



Traditional Dishes of Cyprus

Beloved Family Recipes Passed Down Through Generations

Prepared in cooperation with the Academy of Hospitality and Tourism, within the School of Tourism Management, Hospitality and Entrepreneurship at the Cyprus University of Technology.

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CONVERSION TABLES and ABBREVIATIONS

Weight:

1 g (gram)	=	0,035 oz
1 kg (kilogram)	=	2,2 lb
1 oz (ounce)	=	28,3 g
1 lb (pound)	=	454 g or 0,454 kg

Capacity:

1 L (litre)	=	1,76 pt
1 pt (pint)	=	0,47 L

Volume:

1 tsp (teaspoon)	=	5 mL
1 Tbsp (tablespoon)	=	15 mL
1 c (cup)	=	0,24 L
100 mL (millilitres)	=	0,4 c

Length

1 cm (centimetre)	=	0,39 in (inches)
1 in (inch)	=	2,54 cm

Dietary Notice

Individuals with specific dietary needs, restrictions, allergies, or medical conditions should carefully review all ingredient information and verify suitability before preparing any recipe in this book.

Main dishes serve 4.

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Foreword

This collection of traditional recipes is a tribute to the enduring culinary heritage preserved and shared across generations in Cyprus.

The foundations of this volume were first laid in Greek years ago by the Department of Agriculture, with the purpose of documenting and celebrating time-honored methods and flavours. Recognising the cultural and historical value of this work, the Press and Information Office translated and published the first English edition in 2012, ensuring that this rich legacy could reach a wider audience.

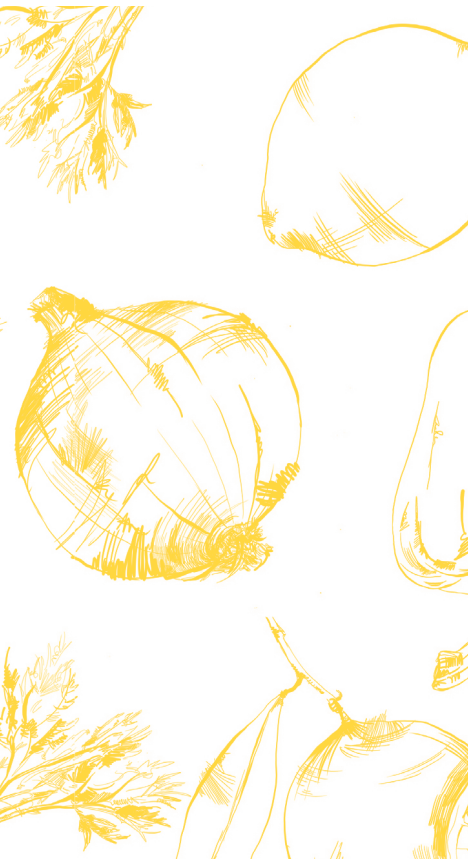
For the current edition, our goal was to ensure the recipes remain both authentic and accessible. The Press and Information Office undertook a careful revision with some recipes added, some removed and others refined, to better reflect the variety of Cypriot culinary tradition.

Each recipe has been carefully tried and tested by the Academy of Hospitality and Tourism, within the School of Tourism Management, Hospitality and Entrepreneurship at the Cyprus University of Technology, to ensure authenticity and practicality for the modern kitchen. Where needed, measurements have been clarified, methods streamlined and textures balanced, with respect for the integrity of the original dishes.

The accompanying photography, carried out by the Press and Information Office, captures the spirit and presentation of these traditional meals with care and respect.

To honour the origins of this cuisine, the recipes retain their original names, transliterated into Latin characters, while accent marks -as in “Kolokotés”- indicate the stressed syllable, guiding the reader towards a more natural pronunciation.

We invite you to view this book, not just as a collection of instructions, but as a gateway to the flavours and traditions of Cyprus – hoping that through the preparation of these timeless dishes, their legacy will endure for generations to come.



Starters





Tahíni

(Sesame dip)

INGREDIENTS

- 250 g tahíni
- 3–4 garlic cloves, crushed
- Juice of 2–3 lemons
- 60 ml olive oil
- 180 ml lukewarm water
- Sea salt, to taste
- Finely chopped parsley, for garnish

METHOD

1. In a bowl, stir the tahíni with a fork. Gradually whisk in the water and lemon juice until smooth.
2. Add the crushed garlic and continue whisking until the tahíni turns pale and creamy.
3. Mix in the olive oil, salt, and extra lemon juice to taste.
4. Sprinkle with chopped parsley and serve.

Tips

- Tahini dip should be thick and creamy.
- It is frequently used as a sauce for souvláki or inside píta bread, but it's also delicious as a dip with freshly baked bread.

Pantzarosaláta

(Beetroot salad)

INGREDIENTS

- 1 kg beetroot
- 5–6 garlic cloves, finely chopped
- Sea salt, to taste
- Extra virgin olive oil, to taste
- 20 ml wine vinegar, to taste
- Fresh parsley, finely chopped, for garnish

METHOD

1. Wash the beetroot thoroughly and boil in plenty of water until tender (about 45–60 minutes, depending on size).
2. Drain, peel, and cut into slices or cubes.
3. In a salad bowl, combine the beetroot with garlic, salt, olive oil and wine vinegar to taste.
4. Garnish with finely chopped parsley and serve.

Tips

- For extra flavour, roast the beetroot instead of boiling (about 40–50 minutes at 200°C) to enhance its natural sweetness.
- This salad pairs beautifully with grilled dishes, legumes, or as part of a meze spread.





VEGAN

Kipriakí saláta

INGREDIENTS

- A mix of leafy greens (lettuce, fresh coriander, parsley, rocket, or cabbage)
- 3–4 tomatoes
- 1 cucumber
- 1 red onion
- A handful of black olives
- Extra virgin olive oil, to taste
- Wine vinegar or lemon juice, to taste
- Sea salt, to taste

METHOD

1. Chop the leafy greens.
2. Cut the tomatoes into chunks or wedges, and the cucumber and onion into thin slices.
3. Reserve a few pieces of vegetables for garnish and place the rest in a salad bowl.
4. Add salt, olive oil, and vinegar or lemon juice to taste, then toss well.
5. Garnish with the reserved vegetables.

