



Kalimera

Newsletter of the Cyprus Breakfast Programme

July 2015

www.cyprusbreakfast.eu

Our News

30/4/2015 - 'Cyprus Breakfast' programme extended

The Cyprus Breakfast is a concept that has been well tested last year in several hotels in the Pafos region. This year, the programme shall be extended to cover hotels all over Cyprus, turning into a success story for promoting the authentic gastronomy of Cyprus through the island's hotel industry. The presentation of the programme extension took place at the Louis Royal Apollonia in Limassol, with the support of the Pancyprian Association of Hotel managers.



The event was addressed by Acting Director General of the CTO, Mrs Annita Demetriades who stressed the great importance placed by the CTO at enriching the tourism product through the promotion of the authentic local gastronomy, an asset of great historical and cultural value for Cyprus. Ms. Demetriades also referred to the international trend of consumers in search of authentic experiences, among which a key role is played by gastronomy, highlighting the need of supporting the Cyprus Breakfast programme by an increasing number of hotels.

In his speech the President of the Cyprus Sustainable Tourism, Mr. Philip Drousiotis expressed his satisfaction for the positive response of hoteliers in the Paphos District who participated in the pilot implementation of the programme in 2014.

The philosophy of the program and the context of implementation, was analyzed by the Project Coordinator, Mr. Savvas Maliotis, who stressed the need to implement the project with professionalism and high level of quality of all the hotels that choose to offer 'Cyprus breakfast'.

7/5/2015 - Training at Louis Nausicaa Hotel

Louis Hotels has recently enrolled all of its hotels in the Cyprus Breakfast programme. Trainings on the authentic gastronomy culture and the philosophy behind the 'Cyprus Breakfast' have taken place in all three major seaside resorts of Cyprus, namely Protaras, Pafos and Limassol. Restaurant and service staff has received an insight into the Cyprus Breakfast and the philosophy behind supporting local producers and promoting the local authentic cuisine.





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6/6/2015 - 'Cyprus breakfast for delegates of the Eurogites at New Helvetia Hotel in Platres

New Helvetia is the newest member of the Cyprus Breakfast programme. In June, the hotel offered hospitality to the delegates of the European Federation of Rural Tourism, who stayed at the hotel for one night, as part of the annual conference of Eurogites (www.eurogites.org) that took place in Cyprus. On Saturday morning the delegates had the opportunity to sample a unique gastronomic experience. The rich Cyprus breakfast, lovingly prepared by the owners of the hotel Nicos and George Matheou, consisted of traditional delicacies made with pure Cypriot products.



A prime spot was given to traditional mature halloumi, served in its warm rennet and sprinkled with dried mint leaves. Next to the halloumi was fresh anari, served with carob honey from local producers.

This traditional, home-made breakfast was washed down with fresh orange juice, made by the guests themselves using a simple hand-operated juicer. The juicer, used in Cyprus in the old days, presses the peel, producing a somewhat bitter result.

The famous cold meats of Troodos and Pitsilia also made an appearance at the buffet. Smoked lountza, wine-marinated sausage and choice hiromeri were sampled by the delegates.



One of the simplest but traditionally Mediterranean dishes presents juicy red tomatoes sprinkled with olive oil and local oregano. The intense aroma of the mountain-grown oregano gave the tomatoes a new dimension.

The Cypriots' favourite drink, Cyprus coffee, energised the delegates. This was accompanied by traditional soutzoukos, which rounded off the meal with its sweet taste.





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Cyprus Breakfast Hotels



Atlantica Golden Beach Hotel, Pafos has joined the Cyprus Breakfast programme in the summer of 2014. This year it has further enriched the product portfolio and the overall buffet display.

The buffet contains a great selection of Cypriot specialties including the traditional cheeses, Anari and Haloumi, smoked lountza, fresh local fruit and many more. The hot buffet offers a selection of recipes that blend international with local cuisine, for example omelette with loukanika (Cyprus sausages). In the bakery section traditional home made pastries, haloumopitta and eliopitta enrich customer flavours that link to authentic Cyprus. A great improvement in this year's buffet has been associated with the addition of local spoon sweets, authentic to Cyprus such as the watermelon and the eggplant. A stand at the entrance of the breakfast restaurant provides customers with information on the local gastronomy and events, thereby promoting traditional producers.



Saint George Hotel pioneers in embracing the «Cyprus breakfast» which fully coincides with its unique culinary philosophy. This philosophy is based on the seasonality and locality of fresh produce and a heightened sense of well-being. The **Hotel** insists on maintaining its commitment to quality and authenticity by combining a sense of family warmth and uniqueness. Hence, the Cyprus

Breakfast initiative received a warm welcome from the hotel's staff and management taken up with new and unique breakfast recipes. There is a warm welcome with a display of traditional Cyprus Coffee at the entrance of the breakfast area. Through its Cyprus Breakfast corner, St George is supporting local producers, paying also great attention to the freshness and quality of the local fruit. Fresh bananas and oranges are supplied daily from local producers. Oranges are always displayed with their leaves, an unquestionable sign of freshness. In the cold dishes section the traditional cheeses Anari and Haloumi are enhanced and Anari is served with the carob syrup. At the center of the enticing Cyprus breakfast, a leading role is played by the fresh and sun-dried fruit, the local syrupy fruit preserves, and homemade marmalades. The labels of Cyprus Breakfast and the information are visible allowing the guests to try the products and get information about the origins of the products.





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Authentic flavours for a different 'Cyprus Breakfast'

Baked beans, the Cypriot way

- 500gr white beans (dry)
- 3-4 carrots in 1cm thick slices
- 1 bunch) of celery, coarsely chopped (prefer celery leaves)
- 2 medium sized onions, coarsely chopped
- 500 gr. ripe tomatoes grated
- 12cups warm water
- 1/3 cup olive oil
- salt and pepper
- 2lt (8 cups) water (for soaking the beans)



Put the beans in a large bowl, cover them with water and let them soak all night. Rinse before starting to cook. Put them in a large pot and simmer for a few minutes. Remove from heat and drain them. Add water again and let them simmer until they are tender but not soft (for almost an hour). Put the olive oil in a large pot, on medium to high heat. Once hot, add the onions and cook until they are translucent. At this point, add the tomatoes, one or two cups water, the celery and the carrots and let simmer until cooked. Next put together the beans and the tomato sauce in a clay pot, add salt and pepper, cover with a lid or aluminum foil and bake for half an hour, until the beans are soft. Add water during baking if needed.

Black-eyed bean salad

- 250grams black-eyed beans soaked in water overnight
- 1 grated carrot
- 1 medium-sized onion, finely chopped
- 2 spring onions, finely chopped
- 1 Cyprus coffee (espresso) cup capers
- 2 Cyprus coffee (espresso) cup pitted green or black olives
- Dill or fennel
- Salt and pepper
- 1/2 teaspoon cumin
- Olive oil and lemon juice



Bring the black-eyed beans to the boil, change the water and re-boil. Add salt before they are fully cooked. Drain and transfer to a salad bowl. Add all the ingredients, mix well, and add salt, pepper and olive oil.





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A perfect display of local products using local ceramics and traditional handicrafts at **LOUIS KING JASON**



Proud and enthusiastic about local products, breakfast guide at **LOUIS KING JASON**



A display of fresh Cyprus herbs, gives breakfast an authentic scent at **Anemi Hotel**



Water with Fresh Cyprus Mint with lemon at **Anemi Hotel**



For information about the Cyprus Breakfast Programme, please contact the Administrator at info@cyprusbreakfast.eu

