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REGIONAL  
CUISINE



AS AN ELEMENT  
OF HERITAGE

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Greek cuisine is considered one of the most delicious cuisines in the world. It is dominated by Mediterranean flavors, healthy products, simple recipes and unusual spices. The characteristic features of Greek cuisine are the extensive use of olive oil, mutton and various types of vegetables.

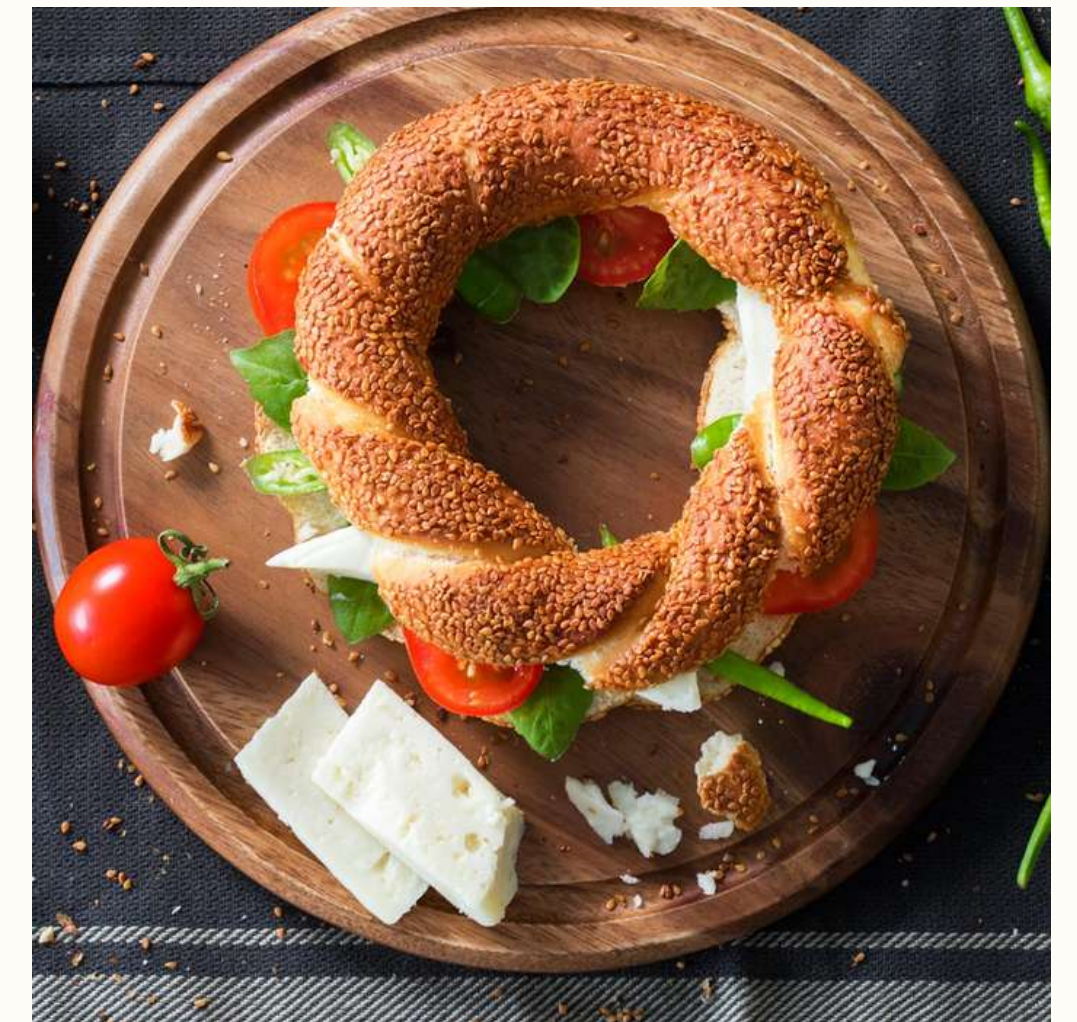


Greek cuisine has a long history. The first mentions of a separate, characteristic Greek culinary art date back to approximately 4,000 years ago. Greek dishes influenced cooks across Europe and, in turn, influenced how cuisines around the world evolved. It is worth mentioning here that the first cookbook was created in Greece. It was written by Archestratos, and it took place in 330 BC.



# TOP 10 GREEK SAVORY DISHES

1. SOUVLAKI
2. MOUSSAKA
3. DOLMADES
4. TARAMOSALATA
5. HORIATKI
6. SPANAKOPITA
7. FASOLATHA
8. KOULORI
9. LOUKOUMADES
10. BAKLAVA







In Greece, especially on the islands, seafood should be a must-see in your culinary experience. Most often, the menu of Greek restaurants includes: squid, octopus, mussels, shrimp. They can be breaded or grilled.

# SEAFOOD





# CHRISTMAS DISHES, TRADITIONS

The main dish on Easter Sunday is a large portion of lamb or goat with potatoes baked with herbs and huge amounts of lettuce.

Beforehand, appetizers are served, such as octopus, choriatici, various types of olives and feta cheese cut into large pieces, poured with olive oil.





# CULTURAL EATING HABITS

At 11 a.m. they often enjoy tyropitta cake, filled with hot, liquid feta cheese.

Lunch is eaten there between 1:30 p.m. and 5:30 p.m.

The main meal of the day is dinner, usually eaten in restaurants or taverns around 10 p.m. or even 11 p.m.





# SPICES

Undoubtedly, Greek cuisine is healthy, easily digestible and provides the body with many valuable ingredients. Greeks mainly focus on simple, home-made dishes.

The most popular spices used by the inhabitants of Hellas include: parsley, mint, black pepper, cinnamon, oregano, vanilla.





# MARKETPLACES

The market sells seasonal products, mainly vegetables and fruits, although cheese, herbs, crayfish, honey and eggs are also increasingly available.

Most products come from local farmers and producers who come from towns no further than 100 km away from the village or town where the market is held.

This is a guarantee of the origin of products from local suppliers, products grown in local areas and their freshness.





# OLIVE OIL

Its taste, color and consistency vary depending on the region. Olive oils can be spicy and expressive in taste, mild or very bitter.

They can be used for any dish, both hot and cold.





# REGIONAL SWEETS

LOUKOUMI - these very sweet cubes, at first glance resembling jelly, are made of wheat starch with the addition of sugar, rose water or fruit juices.



HALVA - characterized by its crumbly, fibrous consistency. Halva, although high in fat, contains mainly mono- and polyunsaturated fatty acids, which affects its health properties. We can enjoy various flavors, combined with cocoa, pistachio, almond and vanilla itself.