Tips

- For extra freshness, use seasonal local greens.
- Can be served as a side to grilled dishes, legumes, or enjoyed with warm pita bread.

Manitária Krasáta

(Mushrooms in wine)

INGREDIENTS

- 1 kg mushrooms, washed and chopped
- 120 ml olive oil
- 120 ml dry red wine
- 1 tsp coriander seeds, lightly crushed
- Sea salt, to taste
- Freshly ground black pepper, to taste

METHOD

1. Wash, drain, and chop the mushrooms into bite-sized pieces.
2. Heat the oil in a large pan and sauté the mushrooms until golden brown (8–10 minutes).
3. Add the wine and crushed coriander seeds. Cover and cook until the liquid is absorbed (about 10 minutes).
4. Season with salt and pepper, stir well, and serve hot.

Tips

- Use small button mushrooms for a delicate result, or larger flat mushrooms for a more robust flavour.
- If you prefer a richer taste, reduce the wine slightly before adding the mushrooms.
- Delicious served with fresh bread, bulgur wheat, or as part of a meze spread.





Kolokoúthkia me t'afká

(Courgettes with eggs)

INGREDIENTS

- 5–6 courgettes (about 800 g)
- Juice of ½ lemon
- 4 eggs
- 8 Tbsp olive oil (about 120 ml)
- 100 g halloumi cheese, cut into cubes, slices, or grated (optional)
- Sea salt, to taste

Tips

- Grated halloumi melts slightly into the eggs for a creamier texture, while cubes or slices give a chewier bite.
- Delicious when accompanied by talatoúri (tzatzíki), plain yogurt, or fresh salad.

METHOD

1. Cut the courgettes into round slices and fry in the oil until golden brown (10–12 minutes).
2. If using cubed or sliced halloumi, add it to the pan and fry until lightly golden (2–3 minutes).
3. Beat the eggs lightly, just enough to blend the yolks with the whites, and season with salt. If using grated halloumi, add it to the eggs now.
4. Transfer the courgettes (and halloumi if using) to another pan to remove most of the oil.
5. Pour in the eggs and stir gently (2–3 minutes) — take care not to overcook, the eggs should remain soft.
6. Empty the mixture into a dish and serve immediately.

Variation: With Artichokes (*Angináres*)

- Peel 7–8 medium artichokes and place them in a bowl of cold water with salt and lemon juice for 15–20 minutes to prevent discoloration.
- Drain, slice thinly, and fry until lightly golden (8–10 minutes).
- Continue with the recipe from Step 2.

Fish Savóro

INGREDIENTS

- 1 kg fish (small or medium size, e.g. red mullets)
- 5 Tbsp olive oil (about 75 ml)
- 3–4 garlic cloves, roughly chopped
- 2–3 sprigs fresh rosemary
- 480 ml wine vinegar
- 120 ml water (optional, to dilute vinegar)
- 15 g flour

METHOD

1. Fry the fish in olive oil until golden brown (8–10 minutes, depending on size). Drain on absorbent paper and place in a dish.
2. In the same pan, sauté the garlic until fragrant (1–2 minutes).
3. Dissolve the flour in some vinegar. Combine with the remaining vinegar and water (if using).
4. Add the garlic and rosemary to the pan with the vinegar mixture, stirring until the sauce boils and thickens slightly (3–5 minutes).
5. Pour the hot sauce over the fish. Allow to cool, then refrigerate.
6. Serve cold as a meze or appetizer.

Tips

- Traditionally, this dish was prepared to preserve fish for longer, thanks to the vinegar.
- Best enjoyed after a few hours in the fridge, when the flavours have developed.





Avgolémoni Soup

(Egg and lemon soup)

INGREDIENTS

- 200 g medium-grain rice (glacé)
- 1.2 L chicken stock
- 5 eggs
- 150 ml lemon juice (fresh)
- Sea salt, to taste
- Freshly ground black pepper, to taste

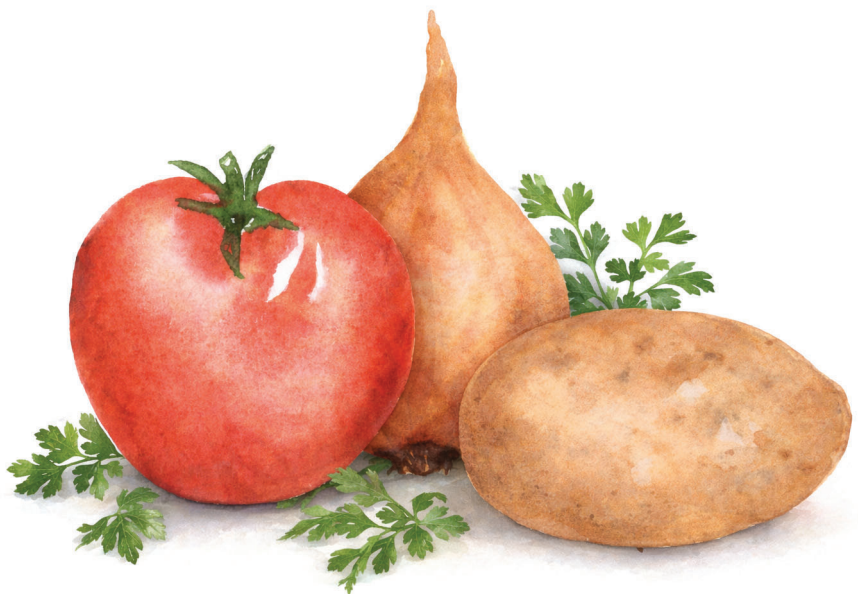
Tips

- Avgolémoni is best eaten immediately while creamy and smooth.
- In some areas, it is served with a sprinkle of ground cinnamon, freshly boiled chicken or lamb, and a small glass of brandy.

