. Greek olive oil deserves a

special mention. Present in almost all Greek dishes, and in most of them in abundant quantities, it is of excellent quality and very good for health. Then there are the vegetables and herbs. Due to the mild Greek climate, greenhouse cultivation of vegetables is not widespread. Most vegetables are grown outdoors and are very tasty and full of aroma.



You will be delighted with the taste of Greek tomatoes, lettuces, carrots, onions, parsley and garlic, not to mention the

rich flavour and aroma of fresh fruit: grapes, apricots, peaches, cherries, melons, watermelons, to name but a few. The herbs collected by most Greeks on the mountains and in the countryside are renowned for their taste, scent and healing properties. When eating one of the many different Greek dishes, the aroma of oregano,

thyme, spearmint or rosemary will inebriate you.



Do not forget also to try the Greek cheeses and

particularly feta.

As lambs and goats in Greece are free-grazing and pastures are very rich in herbs, meats have a unique taste not to be found anywhere else in the world.



Seafood from the Mediterranean Sea is far tastier than that from the oceans. In the Aegean and the Ionian Seas, the waters are crystal clear and abound with fish. Charbroiled fresh fish is considered a treat.



The Greek philosophy



The time of day when the Greeks gather around a table to enjoy a meal, or some appetizers (mezedes) with ouzo, is a time held in reverence by all the inhabitants of this country. For the Greeks, sharing a meal with friends, either at home, at a restaurant or a taverna, is a deeply rooted social affair.



The
Greek
word

Symposium, a word as ancient as the country itself, if translated literally, means drinking with company. The atmosphere in typically Greek restaurants and tavernas is very relaxed, informal and unpretentious. Food preparation, on the other hand, has its own sacred rules.



Good
amateur
cooks
are held
in great
esteem
in their
social
circles.
A good

housewife, in Greece, means a good cook. And a good cook can spend days preparing a meal for his or her friends.

Attribute of the Greek table is the variety of dishes, where none monopolise tastes all together make up a delicious whole.

Small plates with different dishes laid on the table, resemble a colorful canvas full of surprises and gastronomic pleasures.

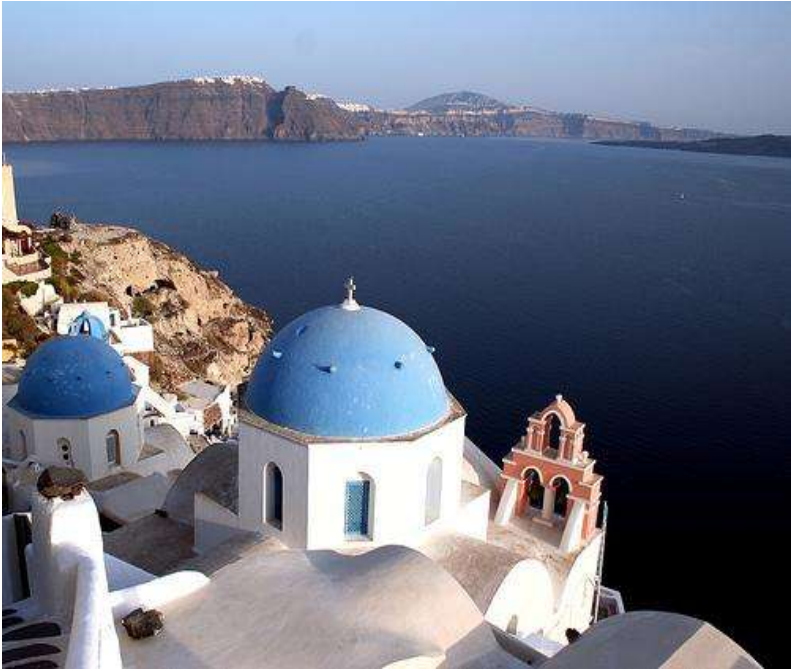
Crown of the Greek kitchen today is the famous Greek Salad, consisting of cucumber, tomatoes, onions, feta cheese, olives and oregano, all over with to the famous Greek oil. The oil with the high nutritious value is the basis of the Greek cooking while all derivatives of the olive tree used to the full.



