



28 Pitsilia hazelnuts (Fountoukia Pitsilias)

Pitsilia hazelnuts are edible nuts of mainly two varieties: either local, also dubbed "makroula" (*Corylus maxima*) or "peratika" (*Corylus avellana*). The hazelnuts of Pitsilia, known as "leftokarka", are found in the Pitsilia region, especially on the northern slopes of Troodos, from Madari to Papoutsas.

Gastronomy: Consumed either fresh or dried. In their fresh form, they can be consumed shortly after harvest, before deshellng and drying. Dried hazelnuts are often consumed on their own or used in confectionery and in chocolate production or be paired with alcoholic beverages.



29 Agros Rose water (Rodostagma Agrou)

It is the distillate from the whole flower of *Rosa damascena*. Rose water production has been carried out since the old days in the villages of Troodos, mainly Mylikouri and Agros.

Gastronomy: Rose water is widely used in making syrup for various confections (e.g. baklavas, kateifi), as well as other sweets, such as "mahalepi", rice pudding, etc. It is also used in the production of Soutzioukos, Ppalouzes and Kkiofterka.



30 Troodos trout (Pestrofa Troodos)

The trout (*Oncorhynchus mykiss*) of Troodos is produced in hatcheries on the Troodos mountain range. Since 1971, villages like Kakopetria, Platres and Foini have become a popular destination for both locals and tourists for the consumption/purchase of trout.

Gastronomy: The trout of Troodos may be on the grill or in the oven. Of late, it is also used as the main ingredient in various recipes.



31 Arakapas mandarins (Mantarinia Arakapa)

Arakapas mandarins are cultivated mainly in the geographical region of the village of Arakapas in the Lemesos district and are produced from the variety of *Citrus Reticulata* Blanco of the same name. This citrus tree is known as "Cypriot" or "local" and is famous for its mandarins which, however, contain a large number of seeds. The fruit is of a medium size with a yellow-orange colour during maturation. Its skin is thin and smooth and can be easily peeled off.

Gastronomy: Consumed fresh, they can also be used in making sweetened mandarin juices, fresh juices, as well as liqueurs.



32 Cyprus red-soil potato

Cyprus red soil potatoes are famous for their excellent flavour and firm texture. They easily stand out due to their reddish skin, obtained from the fertile red soil of Kokkinohoria (red soil villages), where they are cultivated. They are also cultivated to the west of Nicosia (Akaki, Peristerona and Astromeritis). The main varieties are Spunta, Annabelle, Nicola, Vivaldi, Allians, Marfona etc. It first became a significant export product in 1900.

Gastronomy: Cooked in various ways such as oven-baked, boiled, fried, stuffed, mashed, etc., they are also used as an ingredient in several other dishes.



33 Kolokasi Sotiras / Kolokasi-Poulles Sotiras

The name *Kolokasi Sotiras / Kolokasi-Poulles Sotiras* was registered as Protected Designation of Origin (PDO) on 03/08/2016. The *Kolokasia* plant, commonly known as *Kolokasi* (*Colocasia Esculentum*), is an edible vegetable of the Araceae family. It is cultivated for its edible starchy roots. Today, *Kolokasi* is mainly cultivated in the Ammochostos district, especially the Municipality of Sotira, but also in the villages of Avgorou, Frenaros and Liopetri. To a smaller extent, it is also cultivated in Pafos.

Gastronomy: *Kolokasi* is cooked in various ways, e.g. with tomatoes with or without meat, or as *kapamas* with wine (very popular in the Ammochostos district). Fried *kolokasi*, either sliced or in chips, as well as mashed *kolokasi* are excellent meze dishes.



34 Akanthou cheese (Akanthiotiko tyri)

Akanthou cheese was produced in the village of Akanthou from raw milk of goats that grazed a variety of aromatic plants in the area. Akanthou cheese was produced during the 50-day fasting period that preceded Easter and was exported to neighbouring countries.

Gastronomy: Akanthou cheese was used for the preparation of Flaouna and served either as a meze dish or grated onto pasta.



35 Rizokarpaso pies (Laggopittes Rizokarpasou)

Laggopittes Rizokarpasou are pies with holes, cooked on a "plaka" (a rock of approximately 3 cm in width, rounded and smooth, placed on charcoal). Bibliography shows that Laggopittes were also produced in different variations in other areas of Cyprus, especially at villages of the Pafos district.

Gastronomy: Laggopittes Rizokarpasou are served either warm or cold with honey or carob honey and/or "epsima".



Gastronomical Map of Cyprus



- FOUND EVERYWHERE IN CYPRUS**
- Halloumi
 - Anari
 - Trahanas
 - Cyprus table olives
 - Cyprus extra virgin olive oil
 - Cypriot blossom honey
 - Spoon sweets
 - Traditional pastries
 - Flaouna
 - Zalatina (brawn)
 - Soutzioukkos, Ppalouzes, Kkiofterka, Epsima, Portos

- Pafos peanuts
- Pafos gum
- Pafos cheese
- Pafitiko Loukaniko
- Koufeta Amygdalou Geroskipou
- Loukoumi Geroskipou
- Loukoumi Lefkaron, Loukoumi Foiniou
- Halitzia Tillyrias
- Maxilles Lysou
- Dried figs of Tylliria
- Haroupomelo (Carob honey) & Pasteli Anogyras
- Arkatena Omodous
- Almond sweet
- Glyko Triantafyllo Agrou
- Tsamarella - Apohtin
- Himeri Pitsilias
- Posyrti
- Lountza Pitsilias
- Loukaniko Pitsilias
- Pitsilia hazelnuts
- Rose water
- Troodos trout
- Arakapas mandarins
- Cyprus red-soil potato
- Kolokasi Sotiras, Kolokasi-Poulles Sotiras
- Akanthou cheese
- Rizokarpaso pies