METHOD

1. Bring the chicken stock to the boil in a pot and add the rice.
2. Stir occasionally and cook until the rice is tender (10–12 minutes).
3. Remove the pot from the heat.
4. In a bowl, beat the eggs until frothy. Add lemon juice, salt, and pepper.
5. Gradually pour in one ladleful of hot broth into the eggs while whisking continuously, to temper the mixture and prevent curdling.
6. Slowly whisk in more broth until the egg mixture is warm.
7. Return the egg-lemon mixture slowly to the pot, whisking briskly.
8. If needed, heat the soup gently over very low heat, stirring constantly, but do not allow it to boil.
9. Taste and adjust seasoning with extra salt and pepper. Serve hot.

Side dishes





Pourkoúri

(Bulgur Pilaf)

INGREDIENTS

- 80 ml olive oil
- 1 small onion, finely chopped (about 80 g)
- 50 g vermicelli pasta, broken into small pieces
- 2–3 ripe tomatoes, finely chopped (about 500 g)
- 50 g tomato paste
- 600 ml vegetable stock (2½ cups)
- 360 g Pourkoúri (bulgur or crushed wheat) (2 cups)
- Sea salt, to taste

METHOD

1. Heat the olive oil in a pot and sauté the onion until it starts to brown (5–6 minutes).
2. Add the vermicelli and stir for a couple of minutes until both onion and pasta turn golden brown.
3. Stir in the tomatoes and paste, cook until some of the juice evaporates (5 minutes).
4. Add the vegetable stock, bring to a boil, then stir in the bulgur and salt.
5. Cover and cook on low heat until all the liquid is absorbed (about 10 minutes).
6. Remove from heat, leave covered for 5 minutes to steam, then fluff with a fork before serving.

Tips

- Serve with grilled halloumi, yogurt, or seasonal salads for a complete meal.
- A squeeze of lemon at the end adds extra brightness.

Patátes Antinachtés

(Smashed Potatoes)

INGREDIENTS

- 1 kg baby potatoes, unpeeled
- Sunflower or olive oil — enough to cover the potatoes for frying (about 500–700 ml, depending on pot size)
- 2 Tbsp coriander seeds, lightly crushed
- 200 ml dry red wine
- Sea salt, to taste
- Freshly ground black pepper, to taste

METHOD

1. Wash the potatoes, drain, and smash them gently by applying pressure with something heavy (e.g., the bottom of a glass or a pestle).
2. Heat the oil in a deep pot and add the potatoes.
3. Cook slowly over low heat until tender inside and crisp outside (20–25 minutes).
4. Transfer the potatoes to another pan (to remove most of the oil) and add the crushed coriander seeds and red wine.
5. Cook until the wine reduces into a light sauce (5–7 minutes).
6. Continue cooking for 2–3 minutes, shaking the pan occasionally to coat the potatoes.
7. Season with salt and pepper. Serve hot.

Tips

- This is a classic mezé dish in Cyprus, often served with olives, pickles, and village bread.
- For an extra rustic flavour, use Cypriot red dry wine.
- Works beautifully as a side with grilled fish, halloumi, or souvláki.



VEGAN

Pasta



INGREDIENTS

FOR THE FILLING

- 40 ml corn oil
- ½ kg minced pork
- 1 onion finely chopped
- salt and pepper, to taste
- 4-5 Tbsp water
- 3-4 Tbsp finely chopped parsley

FOR THE DOUGH

- 1 kg plain flour
- A pinch of salt
- About 500 ml water
- Chicken stock, enough to boil the dumplings in (about 1.5-2 L)
- Grated halloumi cheese

Tips

- For a lighter version, you can cook the kaloírka in salted water instead of chicken stock.
- They can be prepared ahead of time and frozen, then boiled directly from frozen (increase cooking time slightly).
- Best served hot, with extra grated halloumi on the side.



Kaloírka (Dumplings)

METHOD

- Heat the corn oil in a pan and sauté the minced pork with the onion until lightly browned (5-6 minutes).
- Add salt, pepper, and water. Simmer gently until almost cooked (5 minutes).
- Stir in parsley, cook for 1 more minute, then remove from the heat. Place the mixture in a strainer to cool.
- Place the flour in a large bowl with a pinch of salt.
- Gradually add water as needed and knead until the dough is firm and elastic (10 minutes).
- Cover with a tea towel and let rest for 1 hour.
- Roll out the dough into a thin sheet (about 2 mm thick).
- Cut into small squares (5 × 5 cm).
- Place a teaspoon of filling in one corner of each square, fold into a triangle, then pinch the tips together over the center, sealing firmly.
- Bring chicken stock to a boil in a large saucepan.
- Add the dumplings in batches and cook until they rise to the surface and are tender (8-10 minutes).
- Drain well.
- Arrange the dumplings on a platter and sprinkle generously with grated halloumi cheese.

INGREDIENTS

FOR THE DOUGH

- 750 g flour (375 g wholemeal + 375 g plain) (about 6 cups)
- A pinch of salt
- About 350–400 ml warm water (enough to make a firm dough)

FOR THE FILLING

- 2 mature halloumi cheeses, grated (about 400 g)
- 1 fresh halloumi cheese, grated (about 200 g)
- 2–4 eggs (depending on size and consistency)
- 1 Tbsp dried mint
- A pinch of cinnamon (optional)
- Chicken stock, enough for boiling (about 1.5–2 L)
- Extra grated halloumi cheese mixed with dried mint

Tips

- Ravióles can be made ahead and frozen raw; boil directly from frozen, adding 2–3 extra minutes cooking time.
- For a vegetarian version, use vegetable stock instead of chicken stock.
- Traditionally served with extra halloumi on top, but they also pair beautifully with yogurt.