The atmosphere



Try having a glass of ouzo or wine, accompanied by barbecued octopus or any other Greek dish, while sitting beneath the shadow of a tree, at a small tavern by the sea, on one of the Aegean islands. Then, when you go back home, try repeating that experience by preparing the same dish and serving the same drink. No matter where you decide to have it, you will soon discover that it does not taste the same. Do not try again. There is nothing wrong with the delicacy of your palate or your cooking skills. The Greek meal experience, namely the combination of what you eat and where you eat it, cannot be repeated, exported or duplicated. It is something you can only find, taste and enjoy in Greece, like the blue of the Aegean Sea.



MEZEDES

Tzatziki (Yogurt Dip)



Ingredients

- 2 medium cucumbers, whole
- 2 cloves crushed garlic
- 4 Tbs. olive oil
- 1 Tbs. strong vinegar
- 2 ½ cups thick yogurt
- 1 tsp salt

Preparation

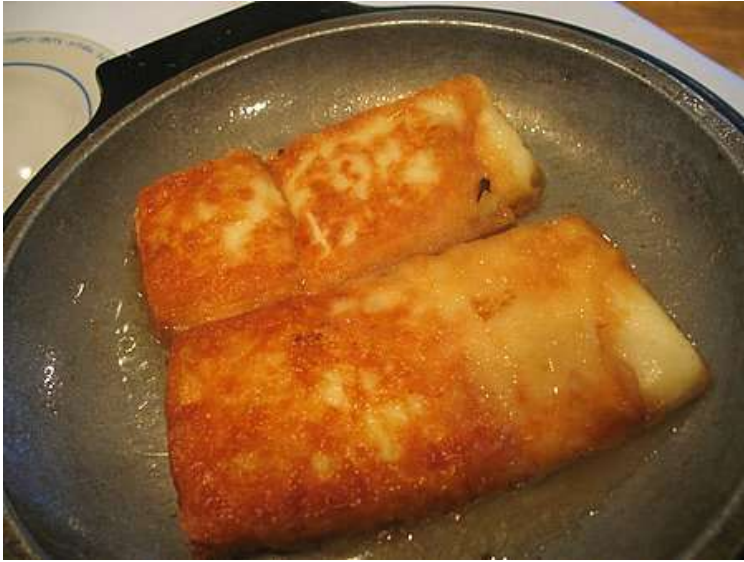
Grate cucumbers. Place in a mixing bowl and salt. Squeeze liquid from pulp and strain well. Discard liquid. Beat garlic into yogurt, gradually adding olive oil and vinegar. Beat for 2-3 minutes until all ingredients have been thoroughly combined. Stir in cucumber pulp. Divide into individual serving bowls; refrigerate for 30 minutes, then serve.

Tzatziki is very versatile and can be served as an accompaniment to dishes such as grilled fish and vegetables. Spread on squares of pita bread as a snack.

Piperies Florinis (Greek Red Roasted Peppers)



Tyri Saganaki (Cheese Saganaki)



Ingredients

1 egg
1 / 4 cup flour
Kefalotyri 2 pieces (cut into pieces)
1 lemon
Oil for frying

Preparation

Beat eggs in a bowl and put flour on a plate.
Dip the pieces of cheese in egg, and then roll in flour.
Heat the oil in a frying pan and fry the cheese until the flour coating is golden.
Squeeze a lemon on the cheese before removing from pan and serve immediately (excellent hot).

Melitzanosalata (Eggplant Salad)



Taramosalata (Roe Salad)



Kolokithakia tiganita (Fried zucchini)



**Prasines piperies gemistes me tyri
(Green peppers stuffed with cheese)**



Feta psiti me domata
(Feta cheese grilled with tomato)



SALADS

Horiatiki (Greek Salad)



Ingredients

2 tomatoes
Half cucumber
1 onion
1 green pepper
Feta cheese
Parsley
Olive oil
Salt
Olives
Oregano

Preparation

Cut the tomatoes, the onion, the pepper and the cucumber in slices. Mix them; add salt and some pieces of feta cheese, parsley, olives and oregano. Add plenty of olive oil mix again and serve.

