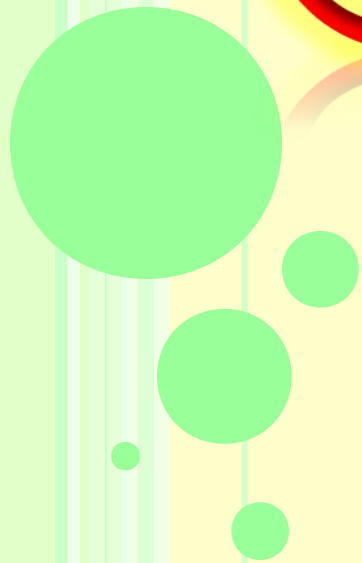




GREECE



- Greece is a country in southeastern Europe. Situated on the southern end of the **Balkan Peninsula**, Greece has land borders with **Albania**, the Republic of Macedonia and **Bulgaria** to the north, and **Turkey** to the east. The **Aegean Sea** lies to the east of mainland Greece, the Ionian Sea to the west, and the Mediterranean Sea to the south. Greece has the tenth longest coastline in the world at 14,880 km (9,246 mi) in length, featuring a vast number of islands (approximately 1400, of which 227 are inhabited), including **Crete**, the Dodecanese, the Cyclades, and the Ionian Islands among others. Eighty percent of Greece consists of mountains, of which the highest at 2,917 m (9,570 ft).



- Greece was the first area in Europe where advanced early civilizations emerged, beginning with the Cycladic civilization of the Aegean Sea, the Minoan civilization in Crete and then the Mycenaean civilization on the mainland. Later, city-states emerged across the Greek peninsula and spread to the shores of the Black Sea, South Italy and Asia Minor, reaching great levels of prosperity that resulted in an unprecedented cultural boom, that of classical Greece, expressed in architecture, drama, science and art in Athens under a democratic





FOODGREEK



- Greek food recipes are typical of Mediterranean cuisine. But took elements from the Balkans having pronounced local features such as widespread use of olive oil, onion, garlic and oregano.



- Greece has a kitchen with a tradition rooted in history and influenced by neighboring cultures for centuries in Turkey, Middle East and the Balkans. Greek preference for abundant life and love for simple foods, well seasoned, are reflected in the way of cooking the dishes. On their special flavor is rich and quality ingredients.



- **Greek Realms, with bright blue skies and waters, offers a generous variety of ingredients.**
 - **Give a fragrant olive oil that adds flavor to other foods. Plantations clothe the hills undulating vines and grapes are excellent wines, some of aromatic resin. Lemon scented golden produce fruit whose flavor is easy to be**
- ... in Greek cuisine.**



- Maria offers a great variety of fish and shellfish on the seashore restaurants serve their dishes are grilled with garlic and lemon juice, or in the oven, with yogurt and spices, fried or cooked in tomato sauce. There are rarely served whole clams, with shells intact.





Traditional food dishes





Appetizers

Mezedes is a snack for dinner, similar-sized tapas (Spanish appetizers). Mezedel or tradition has evolved in Greece for the morning and lunch meals are light and dinner is often served in late afternoon.

Greek cuisine is rich in types of mezedes, which include snacks of olives, sauces, baked chili peppers, grilled eggplant, cheese, salads, seafood.

- Greek cheese fresh, whether it's Roman or Kasseri, is used generously to accompany bread made from whole grains house, and to laugh over the preparations of vegetables on top of pasta.
- Fila pita, is made from a very thin pastry and topped with chicken and mushrooms, spinach and Greek cheese, or lamb and leeks.





Main Dishes



- Lamb meat is the main type used by the Greeks. Preparing a meal at a traditional holiday in the court requires preparation, fried, whole lamb.
- For regular tables, is beef stewed in tall vases with assorted vegetables, is notched and then roasted on the grill. Pork, beef, venison is cooked poultry or marinated, grilled or baked. Cook fried chicken or stewed.
- There are many combinations of flavorful meat with vegetables, often enriched with lemon-yellow avgolemono sauce or tomato sauce, spiced with cinnamon. Moussakaua, garnished with layers of eggplant and zucchini, along with a meat sauce, flavored with garlic, and seasoned with egg on top, kind of food is seen almost everywhere.



Gaskets

- Greek cuisine is not lacking with spices and nuts. Rice is prepared and baked with meat and served with steamed vegetables. Also, you can cook in the vine-leaves so-called dolmades (vine leaves stuffed with rice, meat, lentils and spices).



Salads

An abundance of fresh vegetables and salads inspired marinated vegetables prepared and cooked in the oven, often seasoned with herbs grown in the mountains: garlic, oregano, mint, thyme, basil and parsley.



Desserts and drinks

Fruits and sweets

- Fresh fruits in general, figs, oranges, watermelon, apples and usually ends in a late night dinner.
- Undoubtedly the most famous preparation is baklavaua pastry, made of several sheets, honey syrup on top and decorated with nuts.
- Cakes with butter and honey are a treat for late afternoons when accompanied by a strong Greek coffee.



Beverages

Greece is famous for its wine, especially after snacks and consumed in moderation. Ouzo (anise-flavored) beers and spirits are also popular. Black coffee is consumed even regular meals.



Greek cuisine is not only appreciated for the diversity of the types of food preparation but also for its nutritional qualities. It is an opportunity to gather family and friends at the table, both at home and in restaurants. We invite you to discover the taste of Greek preparations.



- Comes from the Greek chef cap! Greek Orthodox monasteries in the Middle Ages, monks charged with preparing food, some wore similar hats, tall and white. From the Greeks we inherited the first cookbook! Archestratos, a Greek gourmet who lived through 330 years BC, wanted to show the importance of culinary art in Greek society and wrote the first cookery book. All Greek cuisine is one that has borrowed a number of vegetarian recipes and cooking principles.



- Baklava - cake made from sheets of dough, walnuts or almond.
- Dolmade - a kind of force-meat rolls, rice mixed with lamb, wrapped in vine leaves
- Avgolemono - a soup containing eggs and lemon juice.
- Greek salad - includes lettuce, feta cheese, tomatoes, olives, green onions, green peppers and a sauce made from olive oil and lemon
- Pastitsio - Greek is a kind of lasagna, pasta made with eggs and cheese, meat and spicy sauce



- They say that wherever you have a slice of feta cheese at the table, bringing with it all flavors of Greece. If you have visited Greece, sure you were impressed near the temple of the Goddess Athena, the Acropolis and Mount Athos, and Greek culinary traditions, based on especially seasonal fresh vegetables, condiments, spices and olive oil.
- Culinary traditions of the Greek heritage is the price that we nurture and respect. The thread more as a country park in any specific cuisine has been influenced by history so that in Greece



- Greek food is simple and elegant, with subtle or strong flavors, soft and crispy texture, fresh or preserved, healthy and nutritious. Covers Greek cuisine offers an incredibly rich and varied range of foods and drinks, the result of thousands of years history, when Greeks live, cook and eat. Each preparation has a history in Greek and invite you back while eating, a trip in the past on earth gods. Also Greek food is an opportunity to gather family and friends at the table, both at home and in restaurants.



Καλή
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- Andreea Leorda
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