Ravióles

(Halloumi Ravioli)

METHOD

- Prepare the dough: mix the flour and salt in a bowl. Gradually add warm water and knead until the dough is firm and elastic (10 minutes). Cover with a towel and let rest for 1 hour.
- Prepare the filling: in a bowl, combine grated halloumi, eggs, dried mint, and cinnamon (if using). Mix well until smooth.
- Shape the ravióles:
Divide the dough in half.
Roll out each half thinly (about 2 mm thick) on a lightly floured surface.
Place 1 teaspoon of filling at intervals of about 5 cm on the first sheet.
Cover with the second sheet of dough.
Press firmly between the mounds of filling to seal, then cut out rounds with a cutter.
- Bring chicken stock to a boil. Drop in the ravióles in batches and cook until they rise to the surface and are tender (8–10 minutes).
- Drain and serve immediately, sprinkled with grated halloumi mixed with dried mint.

Legumes and Pulses





Fasoláki Yiahní

(Green Beans in Tomato Sauce)

INGREDIENTS

- 200g carrots in round slices
- 200g potatoes in cubes
- 1 kg runner beans (trimmed)
- 80 ml olive oil (⅓ cup)
- 2 onions, finely chopped (about 200 g)
- 4 ripe tomatoes, finely chopped (about 400 g)
- 1 Tbsp tomato paste
- Water, as needed
- Fresh parsley, finely chopped (about 2 Tbsp)
- Sea salt, to taste

METHOD

1. Heat the olive oil in a large pot and sauté the onions until softened (5 minutes).
2. Add the potatoes and carrots and stir for 3-4 minutes.
3. Add the beans and stir for 2-3 minutes to coat with oil.
4. Add the tomatoes, parsley, tomato paste, salt, and enough water to cover the beans.
5. Simmer gently until the beans are tender and the sauce has reduced (35-45 minutes), adding more water if necessary.
6. Taste, adjust seasoning, and serve warm.

Tips

- For extra flavour, you can add lightly fried chicken thighs in Step 3 and cook them along with the beans.
- Serve with fresh bread, féta, or olives for a complete meal.
- Works well as a main dish during fasting periods or as a side for grilled meats.

Moudjéndra

(Lentils with Rice & Fried Onions)

INGREDIENTS

- 200 g lentils (1 cup)
- 1 L water (4 cups)
- 50 g rice (¼ cup — long grain or medium grain, see tip)
- 1 onion, cut lengthways into thin strips (about 120 g)
- 60 ml olive oil (¼ cup)
- 30 ml Red wine vinegar (optional)
- Sea salt, to taste

METHOD

1. Wash the lentils thoroughly in a strainer, removing any impurities.
2. Place in a saucepan with the water and cook over medium heat until nearly tender (20–25 minutes).
3. Add the rice and continue to simmer until the rice is cooked and all the water has been absorbed (about 10 minutes).
 - o If the water is absorbed before the rice is cooked, add a little more hot water as needed.
4. Meanwhile, heat the olive oil in a separate pan and fry the onion strips until golden brown and caramelized (8–10 minutes).
5. Stir the fried onions into the cooked lentils and rice.
6. Add salt and vinegar to taste and serve warm.

Tips

- Use long-grain rice for a drier, pilaf-style Moudjéndra.
- Use medium-grain rice for a creamier texture, similar to risotto.
- Traditionally served with yogurt, pickles, or a simple salad.



VEGAN

Meat dishes



INGREDIENTS

- Fresh vine leaves, or 1 packet frozen, or 1 jar in brine (about 60–70 leaves)
- 1 onion, finely chopped (about 100 g)
- 500 g minced pork
- 80 ml olive oil (⅓ cup)
- 250 g ripe tomatoes, blended (1 cup)
- 100 g rice (½ cup)
- 2 Tbsp parsley, finely chopped
- 2 Tbsp fresh mint, finely chopped
- Juice of 3–4 lemons
- A pinch of ground cinnamon
- Sea salt & freshly ground black pepper, to taste
- 1–2 Tbsp tomato paste
- 250–500 ml water (1–2 cups, depending on pot size and leaf quantity)

Tips

- For a richer flavour, use a mix of pork and beef mince.
- Can be prepared in advance; koupépia taste even better the next day as the flavours develop.
- Serve with thick yogurt or tzatziki and fresh bread.



Koupépia

(Stuffed Vine Leaves)

METHOD

1. Wash the vine leaves and blanch them in boiling water for 2 minutes. Remove and drain.
2. Heat half the olive oil in a pan, sauté the onion, and add the minced meat. Cook until lightly browned (5–6 minutes).
3. Add the blended tomatoes and simmer, stirring occasionally, for 5 minutes.
4. Remove from the heat. Stir in the rice, parsley, mint, half the lemon juice, cinnamon, salt, and pepper. Mix well.
5. Lay each vine leaf flat, vein side up. Place 1 tsp of filling at the centre of the leaf, fold the left and right sides inwards and roll tightly upwards to form small parcels.
6. Line the bottom of a large saucepan with a few vine leaves to prevent sticking. Arrange the koupépia closely together in layers.
7. In a bowl, mix the tomato paste, remaining olive oil, remaining lemon juice, and water. Pour over the stuffed leaves.
8. Place a plate that fits inside the saucepan on top of the koupépia to keep them snugly in place. You may place a mug with some water on top for extra weight. Cover and simmer gently over low heat until the rice is cooked and the liquid absorbed (30–40 minutes).
9. Serve warm or at room temperature, drizzled with extra lemon juice if desired.

INGREDIENTS

- 1 kg minced meat (traditionally a mix of pork, lamb, and beef)
- 3–4 potatoes, grated and well-drained (about 500 g)
- $\frac{3}{4}$ bunch parsley, finely chopped (about 40 g)
- 2 onions, finely chopped (about 200 g)
- 3 eggs
- 3 Tbsp dried mint
- 2 slices white bread, soaked in water and squeezed dry (about 60 g)
- $\frac{1}{2}$ tsp ground cinnamon
- Sea salt & freshly ground black pepper, to taste
- Oil, for deep frying



Keftédes

(Meatballs)

METHOD

1. Place the minced meat and drained grated potatoes in a large bowl.
2. Add the parsley, onions, eggs, dried mint, bread, cinnamon, salt, and pepper.
3. Mix thoroughly by hand until the ingredients are well combined and the mixture holds together.
4. Shape into oval or round balls of equal size.
5. Heat oil in a deep frying pan. Fry the keftédes in batches until golden brown and cooked through (6–8 minutes). Drain on absorbent paper.