Eat with very fresh bread, to mop up the juices.

Pantzaria salata me skordo
(Beet Salad with garlic)



Karoto ke repani salata
(Radish and carrot salad)



Fassolia piaz (Bean Salad)



Ingredients

¼ kilo dried beans
3 spring onions, finely chopped
1 small onions, sliced parsley
Few olives
70 grams olive oil
2 eggs boiled
3 Tbs. vinegar
Salt, Pepper

Preparation

Soak beans in water overnight.
Drain beans. Place in saucepan, cover with water and boil for 30 minutes. Drain. Rinse pot, add beans, cover with fresh water and boil until tender.
Drain and let cool slightly. Place in salad bowl; toss with onions. Pour olive oil and vinegar over beans; season with salt and pepper. Garnish with parsley, eggs and black olives; serve.

Lahanosalata (Cabbage salad)



Xorta brasta salata (Boiled green salad)



VEGETABLES

Dolmadakia (Stuffed grapevine leaves with rice)



Ingredients

50-60 fresh grapevine leaves

1 cup olive oil

5-6 spring chopped onions

1 cup uncooked rice

2 tablespoon dill

1 cup hot water

1 tablespoon salt

1/4 teaspoon pepper

1/4 teaspoon sugar

1 lemon (juice)

Preparation

Vine leaves boil for 5 minutes.

Finely chop the spring onions. Add the rice, oil, salt, pepper, dill, sugar, and lemon juice. Mix materials.

In the centre of each leaf (shiny surface of leaf downwards), place a heaped teaspoon of the filling. Fold ends of leaf over the filling and roll it up. (Do not roll too tightly, as the rice will swell).

Cover the bottom of a shallow saucepan with vine leaves and place a plate over the "dolmadakia" to prevent them from opening. Cover and simmer over a low heat for about 1 hour. Allow cooling in the saucepan. Serve them as a cold entree with yogurt or as an appetizer.

Kolokithakia Gemista Avgolemeno Stuffed Courgettes with white Sauce



**Melitjanes me kremidia ke domates
(Imam Baildi)
Eggplants with onions and tomatoes**



Aginares me Araka (Artichokes with Peas)



Kolokithokeftedes



Gemista (piperies ke domates) Stuffed peppers and tomatoes



Ingredients

6 ripe tomatoes

6 peppers

Half kilo of minced meat

Tomato juice or tomato puree and water

2 teacups rice

2 tablespoons chopped parsley

2 chopped onions

1 teaspoon chopped mint

One and a half teacups olive oil

Salt

Pepper

Preparation

First wash the tomatoes and peppers. Then cut a thin round slice off the top of the tomatoes with a sharp knife and keep them aside. Scoop most of the tomato pulp out,

with a teaspoon, and shred it finely. Cut the tops off the peppers and keep them aside. Then prepare the stuffing with the following way: Heat the oil in a cooking pan and saute the onions in it, until they look brown. Add the minced meat and let it saute for 10 minutes, stirring with a spoon all the time. Add the tomato pulp, the parsley, salt, pepper, the mint and some water and let them simmer for approximately 10 minutes. Then wash and strain the rice. Add the rice to the stuffing mixture continue cooking for another 5 minutes. Fill the tomatoes and peppers, which you have arranged in a Pyrex dish or baking pan, with the prepared stuffing. Replace the previously saved tops of the tomatoes and peppers. Pour some tomato juice into the pan/dish and fill the gaps between the stuffed tomatoes and peppers with slices of potato. Bake it in a medium oven for approximately 40-45 minutes.

Note :(when you fill the tomatoes, be careful not to overfill them)

Bamies (Stewed)



MEAT

Mousakas (With Eggplant)



Ingredients

Materials for a tray of oven

6 eggplant flask

oil for frying them

700 grams minced beef

1 large onion, grated the grater

1 wine glass white wine

1 cup of coffee oil

1 tablespoon tomato paste tomato

1 bay leaf

1 pinch cinnamon

4 grains allspice

salt, pepper

Ingredients for white sauce (Bechamel)

3 tablespoon fresh butter soup

4 tablespoon flour

2 water glass, milk

2 eggs

1 pinch nutmeg

1 cup of tea Kasserı (yellow cheese) finely chopped
salt, pepper

Preparation

Remove the stems from eggplants and cut into thick slices 1 cm thick. Salt them and put them in a casserole full of water for ½ an hour and then you squeeze out of water. After that we fry them in plenty of oil until brown. Put them on absorbent paper.

