



Gastronomic Map of Cyprus

Ministry of Agriculture, Rural Development and Environment

Department of Agriculture



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1 Halloumi

Halloumi (fresh and mature) is a type of cheese produced from sheep or goat milk or a mixture of the two, with or without cow milk. Halloumi production has been known in Cyprus since the old days. A plethora of Cyprus-related written sources refer to the product, most evidently the manuscript of Duke Leonardo Dona, dated to 1556, that makes reference to "calumi". Halloumi is registered as a PDO since 13/4/2021.

Gastronomy: The particularity of Halloumi not to melt at high temperatures allows it to be consumed both as it is as well as fried, grilled etc. Furthermore, Halloumi is consumed with watermelon, grated onto pasta or supplements soups (mostly Trahanas). It is also used as an ingredient in various baked goods, e.g. Halloumi pies and Boureka.



2 Anari

Anari is soft whey cheese, a by-product derived from the production of Halloumi. Made all year round, it is available as both fresh and dried cheese, either salted or unsalted. Anari has been typically linked to the history of Halloumi. It is, nevertheless, a separate product, which holds a special place in the daily life of the Cypriots from days of old.

Gastronomy: Fresh Anari may be served as part of a cheese platter and be consumed as such. Unsalted Anari may be paired with honey, carob syrup, epsima or sugar for breakfast or as an afternoon dessert. It may also be used for the production of sweet desserts such as Boureka, Anari-pie etc. Salted dry Anari is used as grated cheese for pasta.



3 Trahanas

Trahanas is a dried fermented product produced during the summer from sour sheep and/or goat milk and wheat. The soup obtained from boiling the dried product in water is also called Trahanas. Because of its rough texture, the word "Trahanas" most probably originates from the word "tra-honas", meaning rough-textured soil.

Gastronomy: Consumed as a soup, especially during winter, Trahanas is often cooked in chicken broth with pieces of Halloumi.



4 Cyprus table olives (Kypriaki epitrapcia elai)

The olive tree and its products have always played a primary role in the Cypriot household as part of the usual diet, religious rituals, etc.

Indications of table olive exports are innumerable since ancient times. The Cyprus table olive is produced by the processing of the Cypriot local variety which is cultivated throughout the island.

Gastronomy: Part of the daily diet of the Cypriots, it is served as part of breakfast, as a side dish or as a constituent in salads and other appetizers. It is also used in pastry and bakery.



5 Cyprus extra virgin olive oil (Kypriako extra partheno ekklato)

Cyprus olive oil is extra-virgin oil produced by the processing of the Cypriot local variety. The main olive-producing areas are scattered throughout the island up to an altitude of about 700 m.

Gastronomy: It is used in appetizers, salads, as a spread on bread, for frying and also to marinate meat. It is also used in various foods and sweets.



6 Cyprus blossom honey (Kypriako meli amathion)

Honey is a food item produced by bees as they collect nectar or honeydew from the live parts of plants, carry it, enrich it and store it in their honeycombs until maturation – which is how it is distinguished between flower honey and honeydew honey. The Cypriot honey exclusively denotes flower honey. Thyme, citrus fruit and fishbone thistle (wild rosemary) etc. are considered important bee-friendly plants. Cypriot honey has a long history, its fine quality being renowned since days of old, as evidenced by a plethora of bibliographical references as well as by archaeological finds.

Gastronomy: Honey is part and parcel of the Cypriot gastronomical tradition. It may be consumed paired with other desserts such as yoghurt, fresh Anari, roasted Halloumi etc. It can also be used as a sweetener in beverages or as a spread on bread. Honey is also used in cooking and pastry, for instance in a variety of traditional syrup sweets such as anari-pie, tsippopitta, dahtyla and pites-tsatzis but also to impart a sweet taste to various food products.