Tips

- Make sure to squeeze out excess liquid from the grated potatoes and bread, otherwise the mixture may be too soft.
- Keftédes are best served hot, accompanied by fried potatoes, salad, or pita bread.
- For a lighter version, keftédes can also be baked in the oven at 200°C for 20–25 minutes, brushed with a little oil.

INGREDIENTS

FOR THE PASTA & FILLING

- 500 g long hollow pasta (mezzani or bucatini)
- 1 onion, finely chopped (appr. 100 g)
- 80 ml olive oil (⅓ cup)
- 650 g minced pork
- ½ bunch parsley, finely chopped (about 25 g)
- 3–4 Tbsp dried mint
- Sea salt
- Freshly ground black pepper, to taste
- Cinnamon to taste
- 120 g halloumi cheese, grated (1 cup)

FOR THE BÉCHAMEL SAUCE

- 120 g butter
- 120 g flour
- 1 L warm milk
- 2 eggs, beaten
- 60 g halloumi cheese, grated (½ cup)
- Sea salt, to taste

Tips

- Best served with a fresh salad or yogurt on the side.
- For extra richness, use a mix of pork and beef mince.



Makarónia tou Fournou

(Pastítsio)

METHOD

1. Cook the pasta: Boil in salted water with a little oil until al dente (8–10 minutes). Drain and set aside to cool.
2. Make the meat filling: Heat olive oil in a pan, sauté the onion until soft (3 minutes). Add the minced pork, season with salt, cinnamon and pepper, and cook until lightly browned (8–10 minutes). Stir in parsley at the end.
3. Prepare the béchamel sauce: Melt butter in a saucepan. Stir in flour and cook for 1 minute, stirring constantly. Gradually add warm milk while whisking to avoid lumps. Cook until thickened (5–6 minutes). Remove from heat, let rest 2 minutes, then whisk in eggs, salt, and ½ cup grated halloumi.
4. Assemble the pastítsio:
 - o Grease an ovenproof dish. Sprinkle ⅓ cup grated halloumi and drizzle over 3–4 Tbsp béchamel.
 - o Spread half the pasta evenly in the dish.
 - o Add the minced meat mixture on top.
 - o Add the remaining pasta.
 - o Sprinkle with another ⅓ cup grated halloumi.
 - o Pour the béchamel sauce evenly over the top.
 - o Finish with the remaining halloumi and a light sprinkle of dried mint.
5. Bake: Cook in a moderate oven (180°C) for 45 minutes, until golden on top.
6. Let stand for 10 minutes before slicing and serving.

Kappamás

(Lamb with cauliflower)

INGREDIENTS

- 240 ml olive oil (1 cup)
- 2 kg cauliflower, cut into medium-sized florets
- 1 kg lamb (or chicken), cut into pieces
- 240 ml dry white wine (1 cup)
- 240 ml tomato juice (1 cup)
- 250 ml hot water (1 cup)
- Sea salt & freshly ground black pepper, to taste

METHOD

1. Heat olive oil in a large pan. Sauté the cauliflower for a couple of minutes until lightly golden. Remove and drain on paper towels.
2. In the same pan, stir-fry the lamb pieces until browned on all sides (8–10 minutes).
3. Add the wine, tomato juice, salt, and pepper. Simmer gently on low heat for 50–60 minutes, until the meat is nearly tender.
4. Add the cauliflower and hot water. Continue cooking until both meat and cauliflower are tender and the sauce has thickened (20–25 minutes).
5. Serve hot with bread or rice.

Tips

- This dish develops even more flavour if made in advance and reheated.
- Best paired with villager's bread, olives, and a crisp salad.





Ttavás

(Baked Lamb with Potatoes & Tomatoes)

INGREDIENTS

- 1 kg lamb, cut into medium-sized cubes
- 1 kg potatoes, peeled and quartered
- 3–4 large onions, sliced (350g)
- 5–6 ripe tomatoes, sliced (600g)
- 2–3 bay leaves
- 1 tsp cumin seeds, lightly crushed
- 120 ml olive oil (½ cup)
- ½ tsp ground cinnamon
- Sea salt & freshly ground black pepper, to taste

METHOD

1. Preheat oven to 180–190°C (moderately hot).
2. Place the lamb, potatoes, onions, and tomatoes in layers in a deep baking dish.
3. Add the bay leaves, cumin, cinnamon, salt, and pepper.
4. Pour over the olive oil.
5. Cover with foil or a lid and bake for 2 hours, stirring once or twice to mix the flavours.
6. Remove the foil in the last 20 minutes to allow the top to brown.

Tips

- Ttavás is a classic Sunday dish in Cyprus, often prepared in a clay pot for maximum flavour.
- Serve with village bread to soak up the juices.
- For a richer flavour, use shoulder of lamb.

Afélia

(Pork in Red Wine & Coriander)

INGREDIENTS

- 1 kg pork (shoulder or leg), cut into small cubes
- 340 ml red wine (1½ cup)
- 2 Tbsp coriander seeds, lightly crushed
- 120 ml olive oil (½ cup)
- Sea salt & freshly ground black pepper, to taste
- Water, as needed

METHOD

1. **Marinate:** Place the pork in a bowl with the red wine and crushed coriander. Cover and marinate overnight in the refrigerator.
2. **Drain:** Remove the pork from the marinade, reserving the liquid.
3. **Brown:** Heat the olive oil in a large pan and fry the pork gently until lightly browned (8–10 minutes).
4. **Simmer:** Add the reserved marinade, salt, pepper, and a little water (about 100 ml). Cover and simmer on low heat until the meat is tender and the sauce is rich and slightly reduced (45–60 minutes).
5. Serve hot.

