

# **MEDITERRANEAN CYPRIOT COOKERY**

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## COOKING

Cypriot Cuisine is the part of the Mediterranean Cuisine

Cooking in this area is affected by religious, as well as by geographical and historical influences, sometimes making it unclear where certain dishes originated

## PRODUCTS

Foods from the Mediterranean area include olives, eggplants, lemons, squid, octopus, yogurt and lamb; from the Middle East, wheat, rice, beans, chick peas, lentils, figs, dates and citrus fruits. Bulgur wheat, known as 'cracked wheat', is whole-wheat grain partially cooked, dried and cracked, and used in many soups, stews and salads.

## Pulses and Olive oil

- Pulses make up an important aspect of the Cypriot nutrition. Combination of the olive oil with lemon enriches pulses adding to the healthy aspects.
- Olive oil is the major component of the Cypriot cuisine. Using of olive oil in the cooking avoids the use of other fats.

## **Traditional Cypriot Dishes**

- Avgolemono (egg, lemon and chicken soup or sauce)
- Dolmades ((dolmas) (vine leaves stuffed with rice)
- Filo (phyllo) (a very thin paste used for sweet and savoury dishes)
- Baklava (layers of filo paste with nuts, sugar and spice baked and finished with sugar and lemon syrup)

# Cypriot dishes

- Taramasalata (a first course dish or dip of fish roes blended with bread, olive oil and lemon sauce)
- Pitta bread (small, flat, round yeast breads)
- Kebabs (skewered lamb with peppers, tomatoes, mushrooms and onions grilled and served on rice pilaf)

# Cypriot dishes

- Keftedes (fried minced meat balls with onion, oregano, mint and parsley)
- Ressi- is the traditional dish served at weddings. It is made from wheat, which is cooked over a long period with lamb and a large amount of lamb fat.

*MENU*

*Grilled Marinated Vegetables & Fetta Salad With Roasted Garlic & Basil Oil*

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*Pan Roasted King Sea Bass On A Ragout Of Black Eye Beans & Swiss Chard, Ratatuelle & Balsamic Oil*

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*Cyprus Anari Mousse*

# GRILLED MARINATED VEGETABLES & FETTA SALAD WITH ROASTED GARLIC & BASIL OIL

SERVES 4

## Ingredients

1 medium size aubergine  
1 medium size gourgette  
2 small onions  
red pepper  
2 artichokes  
few kalamata black olives  
100ml olive oil  
10 garlic cloves  
basil leaves  
3 ripe tomatoes  
salt & pepper  
fresh thyme  
200gr fetta

## Basil Oil

100ml olive oil  
50gr almond nuts  
50gr grated Kefalotyri 1  
2 cloves garlic  
1 bunch spinach  
½ bunch fresh basil

## ***Grilled Vegetable Marinade***

### **Ingredients for 1 cup yield**

- 1 ts garlic, minced
- 1 tbs onion, finely diced
- ½ tbs thyme leaves, fresh
- 2 tbs lemon juice, fresh
- ¼ cup white wine, dry
- 1 ts pepper, black, coarsely cracked
- ½ cup olive oil
- salt
- basil

## **Procedure:**

- Mix all ingredients in appropriated size bowl.
- Cover and keep refrigerated, not more than 2 days.
- Marinate all vegetables at least 24 hours.

## **Method of Preparation**

1. Wash all vegetables and cut into thick slices and marinate them.
2. In a roasting pan roast all the vegetables.
3. Blanch in hot boiling salted water the spinach, blend them with the rest of the ingredients for basil oil and leave aside.
4. Serve the grilled vegetables with sliced Fetta cheese and the basil oil around.

# **PAN ROASTED KING SEA BASS ON A RAGOUT OF BLACK EYE BEANS & SWISS CHARD, RATATUILLE & BALSAMIC OIL**

SERVES 4

- **Ingredients**
- 2 ps sea bass (750gr each)
- 160 gr black eye beans
- 1 bunch of Swiss chard
- 4 cl olive oil
- salt & pepper
- 1 medium size onion

## **Cypriot Ratatuille**

- 1 medium size zucchini
- 1 medium size eggplant medium size red pepper
- 1 medium size green pepper
- 1 medium size yellow pepper
- 3 garlic cloves
- 1 potato
- 10 cl olive oil
- 2 cl Wine vinegar
- 150 ml tomato
- fresh basil
- oregano

## **Method of Preparation**

- Cut all vegetables and fry in some olive oil. Add the tomato, garlic, basil and oregano. Leave to simmer for a few minutes.
- Fillet the sea bass and cut in 2-3 medallion each side.
- In a casserole put the black eye beans to boil. Leave to boil for 30 minutes approx. and change the water by replacing with fresh one.

## **Method of Preparation**

- Leave to cook for another 30 minutes and add the Swiss chard cut into pieces. When cooked leave aside to cool.
- Chop the onion and fry in 3cl of olive oil. Drain rest of water in the black eye bean and then add the fried onion to it and season.

## **Method of Preparation**

- Roast the sea bass in a hot oven. When cooked place 2 medallions on top of each other on top of 3 spoons of the beans.
- Serve all around the Ratatouille and finish with a few drops of the Balsamic oil.

# CYPRUS ANARI MOUSSE

## **Bisque Cocoa without flour**

### *Ingredients:*

- 70 gr cocoa
- 15 gr icing sugar
- 15 gr almond powder
- 30 gr walnuts
- orange zest,
- Cinnamon
- 100 gr egg white
- 60gr egg yolks
- 75 gr sugar

## **Method:**

- Beat the egg whites with sugar and put inside egg yolks.
- Mix together cocoa, icing sugar, almond powder, walnuts, orange zest and cinnamon.
- Combine all together and put in the oven.

## **Mousse with Anari** (Cyprus Cottage Cheese)

### Ingredients:

- 125 gr anari
- some Sugar
- 125 gr fresh cream
- 3 egg yolk
- 3 gelatin leaves
- vanilla
- lemon zest
- Liqueur Filfar

## **Method:**

- Put the egg yolks with sugar in the Ben Marie.
- Beat lightly in the mixer and mix with anari, whipped fresh cream, vanilla, lemon zest and Liqueur Filfar.
- Add the gelatin and put in the form.
- Put in the refrigerator.

## **Dough for Decoration**

### Ingredients:

- ½ kg sugar
- 250 gr flour
- 250 gr sesame
- 25 gr butter
- 250 ml orange juice
- lemon zest

### Method:

- Combine all the ingredients together
- Put in the oven.

## **Orange and Pepper Sauce**

### *Ingredients:*

- Sugar
- Lemon Juice
- Little bit water
- Orange Juice
- Orange Zest
- Butter

## **Method:**

- Prepare the Caramel with the above ingredients.
- Poor the orange juice and leave to reduce.
- Put the crashed black pepper.

**For decoration:**

Carob Honey

Orange and Pepper Sauce

Pomegranate