



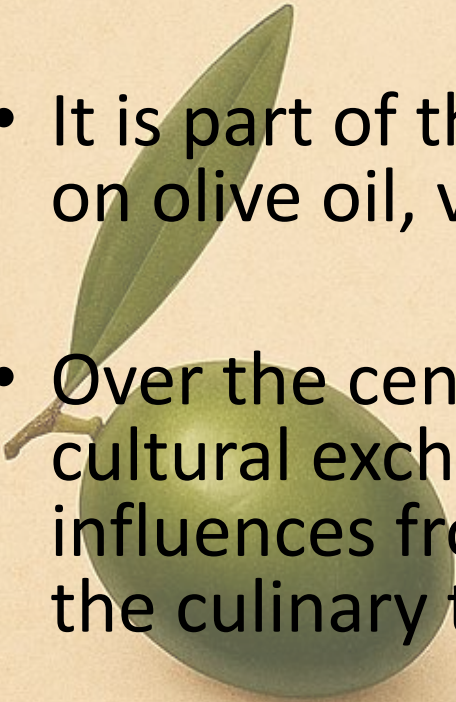
# Greek Traditional Cuisine





# INTRODUCTION

- Greek cuisine is one of the oldest in the world, reflecting the country's history, geography and traditions.
- It is part of the Mediterranean diet which is based on olive oil, vegetables, legumes and fish.
- Over the centuries through trade, travel and cultural exchange Greek cuisine both absorbed influences from neighboring cultures and inspired the culinary traditions of other countries.



# POPULAR GREEK TRADITIONAL DISHES







# Mousaka

- A layered dish made with eggplant, minced meat and béchamel sauce.
- Although similar dishes exist in the Middle East and the Balkans, the modern Greek version with béchamel was popularized by Konstantinos Tselementes, a famous Greek Chef of the early 20<sup>th</sup> century, who introduced béchamel to Greeks.







# Souvlaki

- Grilled meat skewers, served with pita bread and Tzatziki.
- The most popular Greek street food.
- **Fun Fact:** The Word Comes from the medieval Greek word “souvla” meaning skewer.







# Gyros

- A popular street food made of meat (usually pork or chicken) cooked on a vertical rotisserie.
- Served in pita bread with tomato, onion and french fries.
- **Fun fact:** “Gyro” comes from the Greek word meaning “turn” because the meat turns on the spit.





# Greek Salad (Horiatiki)



- Consist of fresh tomatoes, cucumbers, onions, olives, Feta cheese and olive oil.
- **Fun Fact:** The name “Horiatiki” means “village style”.





# Dolmades

- Vine leaves stuffed with rice, herbs and sometimes meat.

There are 2 types:

- **Dolmadakia:** made with vine leaves
- **Lahanodolmades:** made with cabbage leaves
- **Fun fact:** Similar versions exist across the Balkans and the Middle East.





# Gemista



- Vegetables such as tomatoes, peppers or zucchini stuffed with rice, herbs and sometimes minced meat.
- **Fun fact:** The most common summer dish.







# Dips

- **TZATZIKI:** A refreshing dip made with yogurt, cucumber, garlic, olive oil and dill.
- **MELITZANOSALATA:** A smoky eggplant dip mixed with olive oil, vinegar and garlic.
- **Fun Fact:** These dips are popular appetizers (mezes) in tavernas.





# REGIONAL SPECIALTIES





# Crete

## Gamopilafo:

- A traditional rice dish cooked in meat broth (usually goat or lamb) and enriched with lemon and butter.
- **Fun fact:** Literally meaning “wedding pilaf”, it is traditionally served at Cretan weddings as a symbol of hospitality and joy.







# Pelion

## Spetsofai

- A rustic dish made with spicy sausages, peppers and tomatoes.
- **Fun fact:** A favorite winter dish.







# Thessaloniki

## Bougatsa

- A traditional pie made with thin layers of phyllo pastry, filled either with savory or sweet fillings
- **Savory version**: Typically filled with cheese or minced meat.
- **Sweet version**: Filled with semolina custard, sprinkled with powdered sugar and cinnamon.
- **Fun Fact**: The most common breakfast in Northern Greece.





# GREEK TRADITIONAL DESSERTS





# Baklava



- A sweet pastry made with layers of phyllo pastry, walnuts and syrup.
- **Fun fact:** A festive dessert often served at celebrations, with origin from Minor Asia.



# Kadaifi



- A dessert made with shredded phyllo pastry, walnuts and soaked in sweet syrup.
- **Fun fact:** There is a wide variety of dessert soaked in sweet syrup (siropiasta) like galaktoboureko, ravani, samali, etc.







## Christmas desserts

### Kourabies

- Almond cookies covered in powdered sugar.

### Melomakarona

- Cookies made with flour, orange juice, oil, soaked in honey syrup and sprinkled with walnuts





# QUICK QUIZ

Which cheese is used in  
Greek salad?

- a. Mozzarella
- b. Feta
- c. Cheddar





# QUICK QUIZ

I am a dip with yogurt,  
garlic and cucumber.  
What am I?





# Which one is gemista?

1



2



3





# QUICK QUIZ

True or False?

Baklava is only found in  
Greece.





We really hope  
we've given you  
one more reason  
to visit Greece