Tips

- Traditionally served with Pourkoúri (bulgur pilaf) and strained yogurt on the side.
- The longer the meat marinates, the more aromatic the flavour.
- For a deeper taste, use a full-bodied Cypriot red wine.





Stifádo

(Beef Stew with Onions)

INGREDIENTS

- 120 ml olive oil (½ cup)
- 1 kg small onions (pearl onions or shallots), peeled
- 1 kg beef, cut into cubes
- 240 ml red wine (1 cup)
- 120 ml red wine vinegar (½ cup)
- 5–6 black peppercorns
- 2 bay leaves
- 1 cinnamon stick (or ½ tsp ground cinnamon)
- Sea salt, to taste
- Water, as needed

METHOD

1. Heat half the olive oil in a large pot and sauté the onions until lightly golden. Remove and set aside.
2. In the same pot, add the remaining oil and sauté the beef cubes until browned on all sides (8–10 minutes).
3. Pour in the wine, bring to the boil, then add the vinegar, salt, peppercorns, bay leaves, cinnamon, and the sautéed onions.
4. Add just enough water to cover the meat. Cover and simmer over low heat until the meat is tender and the sauce is thick and reduced (1½–2 hours).
5. Adjust seasoning and serve hot with Pourkoúri wor roast potatoes.

Tips

- Using small whole onions is essential for authentic stifádo — they add sweetness and depth.
- For extra richness, some Cypriot recipes add a spoonful of tomato paste.
- Best cooked slowly; the flavours deepen if prepared a day in advance.

INGREDIENTS

- 1 kg tender pork (shoulder or neck), cut into 2–3 cm cubes
- 2 medium onions, sliced (about 200 g)
- ½ bunch fresh parsley, chopped (about 15 g)
- 4 small cucumbers, peeled and sliced (about 200 g)
- 2 large tomatoes, diced (about 300 g)
- 4 Cypriot pita breads for souvlaki
- Sea salt, to taste

OPTIONAL ADDITIONS:

- sliced cabbage
- a lemon wedge
- tahíni dip
- yogurt
- talatoúri (tzatzíki)

Tips

- For extra flavour, marinate the pork in olive oil, lemon juice, oregano, and garlic for a few hours before grilling.
- Serve with a side of chips or salad for an authentic tavern-style meal.



Pork Souvlaki with Pita Bread

METHOD

1. Cut the pork into 2–3 cm cubes. Thread onto skewers and season with salt.
2. Place skewers on a hot outdoor grill or griddle. Cook, turning occasionally, until evenly browned and cooked through (15–20 minutes, depending on heat and cube size).
3. Warm the pita breads on both sides until soft and slightly charred.
4. Remove the pork from the skewers. Fill each pita with pork, onions, parsley, cucumbers, and tomatoes.
5. Wrap in greaseproof paper to keep warm and serve immediately.



Shieftaliés

(Pork Sausages Wrapped in Caul Fat)

INGREDIENTS

- 1 kg minced pork (shoulder or belly, with some fat)
- 4 onions, finely chopped (about 400 g)
- 2 slices white bread, soaked in water and squeezed dry (about 60 g)
- 1 bunch fresh parsley, finely chopped (about 50 g)
- Caul fat (enough to wrap about 25–30 pieces)
- Sea salt & freshly ground black pepper, to taste

METHOD

1. Place minced pork, onions, soaked bread, and parsley in a bowl. Season with salt and pepper. Knead well until evenly mixed.
2. Rinse the caul fat under cold water, then cut into small squares (about 8 × 8 cm).
3. Shape a tablespoon of the meat mixture into a small sausage (about 6–7 cm long). Place in the center of each square of caul fat.
4. Wrap the caul fat around the meat, folding in the sides to seal securely.
5. Grill the shieftaliés over hot charcoal or a preheated grill, turning occasionally, until browned and cooked through (15–20 minutes).

Tips

- For the best flavour, cook over charcoal, which gives the authentic Cypriot aroma.
- Shieftaliés are often served with souvlakia inside pita bread, along with salad, onion, tomato, cucumber, parsley, and optional dips like tahini or talatoúri (tzatzíki).
- The caul fat keeps the meat juicy while grilling and adds extra flavour.

Savouries and Desserts



INGREDIENTS

- 1 kg plain flour
- 360 ml corn oil (1½ cups)
- 1 tsp salt
- 2 tsp dried yeast
- About 400–450 ml warm water (enough for kneading)
- 1 cup black olives, pitted and chopped (about 150 g)
- 3 spring onions, finely chopped
- ½ cup fresh coriander leaves, chopped (about 20 g)
- ½ cup fresh mint leaves, chopped (about 20 g dried mint may also be used)

Tips

- Eliópittes are perfect for breakfast, snacks, or as part of a mezé spread.
- The filling can be enriched with oregano, leeks, or caraway seeds for variation.
- They keep well for several days and can also be frozen before baking.



Eliópittes

(Olive Pies)

METHOD

1. In a large bowl, mix the flour, salt, and yeast. Add 1 cup (240 ml) of the oil and rub it into the flour with your fingertips until fully absorbed. Gradually add the warm water and knead until you have a soft, elastic dough (10 minutes).
2. Cover the dough with a cloth and let rise in a warm place until doubled in size (about 1 hour).
3. Add the olives, spring onions, coriander, mint, and the remaining oil. Knead gently to incorporate.
4. Shape the dough into patties about 10 cm in diameter. Place on a baking tray lined with parchment paper.
5. Cover and allow to rise again for 30 minutes.
6. Bake in a preheated moderately hot oven (180–190°C) for 40–45 minutes, until golden brown.
7. Serve warm or at room temperature.

INGREDIENTS

FOR THE FILLING

- 60 ml olive oil (½ cup)
- 1 onion, finely chopped (about 100 g)
- 1.5 kg pumpkin, peeled and cut into small cubes, left to rest for 12 hours (to release excess liquid)
- 40 g bulgur wheat (¼ cup)
- 1 tsp ground cinnamon
- Sea salt & freshly ground black pepper, to taste
- A handful of raisins (optional)

FOR THE DOUGH

- 625 g plain flour (5 cups)
- 1 tsp dried yeast
- 180 ml sunflower or corn oil (¾ cup)
- About 240 ml lukewarm water (1 cup, approx.)

