

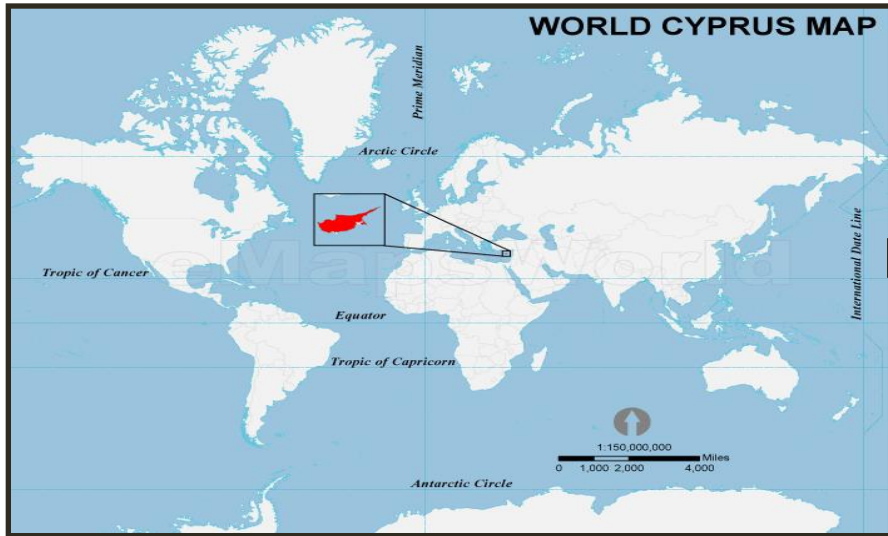
Cyprus

Special places and traditional food



Popi Karaolia

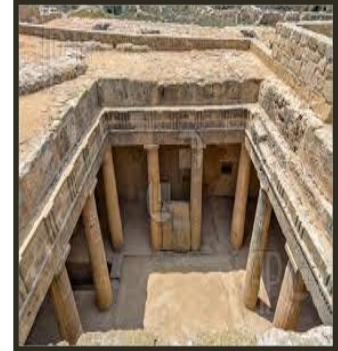
The island of Cyprus (Κύπρος)



3rd largest island in the Mediterranean sea, after Sicily and Sardinia (9251 m²)



Cyprus



History of Cyprus

1974 – War and
division of Cyprus



Independent state – 1960

British rule

Ottoman rule

Venetian rule

Egyptian rule

Genoan rule

Franc rule

Byzantine rule

Assyrian rule

1960 A.D.

1878 A.D.

1570 A.D.

1489 A.D.

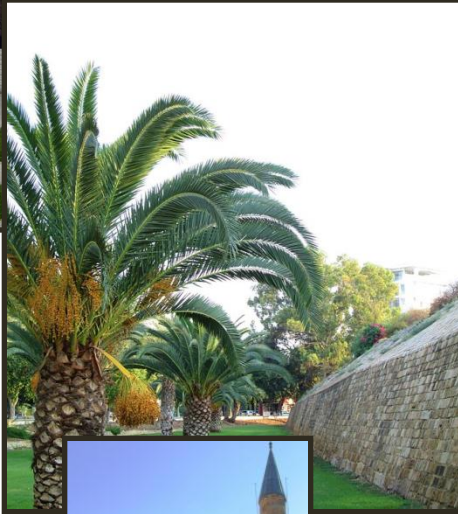
1426 A.D.

