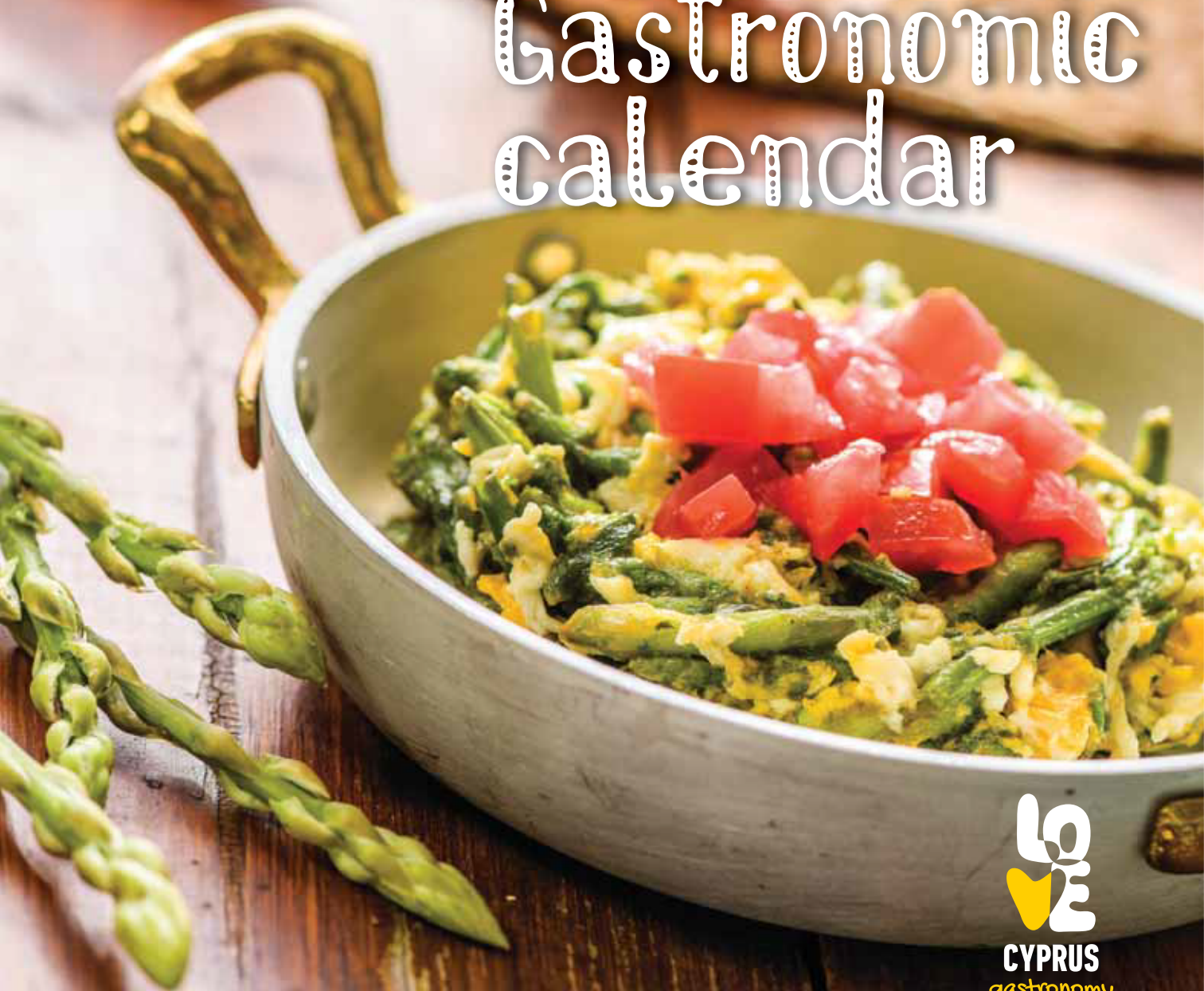


Gastronomic calendar



CYPRUS
gastronomy

Ingredients:

