

Greek cuisine



The main components are:



- ❖ olive oil
- ❖ bread
- ❖ grains *хлебные злаки*
- ❖ dairy products *молочные продукты*
- ❖ vegetables
- ❖ legumes *бобовые*
- ❖ honey
- ❖ fish
- ❖ goat *козлятина*
- ❖ lamb *ягнятина*
- ❖ pork

The most widely used herbs and spices are:

- ❖ oregano *дикий майоран*
- ❖ mint
- ❖ garlic
- ❖ dill *укроп*
- ❖ parsley *петрушка*
- ❖ bay leaf *лавровый лист*
- ❖ basil *базилик*
- ❖ thyme [taim] *тимьян*
- ❖ cinnamon *корица*
- ❖ clove *гвоздика*
- ❖ rosemary
- ❖ nutmeg *мускатный орех*
- ❖ saffron



The traditional day

- ❖ breakfast: coffee, cigarettes, dried rusk (сухарик) soaked in warm milk
- ❖ substantial lunch and a siesta
- ❖ meze [me'ze] (Greek appetizer)
- ❖ dinner
- ❖ sweet pastries, cakes or ice-cream



Greek tavern



Meze



Tsatsiki



Sadziki (*tse-tsi-key*): Yogurt, cucumber, garlic and salt.
Great on fresh Greek bread.

Taramosalata



Tarama Salata (tah-rah- *moh*- sal- *ah* -tah): Greek caviar.
Eaten on bread.

Tyropitakia



Tiropita (tee- row -pee-ta): Cheese pie

Moussaka



a Greek dish made of ground lamb, eggplant, and tomatoes, with cheese on top

Giouvarlakia



Dolmades



Kokoretsi



Kokoretsi(ко-ко- *ret* -see): Entrails *внутренности* of lamb wrapped up and roasted on a spit шампур.

Baklava

