



Greek cuisine

Greek cuisine - the traditional cuisine of Greece. Is a typical Mediterranean cuisine and has a lot to do with the kitchen south of France, Italy, Balkans, Anatolia and the Middle East.



Overview cuisine

- The most characteristic and ancient element of Greek food is olive oil, which is present in almost all dishes. It is made from the fruit of the olive tree.
- In Greek cuisine herbs and spices are used much more frequently than in other Mediterranean cuisines. Most often it is oregano, mint, garlic, onion, dill, salt and bay leaves.
- Greek dishes are characterized by the frequent use of mint and nutmeg.
- Dessert dominated honey and nuts.
- Typical Greek food is simple, colorful and fragrant. Many dishes influence of Greek history.



Notable dishes

Snac

ks



Dzadziki

cold sauce, snack of yogurt, cucumber and garlic, a typical dish from the Greek cuisine.



Souvlaki

small kebabs on wooden skewers, typical of Greek cuisine.

Meze

is a collection of appetizers or small dishes often served with alcoholic drinks.



Greek salad

Greek salad with tomatoes, cucumber, feta, olives and shallots, olive oil and salt, black pepper and oregano.

Main courses



Moussaka

aka
a traditional dish of eggplant
in the Balkans and the
Middle East.



Dolma

the dish, which is a stuffed
vegetables or leaves,
stuffed grape leaves.



Pastitsio

a traditional Greek dish,
pasta, baked with minced
meat and béchamel sauce.

Desserts

- Delight - sweetness of sugar or flour, with the addition of starch and nuts



*Baklava - a popular confection of puff
pastry with nuts in syrup.*



Melomakarona - Greek cuisine, the kind of sweet pastry with honey.



Significant drinks



Metaxa



Ouzo



Rezin