Prepare minced meat. In a large skillet heat the olive oil and saute the grated onion until polish. Put the mince and cook stirring continuously to mix well with onion. Add the white wine. Leave the mixture to cook well until wine evaporates. Dilute the tomato paste in a little water and throw in the minced meat.

Put the bay leaves, the cinnamon, allspice, pepper and salt. Stir and cook until the liquid evaporates and minced meat dries. Allow it to cool.

Prepare the sauce. Heat the fresh butter in a saucepan, add the flour and saute until golden brown and add the warm milk stirring continuously not to lump. Once the sauce thickens withdraw from the heat and add in the nutmeg, a pinch of salt and plenty of pepper. Empty the yellow cheese and stir and add the eggs, stir quickly until the mixture is absorbed. Let it wait.

Take a pan of the oven and touch the bottom of a layer of eggplant near-close to leave no gaps. Empty minced up and straightens to go everywhere and do a second

layer with remaining eggplant.

Pour the sauce. Straightens it with a knife and put the pan in the oven for about 1 hour and up top to form a golden crust.

Before you cut into pieces the mousaka let it stand for ½ hour.

Mosharaki stifado (Beef stew)



Yiouvetsi (Lamb Casserole with Pasta)



Chirino me prasa (pork with leeks)



Keftedakia (Meatballs)



Ingredients

500 grams minced beef
250 grams stale bread
1 large onion
1 clove garlic
1 egg
1 teaspoon mint
1 teaspoon oregano
1 tablespoon fresh parsley
1 teaspoon ouzo
 $\frac{3}{4}$ teaspoon salt, $\frac{1}{4}$ teaspoon pepper
 $\frac{1}{2}$ cup olive oil
Flour
oil for frying

Preparation

With a sharp knife remove the crust from stale bread.

Soak the kernels in water. Squeeze out water.

In a large bowl, put the mince and knead kernels well until well mixed with the mince. Pour the grated onion, garlic and knead.

Add the egg, mint, oregano, parsley, ouzo, the spice, olive oil and knead well for a final time.

Mold meatballs round, roll balls in flour and fry in hot oil. Eaten hot and cold.

Note. Accompanied by white rice, fried potatoes, spaghetti with tomato sauce and many other Greek (mazedes) tidbits.

Pastitsio



Souvlakia (Grilled Lamb on Skewers)



Ingredients

1 kilo pork meat, boned
½ cup olive oil
Lemon juice
1 teaspoon salt
Pepper, oregano

Preparation

Cut pork into 1-inch cubes and thread on metal skewers. Marinate in oil mixed with 4 tablespoons lemon juice, salt and pepper for about 1 hour. Grill meat over charcoal, turning once, until done. Sprinkle with oregano. Serve with pilaf or fried potatoes.

Arnaki sti gastra (Lamb to the hull)



FISH

Htapodaki xidato (Octopus in vinegar)



Ingredients

2 medium Octopus
1 cup olive oil
1 cup vinegar
1 tablespoon oregano (Greek oregano)
1 teaspoon pepper
pinch of salt

Preparation

Place octopus in a large saucepan with plenty of water and boil for 2 hours.

Remove from heat. Wash and remove skin.

Cut into desired size pieces in a bowl, combine all ingredients and add the octopus.
Stir well, cover and refrigerated for several hours or overnight.

Midia sachanaki (mussels sachanaki)



Gavros sachanaki (Anchovy sachanaki)



Barbounia tiganita (mullet pancake)



Lithrini psito (Grilled Lithrini)



Sardela sta karvouna (grilled sardines)



Bakaliaros skordalia
(Cod Fish with garlic sauce)



Ingredients

2 pieces salted cod
1 cup flour
2eggs
2 teaspoons baking powder
Little beer
Oil for frying
Skordalia

Preparation

Cut cod into pieces and soak in water for 10- 12 hours.
Change water at least 5-6 times during this period.