7 Spoon sweets (Ayka tou koutalou)

Spoon sweets are made from almost every fresh fruit and vegetable, preserved in thick syrup. The sweets maintain the flavour and fragrance of the product from which they are made. Their name derives from the way in which they are served: in earlier times, spoon sweets were served in a dish surrounded by teaspoons. Each guest would use a teaspoon to collect the dessert, wishing the hostess "bless your hands" and drinking cool water. On other occasions, spoon sweets were offered separately to each guest in a small dish with the teaspoon placed upon a glass of cold water. Spoon sweets appear to have become part of the lives of the Cypriots when sugar-cane cultivation and sugar production were introduced to the island during Frankish rule.

Gastronomy: Spoon sweets are consumed on their own as desserts and they are also offered as treats to guests or used in pastry-making.

8 Traditional pastries

Cypriot gastronomy includes a rich collection of baked food made of flour and water (dough). This is due to the fact that since antiquity wheat and barley were primary agricultural and exportable products. Necessary for survival, on several occasions they were also rich in symbolism, connected as they were to religious celebrations, social events and other aspects of the daily life of the Cypriots. The following are the most distinctive products:



9 Flaouna

Spit pasta or pasta-on-a-spit (Makaronia tis Smilas) or holey (Trypita) or "rovavata": Traditional pasta with a hole running through the centre. Its name derives from the tool used for making it, namely the spit made of cane or "sklinidjin", around which dough was wrapped. When the spit was removed, it left behind a hole, which explains the name "holey". Spit pasta was mainly a festive food item made and consumed during weddings or during the Carnival period ("Sikoses") or Sunday lunch. When intended for a social event such as a wedding it was made collectively by the women of the village.

Gastronomy: Spit pasta is made in the traditional way to this day. It is also available for purchase and consumed like any other type of pasta.

"Tertziellouthkia" or "koulourouthkia" or "ioullouthkia": Traditional pastries consumed mainly as sweet desserts. Their name derives from the way they were stamped into shape by housewives ("tertziell" denotes a small bagel, a flower) which varied according to the region. They were made and consumed mostly during fasting as well as on other occasions such as carob harvesting etc.

Gastronomy: The "tertziellouthkia" are also offered for sale in the retail trade. They may be consumed as dessert once baked in water-thinned honey, epsima or carob honey. They are served in a deep dish with some of the sweet broth in which they are baked.



Glydista: A type of dessert made from dough, its shape varies across regions; it can either resemble a rhombus, a baklava or a bow. The glydista were mainly associated with significant events such as weddings or births or religious feasts. Also, during the Carnival period, every family would traditionally make its own glydista. Note is the fact that since 2017 the Glydista have been included in the UNESCO List of Intangible Cultural Heritage.

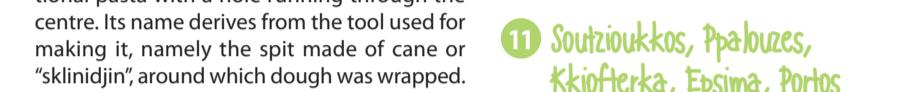
Gastronomy: Today, the glydista are served as a sweet dessert at various events or local celebrations.



10 Zalatina (brawn)

Zalatina is a traditional Cypriot delicacy made of small pieces of boiled pork in light semi-set jelly of an off-white colour. Zalatina, of a pleasantly sour taste, is also called "tremoura", meaning "shaky", because of the trembling impression it gives when held with a fork. In days of old, when there were no refrigerants, the making of zalatina was a way to preserve meat for long periods of time.

Gastronomy: Zalatina is served as a type of meze, mostly during winter months, especially during the period before Lent.

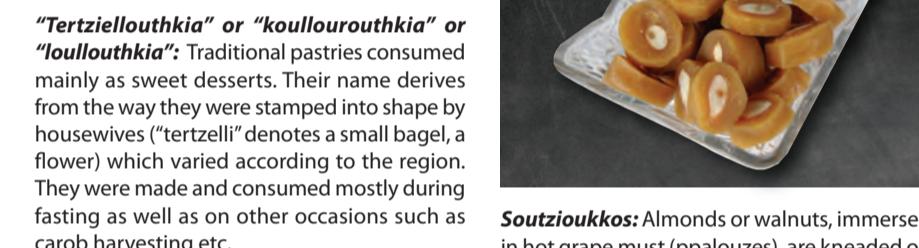


11 Loukoumi Geroskipou • Loukoumi Lefkarion, Loukoumi Foiniou

Soutzioukkos, Ppalouzes, Kkioftera, Epsima, Portos

These five traditional sweets are made in every vine-cultivating area across Cyprus from grape juice that is sieved and boiled ("moustos"). The main ingredient for soutzioukkos, ppalouzes and kkioftera is "moustalevria", namely grape must (grape juice gradually mixed with flour while boiling until it sets).

