

# Greek cuisine

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# The main components are:

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- ❖ 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:

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- ❖ 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

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- ❖ 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

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# Meze

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# Tsatsiki

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

# Taramosalata

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



# Tyropitakia

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

# Moussaka

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

# Giouvarlakia

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# Dolmades

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# Kokoretsi



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

# Baklava

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