- 300g all purpose (plain) flour
- 700g village flour
- 1 teaspoon dried yeast
- Salt (pinch)
- 1 tablespoon sugar
- 60g instant mashed potato powder + 300 ml water or fresh potatoes, boiled and mashed (almost ½ of a kilo)
- 600 ml warm water

Instructions

1. In a large bowl mix all the ingredients together (first the solid ones and then the liquids, finally the mashed potatoes).
2. When the dough is ready, let it rise in a warm place for 30 minutes.
3. Knead the dough, let it rest then knead again.
4. Heat the oil. Working in batches, slide balls of the batter (about the size of a heaped teaspoon) into the hot oil, making sure not to crowd the pan. The balls will puff up and float to the surface. Turn occasionally, until the batter is a crisp, golden brown on all sides, about 3-4 minutes.
5. If you want to avoid using sugar, you may serve loukoumades with honey and walnuts, instead.
6. Complement loukoumades with vanilla or mastic ice cream.

Chef's tips

- Instead of mashed potatoes or potato powder you can make loukoumades with white, boiled rice (mashed).
- In the old days loukoumades were called 'xerotiana' and the only ingredients used were all purpose flour and water. They were served either with honey or carob syrup or grape molasses. Later sugar was also used.

JANUARY

Recipe: Loukoumades (serves 10)



JANUARY – Seasonal food commodities:

Vegetables / Salad / Herbs:

Dill, coriander, broccoli, beetroot, radishes, parsley, rocket, cabbage, celery, spinach, fennel, avocado, cauliflower, lettuce, carrots, celery

Fruit:

Oranges, lemons, tangerines, grapefruit, pomelo, mantores (Cypriot type of tangerine), bananas

Nuts / Pulses:

Raisins, walnuts, almonds, chestnuts, lentils, white beans, louvi (black-eyed beans), dried broad beans

Fish:

Trout, octopus, mullet

Poultry / Meat:

Turkey, pork, beef, lamb, goat

Traditional Dishes:

Delicacies: village sausages, hiromeri, lountza, posirti

Desserts: bourekia, daktyla, galatopoureko, loukoumades, shiamishi, pompes, shamali, spoon sweets



Ingredients:

- 2 cups of dried or fresh trachanas
- 2 litres chicken stock
- 100g halloumi cheese, cut in small cubes
- Pinch of fresh ground pepper
- Croutons
- Olive oil for garnish

Instructions

1. Pour the chicken stock into a large saucepan and bring to the boil. Add the dried trachanas and stir well until the trachanas is soft and breaks apart.
2. The more you cook it the smoother the soup and the more flavour it has.
3. Cook the halloumi cubes in a non-stick frying pan until golden brown.
4. Prepare the croutons by frying or baking them in one tablespoon of olive oil.
5. Season the trachanas to taste and serve in a nice traditional soup cup or in a soup plate.
6. Garnish with the sautéed halloumi cubes, golden brown croutons and drizzle olive oil.

Chef's tips

- Usually trachanas does not need extra salt or lemon but if necessary add a little extra.
- In some parts of Cyprus they used to break small eggs and poach them in the soup as it boiled.
- If you want trachanas to become creamier, you can put it in the blender with a little milk before serving.
- In some areas of Cyprus they used to add a little vermicelli to the trachanas.

FEBRUARY

Recipe: Trachanas soup (serves 10)



FEBRUARY – Seasonal food commodities:

Vegetables / Salad / Herbs:

Wild asparagus, artichokes, dill, parsley, broccoli, beetroot, radishes, cabbage, spinach, fennel, avocado, cauliflower, lettuce, carrots, celery, pagkaloi (wild greens), mallow, fresh broad beans, wild mushrooms

Fruit:

Oranges, lemons, tangerines, grapefruit, pomelo, mantores (Cypriot type of tangerine), bananas

Nuts / Pulses:

Raisins, walnuts, almonds, chestnuts, lentils, white beans, louvi (black-eyed beans), dried broad beans, louvana (or yellow split pea)

Fish:

Trout, red snapper, octopus, mullet, whitebait

Poultry / Meat:

Chicken, pork, beef, lamb, goat

Traditional Dishes:

Trachana soup, louvana soup (yellow split pea), fasting appetizers (tahini, taramosalata), sweets: bitter orange preserve sweet, lenten halvas (semolina pudding with nuts and/or raisins), tahini pies, «tzirtzilouthkia» (dough with honey)



Ingredients:

- 2 bunches (300g) wild asparagus cut and trimmed
- 4 eggs
- ½ cup olive oil
- Juice of one lemon
- Salt
- Freshly ground pepper

Instructions

1. Cut the spears of wild asparagus and wash thoroughly with water.
2. In a nonstick pan pour the olive oil and add the wild asparagus.
3. Sauté the asparagus by stirring over low heat for a few minutes and season with salt and pepper to taste.
4. Mix the eggs with a whisk and add them to the pan, so that it is evenly distributed and looks like an omelet.
5. Then add the lemon juice.
6. Finally add fresh herbs such as oregano, mint and parsley.

Chef's tips

- Boil asparagus for just a minute in hot water, before placing them in the pan, to remove the bitter taste.
- Wild asparagus, except fried with eggs, is also delicious as pickles.
- In Cyprus asparagus appears after the first rains and runs through spring.

MARCH

Recipe: Agrelia (wild asparagus)

(serves 4)



MARCH – Seasonal food commodities:

Vegetables / Salad / Herbs:

Wild asparagus, capers, artichoke, dill, parsley, broccoli, beetroot, radishes, cabbage, celery, spinach, Swiss chard, fennel, avocado, cauliflower, lettuce, carrots, pagkaloi (wild greens), mallow, wild mushrooms, lapsanes (wild greens), purslane

Fruit:

Oranges, lemons, tangerines, grapefruit, pomelo, mantores (Cypriot type of tangerine), strawberries, bananas, medlar

Nuts / Pulses:

Raisins, walnuts, almonds, lentils, peas, white beans, louvi (black-eyed beans), fresh and dried broad beans, louvana (or yellow split pea)

Fish:

Trout, squid, octopus, mullet, whitebait, sea bream

Poultry / Meat:

Lamb, goat, beef, pork

Traditional Dishes:

Cypriot cheeses (pafitiko, halloumi, fresh anari in brine, salted anari, unsalted anari, kefalotyri), pickles, lagana, olive pies, desserts: strawberry preserve, almond preserve, bergamot preserve, orange pie in syrup, pies with honey, pissies, samali, pumpkin pies, tsipopita



Ingredients:

- 10 pieces of goat meat
- 10 medium potatoes, peeled and halved
- 1 medium onion, peeled and quartered
- 2 ripe tomatoes, grated
- 2 bay leaves
- 2 sprigs of rosemary
- 1 sprig of oregano
- ½ teaspoon dry oregano
- ½ teaspoon freshly ground pepper
- ½ teaspoon salt
- 1 ripe tomato, sliced
- 1 cup water
- 2 tablespoons brandy

Instructions

1. Thoroughly trim the fat off the meat.
2. Cut the peeled and washed potatoes.
3. Flavour with herbs and add salt in moderation.
4. Add the grated tomatoes.
5. Stir together in a large bowl.
6. Put in a clay pot or pan and put the tomato slices on top.
7. Pour in the water, brandy and onion.
8. Cover the container with a lid and extra foil if you bake it in the traditional clay oven.
9. Otherwise, bake in a preheated oven at 200°C.

Chef's tips

- You should keep an eye on the food because you may need to add extra water and turn the meat over.
- If you want more flavour add more vegetables such as carrot, celery and ripe tomatoes cut into large pieces before cooking.