Rinse cod and remove large bones. Combine flour, eggs, beer and baking powder with little water to make a thick batter. Dip cod pieces in batter, coat and fry.

You serve with skordalia

Skordalia me psomi (Skordalia with bread)

Skordalia is a deceptively simple Greek dip used to accompany fried zucchini and eggplant strips or bakaliaro.

Ingredients:

4 cloves of garlic
4 thick slices of bread
4 tbsp. olive oil
1 tbsp. vinegar
1 tbsp. lemon juice
Salt

Preparation

Remove the crusts from bread and soak in water. Peel garlic cloves, remove sprout if exists and crush them. Squeeze the water out of the bread. Put bread, crushed garlic, vinegar, lemon juice and salt in a mixer. Blend, while adding the oil drop by drop, until the mixture becomes smooth.

SOUPS

Fasolada (Greek Bean Soup)



Ingredients

1/2 kg white beans
1 onion
3 carrots
3-4 tomatoes
Celery
1/4 Cup extra virgin olive oil
Salt
Pepper

Preparation

Soak the beans for 12 hours. Wash them well and place them in a deep saucepan. Boil them for 20 minutes. Chop the onion, the carrots and the celery, smash the tomatoes and add all of them in the saucepan. Add olive oil (as much as desired), salt and pepper. Stir the mixture and add plenty of water. Boil the soup in low temperature until the beans are tender. Bean soup is served with smoked herring and olives and is well known in Greece as a very nutritious meal.



Magiritsa (Easter Midnight Soup)



Revithia (Chick- pea soup)



Psarosoupa (Fish Soup)



Giouvarlakia (Soup with Meat Dumplings)



Ingredients

½ kg ground beef
1 medium onion, chopped
1 egg
2 tablespoons chopped parsley
Olive oil
3 tablespoons rice
Salt and freshly ground pepper
Water, 1 ½ liters

For avgolemono (egg and lemon sauce)

1 egg
1 / 3 cup lemon juice

Preparation

Empty ground beef in mixing bowl. Make small well in

middle; place egg, onion, olive oil, salt, pepper, parsley and rice in well. Knead by hand until thoroughly combined.

In large pot, bring water, 1 ½ liters, to fast boil. Shape meat into round dumplings and drop into boiling water. Cook for 20 minutes. Lower heat and prepare egg-lemon sauce. (In mixing bowl, whisk egg until foamy. Gradually beat in lemon juice, alternating with a few spoonfuls of the broth from dumplings). Remove dumplings from heat. Let rest for 8 minutes, then add egg-lemon sauce, stir and serve immediately. Sprinkle with pepper or parsley.

Kreatosoupa (Beef with vegetables)



PIES

Spanakopita (Spinach Pie)



Ingredients

Materials for 1 pan of the oven

1 packet ready-made pastry leaves

for the filling

Freshly washed 1 pound fresh spinach

10 spring onions, finely chopped

1 ½ cup chopped dill tea

200 grams feta cheese

2 eggs (optional)

salt, pepper

oil spreads on the leaves

Preparation

Salt the spinach put it in a colander to strain well for

about 15 minutes.

In a pan put the pissed spinach and add the finely minced green onions. Pour in the dill and stir well. Crush the feta cheese into small pieces and throw into the mix.

Lubricate well a pan and spread sheets pastry sheets 4 in such a way as to cover the bottom and sides of the dish lubricating them one by one.

Empty the stuffing inside and with a fork turn leftovers leaf inwards to touch over the filling and spread over from other 4 sheets and the lubricating them one by one. Brush the top sheet with oil and carve the top three sheets with a sharp knife into 3-inch strips from one end of the pan to the other. Sprinkle the top with water, to prevent the pastry sheets from curling upwards. Bake the spinach pie in a moderate oven for 40-45 minutes. Cool slightly and cut into squares.

Serve hot or cold.