1374 A.D.

1192 A.D.

400 A.D.

670 B.C.



Nicosia (Λευκωσία) : The capital of Cyprus



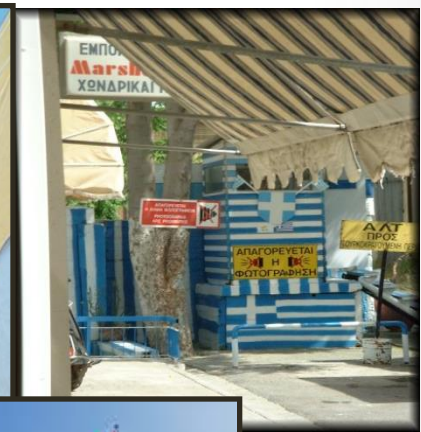
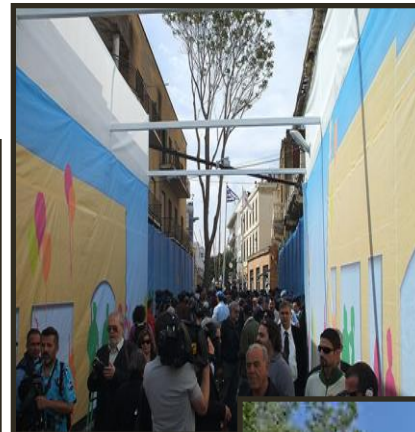
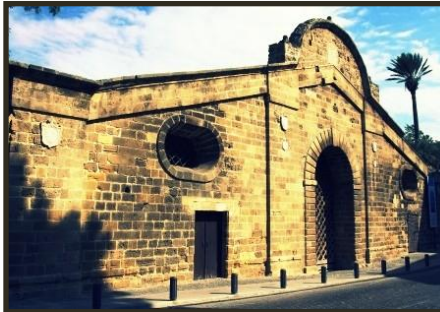
11 gates to the city.



**Walls built during
Venetian rule.**

Nicosia

- Population: 239,277 (south), 89,539 (north)
- Last divided capital in Europe (since 1974)
- Southern Greek-Cypriot part (Republic of Cyprus)
- Northern Turkish Cypriot part



Cyprus: A culinary tour



Cyprus: appetizers



Cyprus main course: Part I

Cooked Meats



Souvlakia



Pastourmas



Sieftalies



Souvla

Cyprus main course: Part II

Vegetarian Food



Trahanas



Kolokasi (Tarot root)



Pitta bread



Bulgur wheat



Halloumi

Snacks



Kouba



Flaouna



Halloumi pie



Pumpkin pie



Sausage pie



Olive pie

Desserts



Mahallepi



Loukoumades



Pourekia



Loukoumia



Grape juice



Soutzoukos



Ppalouzes

Case study (I): Halloumi cheese (Χαλλούμι)



- Combination of goat and sheep milk
- High melting point → can be easily fried or grilled!
- No acid or acid-producing bacterium is used in its preparation (set with rennet)
- Popular in many countries (Greece, Lebanon, UK, USA)
- Often garnished with mint (used to be wrapped with mint leaves to keep fresh and flavoursome)



Case study (II): Flaouna (Φλαούνα)

- Special Orthodox Easter food, celebrating the breaking of the lenten fast
- Prepared on Good Friday, to be consumed on Easter Sunday in place of bread
- Cheese filled pastry with raisins and garnished with sesame seeds
- The cheese is a mix of halloumi, myzithra, graviera (Greece)
- A family tradition shared among generations
- 11 April 2012: **Guinness World Record** for largest flaouna ever made by Carrefour: 2.45 m long, 1.24 m wide and 259.5 kg weight.
- Salty semi-sweet sweet



Case study (III): Commandaria (Κουμανταρία)

- Amber-coloured **sweet** dessert wine
- Made in the **Commandaria region**, on the foothills of the Troodos mountains
- (500-900 m altitude)
- Made from sun-dried grapes of the varieties Xynisteri and Mavro. The grapes are left to overripe and after harvesting they are exposed directly to the sun, on rooftops, to increase their sugar content
- Ancient wine style documented in Cyprus back to 800 BC, **it is the world's oldest named wine still in production**
- Legend has it that it was served at the 12th century wedding of King Richard the Lionheart to Berengaria of Navarre, in Limassol. It was during the wedding that King Richard pronounced Commandaria **‘the wine of kings and the king of wines’**



Conclusions...

- 1) A visit to Cyprus is a must!
- 2) Come hungry!
- 3) Bring your bathing suit and sunscreen.
- 4) Be ready to meet great, very hospitable people and taste amazing food 😊



Thank you for your attention!

Ευχαριστώ για τη προσοχή σας!