APRIL

Recipe:

Roast Goat meat (serves 10)



APRIL – Seasonal food commodities:

Vegetables / salad / herbs:

Zucchini/courgette, broad beans, artichokes, avocado, dill, swiss chard, carrots, cauliflower, spring onions, cabbage, Brussels sprouts, parsley, lettuce, broccoli, beetroot, leeks, chicory, asparagus, spinach

Fruit:

Lemons, oranges, pomelo, strawberries, medlar

Nuts / Pulses:

Raisins, walnuts, almonds, lentils, peas, white beans, louvi (black eyed peas), dried broad beans, pink peppercorns

Fish:

Trout, squid, octopus, mullet, whitebait, sea bream

Poultry / Meat:

Lamb, goat, beef, pork

Traditional Dishes:

Flaouna, roast lamb, paskies, broad beans with artichokes in lemon sauce, koulouri baked in a clay oven, cheese pies with halloumi, sweets: sweet pumpkin pies, halvas, lenten sweets, tsoureki



Ingredients:

- 1 kg peas
- ½ bunch finely shredded dill
- ½ cup olive oil
- 2 medium onions, thinly sliced
- 3 medium carrots, thickly sliced
- 3 potatoes, diced
- 3 ripe tomatoes, chopped
- 1 tablespoon tomato paste
- Vegetable stock
- 1 cinnamon stick
- 1 bay leaf
- Salt and freshly ground pepper
- 10 whole mullets dredged in flour and deep fried in sunflower or olive oil

Instructions

1. In a saucepan sauté the onion in olive oil and then add the carrot and potato.
2. Add the peas and continue to sauté.
3. Add the tomato paste and fresh, chopped tomatoes.
4. Cover with the stock and finally add the bay leaf and cinnamon stick.
5. Serve with the fish.

Chef's tips

- For best results make sure the fish is dry before frying and the oil is hot!

MAY

Recipe: Peas with vegetables and fried mullet

(serves 10)



MAY – Seasonal food commodities:

Vegetables / Salad / Herbs:

Avocado, green amaranth, early cucumbers, early eggplant/aubergine, dill, endive, carrots, zucchini/courgette, cabbage, parsley, fennel, lettuce, beets, peppers, chicory, radishes, celery, Swiss chard, spinach, asparagus, broccoli, tomatoes, taro, green beans

Fruit:

Summer oranges (Valencia), strawberries, cherries, apricots, medlar, early melons, early watermelons

Nuts / Pulses:

Raisins, walnuts, almonds, chestnuts, lentils, peas, white beans, louvi (black-eyed beans), dried broad beans, chickpeas

Fish:

Trout, freshwater bass, squid, octopus, mullet, whitebait, sea bream

Poultry / Meat:

Chicken, lamb, goat, beef, pork

Traditional Dishes:

Honey from different kinds of blossoms, citrus blossom sweet, taro with celery (sometimes also with meat)



Ingredients:

- 2 kg okra
- ½ cup olive oil
- 2 onions, thinly sliced
- 3 cloves garlic, thinly sliced
- 5-6 red chopped or grated tomatoes
- 1 cup tinned chopped tomatoes
- 1 tablespoon tomato puree
- Vegetable stock
- Juice of 1 lemon
- Salt - Ground pepper
- 1 bay leaf

Instructions

1. Peel the okra stems but do not cut it all off. Dip them in salt and then sprinkle the okra with a few spoonfuls of wine vinegar. Set aside (for 1 hour approx.) preferably in a sunny spot, while you prepare the rest (If using frozen okra skip this step).
2. In a non stick pan, sauté the onions, garlic and okra.
3. Add the grated and tinned tomatoes and the tomato puree.
4. Add enough vegetable stock (to cover).
5. Add the lemon juice, salt, pepper and bay leaf and simmer (without stirring as they will break) for about 30 minutes or until the okra are tender and the sauce is nice and thick. Alternatively, you can bake the okra in the oven.
6. Serve with feta cheese and fresh salad.

Chef's tips

- Avoid washing the okra (as with taro) because it makes them slimy.
- For better results try to use fresh, young, tender okra from the same crop.