Tips

- Resting the pumpkin overnight is essential to prevent the filling from being watery.
- Kolokotés are a popular Lenten pastry in Cyprus, traditionally enjoyed as a snack or light meal.
- You can enrich the filling with fresh mint or parsley for extra flavour.
- Serve warm or at room temperature.



Kolokotés

(Pumpkin Pies)

METHOD

1. Heat olive oil in a pan and fry the onion until soft and lightly golden (5–6 minutes).
2. In a large bowl, combine the onion with the pumpkin cubes, bulgur wheat, cinnamon, salt, pepper, and raisins (if using). Mix well and set aside.
3. Prepare the dough: Place flour, yeast, and oil in a bowl. Rub with fingertips until the oil is absorbed. Gradually add lukewarm water and knead into a soft, elastic dough (8–10 minutes). Roll into a ball, cover, and rest for 30 minutes.
4. Roll out the dough thinly and cut into circles (18–20 cm in diameter).
5. Place a spoonful of filling in the center of each circle. Fold into a semi-circle and seal the edges by pressing firmly with a fork.
6. Arrange on a lined baking tray and bake in a preheated oven at 180–190°C until golden brown (40–45 minutes).

INGREDIENTS

FOR THE DOUGH

- 375 g flour (3 cups)
- 3 Tbsp olive oil (45 ml)
- A pinch of salt
- About 240 ml water (1 cup, or as needed for kneading)

FOR THE FILLING

- 200 g halloumi cheese, grated (1½ cups)
- 1–2 Tbsp dried mint
- 2 eggs, beaten
- 1 small onion, finely chopped and fried (optional)

FOR FRYING

- Sunflower or corn oil, for deep frying

Tips

- Pourékkia are traditionally served as part of a mezé table or enjoyed as a snack.
- For a lighter version, they can also be baked at 180°C for 20–25 minutes until golden.
- They freeze very well — freeze uncooked pourékkia and fry/bake straight from frozen.



VEGETARIAN

Pourékkia with Halloumi

METHOD

1. **Prepare the filling:** Beat the eggs in a bowl. Mix in the grated halloumi, dried mint, and fried onion (if using). Set aside.
2. **Make the dough:** Combine the flour, oil, and salt in a large bowl. Gradually add water and knead until smooth and elastic (8–10 minutes). Cover with a towel and rest for 30 minutes.
3. **Shape the pastries:** Roll out the dough thinly (about 2 mm). Cut into circles about 7 cm in diameter. Place 1 tsp of filling in the center of each circle. Fold over to form a half-moon shape and press the edges firmly with a little water to seal.
4. **Fry:** Heat oil in a deep frying pan to 170–180°C. Fry the pourékkia in batches until golden brown on both sides (3–4 minutes). Drain on paper towels.
5. Serve hot or warm.

INGREDIENTS

FOR THE DOUGH

- 375 g flour (3 cups)
- 3 Tbsp olive oil (45 ml)
- A pinch of salt
- About 240 ml water (1 cup, or as needed for kneading)

FOR THE FILLING

- 450 g unsalted anarí cheese (Cypriot curd cheese – or substitute with ricotta) (2 cups)
- 100 g sugar (½ cup)
- 1 tsp ground cinnamon
- 2 Tbsp rosewater or citrus blossom water

FOR FRYING & SERVING

- Sunflower or corn oil, for deep frying
- Icing sugar, for dusting

Tips

- Sweet pourékkia are popular during festive occasions and celebrations in Cyprus.
- For a lighter version, bake them at 180°C for 20–25 minutes until golden.
- Best eaten fresh, but they can be stored for a couple of days in an airtight container.



Sweet Pourékkia with Anarí

METHOD

1. **Prepare the filling:** Mash the anarí cheese in a bowl until smooth. Add the sugar, cinnamon, and rosewater, mixing until well combined.
2. **Make the dough:** Combine the flour, olive oil, and salt in a large bowl. Gradually add water and knead until smooth and elastic (8–10 minutes). Cover with a towel and rest for 30 minutes.
3. **Shape the pastries:** Roll out the dough thinly (about 2 mm). Cut into circles about 7 cm in diameter. Place 1 tsp of filling in the center of each circle. Fold over into a half-moon shape and press the edges firmly with a little water to seal.
4. **Fry:** Heat oil in a deep frying pan to 170–180°C. Fry the pourékkia in batches until golden brown on both sides (3–4 minutes). Drain on paper towels.
5. **Serve:** Place on a platter, dust generously with icing sugar, and enjoy warm or at room temperature.

INGREDIENTS

FOR THE BATTER

- 875 g plain flour (7 cups)
- ½ tsp salt
- 1 sachet dried yeast (7 g)
- 1–2 small potatoes, boiled, peeled, and mashed (about 150–200 g)
- 500–600 ml lukewarm water (enough to make a soft batter)
- Sunflower or corn oil, for deep frying

FOR THE SYRUP

- 1.5 L water (6 cups)
- 800 g sugar (4 cups)
- 1 cinnamon stick
- ½ tsp lemon juice
- 3–4 cloves

Tips

- For extra flavour, drizzle with honey and sprinkle with cinnamon or crushed walnuts instead of (or in addition to) syrup.
- Best eaten immediately, while crispy outside and fluffy inside.
- Batter should be sticky — not runny like pancake batter, but not as firm as bread dough.



Loukoumádes

(Honey Puffs)

METHOD

Prepare the Batter

1. Sift the flour with the salt in a large bowl and stir in the yeast.
2. Add the mashed potatoes and gradually pour in lukewarm water, mixing until you have a soft, sticky batter.
3. Cover and let the batter stand in a warm place for about 1 hour, until doubled in size.

