

Ingredients

- Traditional bread
- Halloumi cheese (Cypriot traditional cheese)
- Lountza (Cypriot delicatessen)
- Olives
- Tomatoes
- Cucumber
- Almonds
- Dried grapes

Directions

1. Cut the bread into pieces.
2. Cut Halloumi and lountza.
3. Wash and cut the vegetables.
4. Serve the above with almonds and dried grapes
5. Drink milk, tea or coffee.

Ingredients

- pork net fat (panna) or lamb net fat, drained (panna)
- 1 kg ground pork
- 1 cup coarsley grated onion
- 2 garlic cloves, grated
- 1/2 cup fresh parsley, finely chopped
- 1 teaspoon salt
- pepper

Directions

1. Wash the net fat very well and then rinse with a mixture of vinegar and water. Mix well the minced meat, onions, parsley, garlic, salt and pepper kneed all this together until well combined. Cut the net fat into square pieces and put 1 tablespoon of the meat mixture on each piece. Close the two edges and roll, they will look like tiny cabbage rolls. Cook sheftalies over glowing coals on a barbeque or under grill and turn to brown on both sides. This makes about 30 sheftalies.
2. We typically serve this with pita bread, a nice salad and often tzatziki on the side also, or just plain balkan style yogurt.
3. Note: Shftalies will be soft if the minced meat contains a bit of fat, preferably lam.
4. They should fit nicely in the palm of your hand when you are rolling them up, they are small oval meatballs almost with a cover on them.

Ingredients

- 2 Kolokasi -Taro bulbs
- 2 onions chopped
- 1/4 cup(60ml) olive oil
- 1 tablespoon tomato paste dissolve in 1/2 cup hot water
- 2 vegetable stock cubes crumbled
- 2 cups celery leaves roughly chopped
- Juice from 1 lemon or if possible bitter orange
- 2 x 400g tinned chopped tomatoes with herbs
- 2.5 litres (10 cups) hot water
- 1/2 teaspoon sugar
- Salt and pepper

Preparation

1. Heat oil in pan, add onions, cook, covered over low heat stirring occasionally until onions are soft. Add celery and cook over low heat for about 5 minutes.
2. Add the kolokasi stirring occasionally for about another 5 minutes. Stir in the tomatoes and paste, stock cubes and sugar. Then leave to simmer for 10 minutes stirring occasionally.
3. Add enough hot water to cover it and simmer for a further 1 1/2 hours or until the kolokasi is tender and the sauce is reduced, stirring occasionally.
4. Stir in the lemon or bitter orange juice, and season with salt and pepper to taste. Remove from heat and serve with black olives and red radishes.

k with pork or chicken you start by your olive oil for a few minutes and then remove and set aside. You then continue with the rest of the recipe and use the same oil to fry your onions and celery. You then add the meat at stage 3 of our recipe and let it cook and simmer with your kolokasi.

Ingredients

- 6 cups water or chicken broth
- 1½ cups dried trahanas
- 3 slices halloumi cheese (cubed)
- 2 medium ripe tomatoes, peeled and blended
- Salt (optional) and freshly ground pepper
- Croutons: 2 slices white bread, cut up into 1/2 inch cubes
- 2 tablespoon olive oil
- 1 small clove garlic
- Salt and Pepper
- Oregano

Directions

1. Heat the water or chicken broth and add trahanas, stirring occasionally until it dissolves.
2. Add the tomato as well as halloumi and boil for about 30 minutes.
3. Taste and season accordingly, as broth and halloumi are both salty.
4. Serve very hot with croutons and freshly ground black pepper on top.

Ingredients

- 2 cups yellow split peas
- 5-6 cups water
- $\frac{1}{2}$ cup rice
- $\frac{1}{2}$ cup olive oil
- 2 medium sized onions finely chopped
- 2-3 slices of bread cut into crouton-size cubes
- 2-3 lemons juiced
- Salt and pepper to taste

Preparation

1. Wash the yellow peas in several changes of cold water and place it in a deep pan with water. Bring to boil. Add rice, reduce heat, cover pot and let simmer until both peas and rice become so soft that they almost melt.
2. Mix the louvana and rice in a blender to give a thick soup. If it's too thick add some more water.
3. In the meantime, heat olive oil in a pan. Fry cubed bread until it becomes a golden brown color.
4. Remove fried bread from pan and add onion. Fry until is golden brown.
5. Place louvana over low heat to keep it warm. Add fried onion in it.
6. Salt and peper to taste and add the lemon juice.
7. Serve louvana soup garnished with fried bread cubes.