

# GREEK FOOD

**TZATSIKI - Yogurt and cucumber salad.** Finely diced cucumber in a yoghurt and oil dressing seasoned with garlic and eaten by dipping bread into it.

**TARAMASALATA - Smoked fish roe paste.** A smooth and tasty paste made by mashing the fish roe with onion, bread crumbs, cooked potatoes, lemon and oil.

**MELIZANES SALATA - Aubergine salad** A paste of cooked aubergines with onion and lemon juice,

**DOMADES YEMISTES - Stuffed Tomatoes or Stuffed Peppers**

Tomatoes or Peppers (piped) stuffed with seasoned rice, drenched in oil and cooked in the oven. Courgettes (kolokythakia) may be prepared in the same way. (Rice may contain mince meat, so may not be suitable for vegetarians).

**DOLMADES - Stuffed vine leaves** Young, tender vine leaves stuffed with rice, seasoned and steamed.

**KEFTETHES - Meatballs** The staple Greek picnic food: minced beef or pork and breadcrumbs, flavoured with garlic and herbs, rolled into balls and fried in very hot oil.

**MOUSAKA** Layers of aubergine, minced beef and bechamel sauce, cooked in the oven.

**STIFADO - Casserole with red wine** A slowly cooked stew of beef or rabbit flavoured with onions, red wine, garlic, bay leaves and tomatoes.

**TIROPITA or SPANAKOPITA Cheese or Spinach Pies** Triangles of filo pastry filled with Cream Cheese or Spinach, eaten as a starter.

**KALITSOUNIA - Sweet Cheese Pie** Traditionally eaten at Easter (Pasca). Filled with sweet cream cheese.

**BAKLAVA** A very sweet pastry with chopped walnuts and cinnamon, topped with honey syrup.

**KEDEFIA** similar filling of nuts as appears in Baklava, but encased in a sort of honey-soaked shredded wheat.