Prepare the Syrup

4. Meanwhile, make the syrup: combine the water, sugar, cinnamon stick, lemon juice, and cloves in a saucepan.
5. Stir until the sugar dissolves, then bring to a boil. Simmer for 5 minutes, remove from heat, and allow to cool completely.

Fry the Loukoumádes

6. Heat the oil in a deep saucepan to 170–180°C.
7. Using a spoon dipped in cold water, drop spoonfuls of batter into the hot oil (to prevent sticking).
8. Fry in batches until golden brown on all sides (3–4 minutes). Remove with a slotted spoon and drain on absorbent paper.

Finish & Serve

9. Dip the loukoumádes briefly in the cooled syrup. Using a slotted spoon, remove and place in a serving bowl.
10. Serve warm, ideally within the same day.

INGREDIENTS

FOR THE DOUGH

- 1,200 g plain flour (8 cups)
- 240 ml vegetable oil (1 cup)
- 1 tsp salt
- 600 ml water (2½ cups, approx.)

FOR THE FILLING

- 400 g almonds, finely chopped
- 1 tsp ground cinnamon
- 1–2 Tbsp sugar
- 3–4 Tbsp citrus blossom water

FOR THE SYRUP

- 800 g sugar (4 cups)
- 750 ml water (3 cups)
- ½ tsp lemon juice
- 1 cinnamon stick
- 3–4 cloves
- 1–2 tsp citrus blossom water

FOR FRYING

- Sunflower or corn oil, for deep frying

Tips

- Dáktyla are best enjoyed fresh, crisp on the outside and aromatic from the blossom water.
- They keep for several days in an airtight container, but will soften over time as they absorb syrup.
- Often served at celebrations and weddings alongside other traditional Cypriot sweets.



Dáktyla

(Almond Pastries in Syrup)

METHOD

Prepare the Dough

1. Sift the flour into a large bowl. Add the oil and rub in with your fingertips until fully absorbed.
2. Add the salt and water gradually, kneading into a firm dough (10 minutes).
3. Cover and let rest for 1 hour.

Shape the Pastries

4. Roll out the dough into a thin sheet and cut into rectangles about 8 × 12 cm.
5. Mix together all the filling ingredients.
6. Place 1 tsp of filling at the wider end of each rectangle, then roll into a sausage shape.
7. Press the two ends with a fork to seal.

Fry

8. Heat the oil in a deep pan to 170–180°C. Fry the pastries until golden brown (3–4 minutes). Drain on absorbent paper.

Prepare the Syrup

9. Combine sugar, water, lemon juice, cinnamon stick, and cloves in a saucepan. Stir until the sugar dissolves, then boil for 5 minutes.
10. Add the citrus blossom water just before removing from heat. Allow to boil briefly, then remove. Let the syrup cool completely.

Finish

11. Dip the fried pastries in the cooled syrup for a few seconds. Remove with a slotted spoon, drain, and place on a serving plate.



Halvás

INGREDIENTS

- 850 ml water
- 250 g sugar (½ cup)
- 250 g semolina
- 100 ml sunflower oil
- 100 g blanched almonds
- 1 tsp ground mastic
- 3 Tbsp rose water or ½ tsp vanilla extract
- Ground cinnamon (optional, for decoration)

METHOD

1. In saucepan heat the oil and sauté the almonds until golden brown.
2. In another saucepan, combine the water and sugar over medium heat. Stir until the sugar dissolves.
3. Add the semolina, ground mastic. Add sautéed almonds, keeping a few for decoration, and the rose water or vanilla. Stir continuously.
4. Cook until the mixture thickens and becomes firm (10–12 minutes).
5. Pour into a lightly wet mould and allow to cool until set.
6. Unmould and decorate with blanched almonds. Optionally, sprinkle with ground cinnamon.

Tips

- Best served at room temperature.
- You can substitute almonds with pine nuts, walnuts, or pistachios for variation.
- For a stronger aroma, use citrus blossom water instead of rose water.

Mahalepí

INGREDIENTS

- 100 g maize starch
- 1 L water
- 3 Tbsp sugar
- 3 Tbsp rose water

METHOD

1. In a pot combine 1 cup of water with the maize starch and whisk until it is dissolved (without placing on heat).
2. Gradually whisk in the sugar and the rest of the water, leaving 4 Tbsp for later.
3. Place the pot on a medium heat, stirring until the mixture begins to firm.
4. When it starts to bubble up, add the remaining 4 Tbsp of water and stir.
5. Whisk in the rose water, stirring for 2-3 minutes more.

It is ready when it doesn't easily slide off a spoon.

6. Prepare small bowls or small plates by wetting them with cold water. This way the mahalepí will slide easier out of the bowl when it is ready.
7. Pour into the bowls, but don't fill them up, the mahalepí is supposed to be flat.
8. When they are completely cold, flip the bowls or plates over in one large bowl with very cold water, one on top of the other. The water should cover the mahalepí. Place in the fridge, covered, until it is time to serve.
9. Serve each mahalepí in a small bowl, sprinkling with sugar, rosewater or rose syrup.

Tips

- This dessert is served in the summer, as cold as possible. Sometimes it is also served with rose-flavoured ice-cream.



VEGAN



Palouzés

(Grape Must Pudding)

INGREDIENTS

- 5 L fresh grape juice
- 500 g plain flour
- 3–4 Tbsp rosewater or a few basil and/or pelargonium (kioúli) leaves

METHOD

1. Bring the grape juice to a boil in a large saucepan.
2. Gradually whisk in the flour, stirring constantly to avoid lumps.
3. Allow the mixture to come back to a boil, then add the rosewater or herbs.
4. Continue stirring until the mixture thickens into a smooth pudding (15–20 minutes).
5. Remove from heat and pour into small bowls. Leave to cool before serving.

Tips

- If you wish to make a smaller quantity, use 1 Tbsp of flour for every 1 cup (240 ml) of grape juice.
- Traditionally served during the grape harvest season in Cyprus.
- Can be sprinkled with crushed walnuts, almonds, or cinnamon before serving.
- A related specialty is soudjoúkos, where strings of nuts are repeatedly dipped in palouzés and dried.

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