Gastronomy: Used exclusively for chewing.



12 Loukoumi Geroskipou

Loukoumi is a confectionery product, sugar being the main ingredient. The name Loukoumi Geroskipou is the first Cypriot name to be registered as Protected Geographical Indication (PGI) in the European Union. Loukoumi is also produced in the villages of Lefkara (Loukoumi Lefkarion) and Foini (Loukoumi Foiniou).

Gastronomy: Consumed as a sweet.

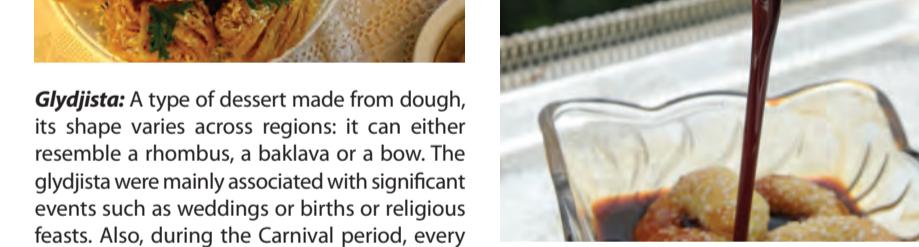


13 Pafos gum (Pafitiki pissi)

Pafos gum is produced during Easter in the Pafos district.

It is made of sheep or goat milk or a mixture of the two, and has a hard and yellowish outer texture with the characteristic imprints of the "talari" (the container in which it is boiled).

Gastronomy: Consumed with bread, but mainly used for the making of Easter Flaouna; therefore, sometimes called Flaouna cheese.



14 Pafos cheese (Pafitiki tyni)

Pafos cheese is produced during Easter in the Pafos district. It is made of sheep or goat milk or a mixture of the two, and has a hard and yellowish outer texture with the characteristic imprints of the "talari" (the container in which it is boiled).

Gastronomy: Sprinkled with olive oil and oregano, consumed in salads or with bread.



15 Maxilles Lysou

Maxilles Lysou is a kind of dried fig produced in the Lysos village of the Pafos district. According to K. Giaggoulis, Maxilles are named after the Latin word "maxilla", which means "premature fig". Furthermore, according to R. Papageorgiou (2001), the word is derived from the Latin word "macilentus", which means "thin". Maxilles used to be a wintertime sweet for the people of Lysos.

Gastronomy: Consumed as a sweet or with walnuts.



16 Pafitiko Loukaniko

The name Pafitiko Loukaniko for the Pafos sausage has been registered as Protected Geographical Indication (PGI) since 20/10/2015 to designate the tasty cured meat product produced in the villages of the Pafos district from pork minced meat that is "cooked" (matured) in the dry red wine of the region with the addition of salt and spices, and then sun-dried in suitable conditions.

Gastronomy: Soutzioukkos/Ppalouzes/Kkioftera are often served with drinks, especially Zivania. Ppalouzes is also consumed either cold or warm as a dessert. Epsima is used for the production of various sweets or as a substitute to honey and sugar. Portos belongs to the category of jams.



17 Glyko Trianafyllo Agrou

Glyko Trianafyllo Agrou (Agros rose sweet) is a homogeneous mixture of rose petals in syrup. It has a viscous texture of a colour that is dark purple to brown and a sweet flavour with a strong rose scent. Rose sweets are made in various areas of Cyprus. In 2016 Glyko Trianafyllo Agrou was listed under the Protected Designation of Origin (PDO) and Protected Geographical Indication (PGI) of the European Commission.