Tyropita (cheese pie)



Kreatopita (Meat pie)



Ingredients

- 1½ kilos leg of lamb, boned
- 4 onions, finely chopped
- 3 ripe tomatoes, diced
- 3 cloves garlic
- 1 coffee-cupful parsley, finely chopped
- 1 coffee-cupful dill, finely chopped
- 3-4 cloves
- 1 teaspoonful cinnamon
- 1½ teacupfuls olive oil
- 1 teacupful long-grain rice
- 1 packet ready-made pastry leaves

Preparation

Using a sharp knife, cut the meat into small pieces about the size of a chickpea.

Heat the oil in a large pan and fry the onion. Put in the meat and brown well.

Add the tomatoes, garlic, parsley, dill and all the spices. If necessary add a little water. Cook for 20 minutes. Add the rice at the last moment.

Line a baking tin with two leaves of pastry, brush each liberally with oil. Pour in the runny filling and cover with another two leaves of pastry. Brush with oil and bake in the oven at 180 C for about 1 hour. Make sure the filling has plenty of gravy for the rice to absorb and cook.

Kolokythopita (Pumpkin pie)



LOCAL CUISINE

Fava from Santorini



Ingredients

1/2 kilo Fava
2 bay leaves
1 teaspoon oregano
1 cup white wine
1 wine glass red wine
3 tablespoons olive oil
Salt
1 onion
½ lemons

Preparation

Wash the fava lentils well
Simmer the beans by placing 4 parts water, 1 part beans.
Add 2 bay leaves and oregano and stir. Add the glass of

the wine. When the beans become a thick porridge, draw from the fire. Put out bay leaves.
When cool add oil, salt and stir well.
Serve with an extra lashing of olive oil, half a squeezed fresh lemon and ½ roughly chopped onion to dress
Fava dip can be served warm or cold

Dakos salad (Cretan salad)



Agginares a la polita (Artichokes Constantinople-style)



Ingredients

- 6-8 Artichokes
- 12 Small, whole spring onions
- 1 Medium onion grated
- 4 Carrots, scraped and cut into rounds
- 1 Teacupful finely chopped dill
- 1 Teacupful extra virgin olive oil
- Juice of two lemons
- Optional
 - ½ kilo fresh peas
 - ½ kilo baby new potatoes

Preparation

Clean the artichokes carefully by paring away the outside leaves and removing the choke. Peel the tender stalks.

As you prepare each artichoke rub well with half a lemon and place in a bowl of cold water.

Pour the oil into a shallow pan and sauté the grated onion.

Add the carrots and the spring onions. Then add the artichokes and sauté lightly, 1 glass of water and a pinch of salt. Simmer for 30 minutes, add the dill and test whether the vegetables are cooked. About 5 minutes before they are ready, add the lemon.

This dish can be eaten hot or cold and has a sweet-sour taste. Accompany with some good olives and white wine.

If you wish to add one or more of the optional vegetables just sauté at the same time as the carrots and spring onions.

The qualification à la polita surely designates the recipe's origin, Constantinople, one time Queen of Cities.

Spetzofai from Pilio (Sausages with various peppers)



Soutzoukakia from Smyrni



Bougatsa from Thessaloniki



Gigerosarmades Thrakis



Varenika from Pontos



Seftalies Kiprou



SWEETS

Kourambiedes



Ingredients

2 kilos soft flour

1 kilo butter

300 grams powdered sugar

300 grams crushed roasted almonds

1 small glass koniak

1 teaspoon baking soda

Rosewater

Preheat oven to medium (175c).

Preparation

Whiten the butter by beating by hand for ½ hour. Add the sugar, cognac, almonds and finally the flour, mixed with the baking soda. Continue to beat until all ingredients are well mixed.

Mould into the familiar shapes of the kourambiedes and place on a cookie sheet. Bake for 20 minutes until golden. Remove from oven and immediately sprinkle with rosewater, then roll in the powder sugar.

