

Greek Foods





- **Greek cuisine** (Greek: Ελληνική Κουζίνα) is a typical Mediterranean cuisine, sharing characteristics with the cuisines of Italy, the Balkans, Turkey, and the Levant. Contemporary Greek cookery makes wide use of olive oil, vegetables and herbs, grains and bread, wine, fish, and various meat, including poultry, rabbit and pork. Also important are olives, cheese, aubergine and yoghurt. Greek desserts are characterized by the dominant use of nuts and honey.



- Meze (Appetizer) is served in restaurants called *mezedopoleión*, and in similar establishments known as *tsipourádiko* or *ouzerí* (a type of café that serves beverage, like ouzo or tsipouro). A *tavérna* (tavern) or *estiatório* (restaurant) also offer a meze as an *orektikó* (appetiser). Hosts commonly serve mezedhes to their guests at informal or impromptu get-togethers, as they are easy to prepare on short notice. *Krasomezédhes* (literally "wine-meze") is a meze that goes well with wine; *ouzomezédhes* are meze that goes with ouzo.



- *Horta*: wild or cultivated greens, steamed or blanched and made into salad, simply dressed with lemon juice and olive oil. They can be eaten as a light meal with potatoes (especially during Lent, in lieu of fish or meat).
- *Koukkia*: fava beans.
- Cabbage Salad. Very finely shredded cabbage with salt, olive oil, lemon juice/vinegar dressing.
- *Marides tiganites*: Deep-fried whitebait, usually served with lemon wedges.
- *Melitzanes*, eggplants.
- *Melitzanosalata*: aubergine (eggplant) salad, looks like Potato salad.



- *Saganaki*: fried yellow cheese usually graviera cheese; the word "saganaki" means a small cooking pan, is used to say "fried" and can be applied to many other foods.
- *Skordalia*: thick garlic and potato puree, usually accompanies deep fried fish/cod [bakaliaro me skordo, i.e. fried battered cod with garlic dip, being a very popular dish].
- *Spanakopita*: spinach, feta cheese, onions or spring onions, egg and seasoning wrapped in a form of a pie.
- *Taramosalata* (from Turkish *tarama*, roe): fish roe mixed with boiled potatoes or moistened breadcrumbs, olive oil and lemon juice.
- *Tzatziki* (from Turkish *cacik*): yoghurt with cucumber and garlic puree, used as a dip.





- *Fakes*, is a lentil soup and one of the famous everyday Greek soups, usually served with vinegar and olives.
- *Fasolada*, a bean soup defined in many cookery books as the traditional Greek dish. It is made of beans, tomatoes, carrots, celery and a generous amount of olive oil .
- *Magiritsa*, is the traditional Easter soup made with lamb offal and thickened with avgolemono.
- *Patsas*, a tripe soup, surprisingly considered a good breakfast.
- *Psarosoupa* or 'fish soup' can be cooked with a variety of fish types, and several kinds of vegetables (carrots, parsley, celery, potatoes, onion), several varieties include the classic *kakavia* which is drizzled with *olive oil* .
- *Trahana* soup, a mixture of fermented grain .



- *Baklava*, phyllo pastry layers filled with nuts and drenched in syrup or if it is greek in honey.
- *Diples*, a Christmas and wedding delicacy, made of thin, sheet-like dough which is cut in large squares and dipped in a pot of hot olive oil for a few seconds. As the dough fries, it stiffens into a helical tube; it is then removed immediately and sprinkled with honey and crushed walnuts.
- *Halva*, a nougat of sesame with almonds or cacao.
- *Koulourakia*, butter or olive-oil cookies.
- *Kourabiedes*, Christmas cookies made by kneading flour, butter and crushed roasted almonds, then generously dusted with powdered sugar.
- *Loukoumades* similar to small crusty donuts, loukoumades are essentially fried balls of dough drenched in honey and sprinkled with cinnamon.

The end

Source:

- ***greece.mrdonn.org/food.html***
 - ***ro.wikipedia.org***
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