Gastronomy: Consumed as a sweet, they are also used for the making of "sykopitta" (pig pie).



18 Dried figs of Tylliria (Pasta syka Tyllirias)

Tylliria figs are smoked through the burning of sulphur and then sun-dried. They are small in size, white, soft, sweet in taste, and produced between July and September. The most commonly used variety is Tylliria's "koutsino".

Gastronomy: Consumed as a sweet, they are also used for the making of "sykopitta" (pig pie).



19 Loukaniko Pitsilas

Loukaniko Pitsilas is smoked sausage matured in red wine, made in the Pitsilia region, registered as PGI since 10/2/2021.

Gastronomy: It may be served in various ways such as fried or on charcoal.



20 Posyti, Lountza Pitsilas

Posyti, Lountza Pitsilas may be eaten as mezze dishes or be paired with alcoholic beverages. Also, Lountza and Posyti Pitsilas can either be fried or grilled.

Gastronomy: Consumed as a sweet.



21 Haroupmelo (Carob honey) and Pasteli Anogryas

Carob honey is produced from carobs, the so-called "black gold of Cyprus". It is viscous with a deep-red color. Pasteli Anogryas is a sweet made from carob honey.

Gastronomy: Consumed as a sweet.



22 Arkatena Omodes

Arkatena is a type of "koulouri" (circular bread) made with leaven, using the foam produced from chickpea fermentation (called "Arkatis"). They are produced mainly in the villages of Omodos and Kolianni of Lemesos district.

Gastronomy: The Arkatena used to be offered as a treat during social visits, christenings and weddings. They may be consumed either in their soft form or as bread ("pannishides"), or even in the form of rusks.



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24 Hiromeri Pitsilas

Hiromeri Pitsilas may be eaten as mezze dishes or be paired with alcoholic beverages. Also, Lountza and Posyti Pitsilas can either be fried or grilled.

Gastronomy: Consumed as a sweet.



25 Lountza Pitsilas

Lountza Pitsilas is a type of "koulouri" (circular bread) made with leaven, using the foam produced from chickpea fermentation (called "Arkatis"). They are produced mainly in the villages of Omodos and Kolianni of Lemesos district.

Gastr



28 Pitsilia hazelnuts (Fountoukia Pitsilias)



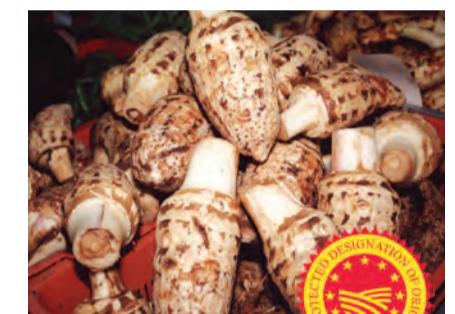
32 Cyprus red-soil potato

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 "lefotarka", are found in the Pitsilia region, especially on the northern slopes of Troodos, from Madari to Papoutsia.

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

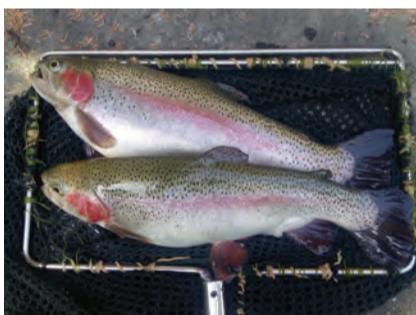


29 Agros Rose water (Rodostagma Agrou)



33 Kolokasi Sotiras / Kolokasi-Poulkes Sotiras

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, kafeifi), as well as other sweets, such as "mahalepi", rice pudding, etc. It is also used in the production of Soutzioukos, Palouzes and Kkiofterka.



30 Troodos trout (Pestrofa Troodus)

The trout (*Oncorhynchus mykiss*) of Troodos is produced in hatcheries on the Troodos mountain range. Since 1971, villages like Kakopetria, Plates 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 (Mandarini 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.



Gastronomical Map of Cyprus