Melomakarona: Honey & Spice Cookies



Galaktoboureko (Milk Pie)



Ingredients

2 tablespoons unsalted butter
12 pastry sheets
Rind of 1 lemon
1 cup fine semolina
1 1/2 liter milk
2 tablespoons all purpose flour
4 egg yolks
1 1/2 teaspoon vanilla
1 cup caster sugar

Syrup

2 cups caster sugar
2 cups water
2 large lemon peels
1 teaspoon vanilla

Preparation

1. Over a slow medium heat mix all the ingredients and the rind of one lemon, except the butter, stirring occasionally until the mixture becomes a thick cream. Remove from heat and set aside.
2. In a small pan melt the butter. Butter a baking pan and place 1 of the pastry sheets. Butter the sheet and repeat with 5 more.
3. Pour the mixture on the sheets and cover with the rest of the pastry sheets, making sure each one is lightly buttered. Bake in a oven at 200C (400F) for about 30-45 minutes.
4. While the galactoboureko is cooling, make the syrup. Mix all the ingredients in a pot until the sugar is dissolved. Pour the syrup over the cooled dessert.

Loukoumades - Honey Puffs



Karidopita (Nut-cake)



Halvas Simigdalenios (Halvah)



Tsoureki (Sweet Easter Bread)



Vasilopita (New Year Pie)



Glyka Koutaliou

The classic sweet offered in villages and cities are the traditional Greek sweet candy. This is preserved in sugar fruit, of each ear, which must be of the highest quality (quince, fig, orange, chestnut, apricot, cherry...).





DRINKS

From the Greek ground, from the light of Mediterranean sun, from the limpid and crystal blue waters of Aegean, from the air of Dionysus knowledge and from the ether of cosmic substance, we gather from vine in September a product that we call grape (stafyli).

And then we serve our love in the glass of knowledge, drunkenness the temporary oblivion of amenity and passions of our existence.

From the gods and demigods to our fathers and from the fathers to the sons.

From the nectar and ambrosia, to Ouzo, Tsipouro, Retsina and Wine, delicious drinks that complement and illustrate the richness of Greek food.

This is our tradition...

To your health

OUZO



TSIPOURO



RETSINA



WINE



Three glasses of the three wine colours (from left to right), white, rosé and red.

Ellinikos Kafes (Greek Coffee)

Distinctively popular is "Greek coffee" (o Ellinikos) which drinking during the day, morning or afternoon. Greek coffee has a pleasant flavor and a rich aroma, and is tastier when freshly milled and is boiled in a coffee pot, this classic cupreous utensil with long handle.



It is heavier but perhaps far more palatable when it is offered with « kaimaki » that a thick layer when the coffee begins to inflame. It is served in a small cafe cup and is never drunk entirely leaving a deposit that remains always at the bottom of the cup. To enjoy it you always sip it at a slow pace gulp by gulp.



Frappe

Perhaps more popular, especially in summer, is the conception Greek frappe coffee, instant coffee hit to create foam and adding sugar, milk or ice for those who wish.



Drinking frappe is something like a tradition in Greece, an everyday act to wake up, get some energy, start the day, relax, discuss. There is always a reason to drink frappe. You will see Greek people sitting at a cafe for hours under the sun or inside if it is cold, relaxing, looking around, smoking and talking about everything. This can go on all day long. There's no greater pleasure than those precious moments, sitting at a cafe and enjoying a glass of cold frappe...

If you are not in Greece don't get disappointed! The following are the basic instructions and ingredients to help you make a frappe on your own. So if you are not in Greece you can act like you are. Enjoy!



Ingredients

2 teaspoons of instant coffee

2 teaspoons of granulated sugar

Cold water

30 ml evaporated milk or regular milk optional

Preparation

Place the coffee, sugar for the taste, and 60ml cold water in a shaker, jar or drink mixer. Cover and shake well for 30 seconds or, if using a standing or hand-held drink mixer, process 10 seconds to produce thick, light-brown foam.

Place a few ice cubes in a tall glass. Slowly pour all of the coffee foam into the glass. Add milk, if desired, according to taste. Fill with cold water until the foam reaches the top of the glass. Suck frappe through a straw.



It was impossible to include the all Greek recipes in this book. Those mentioned however and the most distinctive and in order for someone to get a full picture of the Greek cuisine, they will have to visit Greece, where except for the Greek cuisine one can enjoy the

Greek hospitality.



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