JUNE

Recipe: Okra in tomato sauce

(serves 10)



JUNE - Seasonal food commodities:

Vegetables / Salad / Herbs:

Okra, cucumber, dill, endive, green amaranth, zucchini/courgette, onions, cabbage, parsley, fennel, lettuce, peppers, chicory, celery, Swiss chard, garlic, tomatoes, beets, taro, radishes, carrots, eggplant/aubergine, potatoes, green beans

Fruit:

Apricots, 'caisia' (variety of apricot), strawberries, cherries, peaches (some varieties), watermelons, sour cherries, melons, pears, medlar, oranges

Nuts / Pulses:

Raisins, walnuts, almonds, lentils, peas, white beans, fresh and dried louvi (black eyed peas), dried broad beans, chickpeas

Fish:

Trout, freshwater bass, mullet, whitebait, sea bream, kourkouna (rabbit fish), white seabream, parrot fish, saddled seabream

Poultry / Meat:

Chicken, lamb, goat, beef, pork

Traditional Dishes:

Thyme honey, taro with celery (sometimes also with meat), 'koupepia' (stuffed fresh vine leaves), 'poules' (baby kolokassi)



Ingredients:

- 5 cups water
- 5 heaped tablespoons nisiaste (maize powdered starch) or cornflour
- 5 tablespoons rosewater

To serve

- 10 tablespoons rose syrup
- 10 teaspoons rosewater

Instructions

1. Put 4 cups of water in a saucepan and heat.
2. Put the 5th cup of water in a bowl and stir in the nisiaste or cornflour. Add this to the pot and stir constantly until it starts to bubble and thicken.
3. Add half the rose water and continue stirring until it is well cooked and turn white.
4. Sprinkle a pyrex or a small dish with the remaining rosewater and pour in the steaming mixture, 'the mahalepi'.
5. Allow to cool, then place the pyrex in the fridge to thicken.
6. The next day cut the mahalepi into pieces and shapes of your choice.
7. Serve the mahalepi sprinkled with syrup (diluted in water) and rosewater.

Chef's tips

- If you want the mahalepi to be more shiny you can add very little sugar during cooking.
- If you would like a more traditional version, you may use rose ice cream instead of rose syrup.
- The longer it is cooked, the firmer the mahalepi.

JULY

Recipe: Mahalepi

(serves 10)



JULY – Seasonal food commodities:

Vegetables / Salad / Herbs:

Okra, cucumber, dill, endive, green amaranth, zucchini/courgette, onions, cabbage, parsley, fennel, lettuce, peppers, chicory, celery, Swiss chard, garlic, tomatoes, beets, radishes, carrots, squash, eggplant/aubergine, potatoes, taro, 'poules' (baby taro), green beans, fresh louvi

Fruit:

Apricots, cherries, peaches (some varieties), watermelons, sour cherries, melons, pears

Nuts / Pulses:

Raisins, walnuts, almonds, chestnuts, lentils, peas, white beans, dried louvi (black eyed peas), dried broad beans, chickpeas

Fish:

Trout, freshwater bass, mullet, whitebait, sea bream, kourkouna (rabbit fish), white seabream, parrot fish, saddled seabream

Poultry / Meat:

Chicken, lamb, goat, beef, pork

Traditional dishes:

Fresh 'louvi' with zucchini/courgette, eggplant/aubergine in tomato sauce, okra, green beans in tomato sauce



Ingredients:

- 2 red medium tomatoes
- 2 zucchini/courgettes
- 2 green or coloured peppers
- 2 large onions (optional)
- 2 small eggplants/aubergines(optional)
- ½ cup olive oil
- ½ cup glutinous rice
- 150g minced pork meat
- Juice of ½ lemon
- Salt, dry mint, cinnamon
- Freshly ground pepper
- ½ bunch chopped parsley
- 1 small onion, finely chopped
- 2 medium red tomatoes, grated or chopped

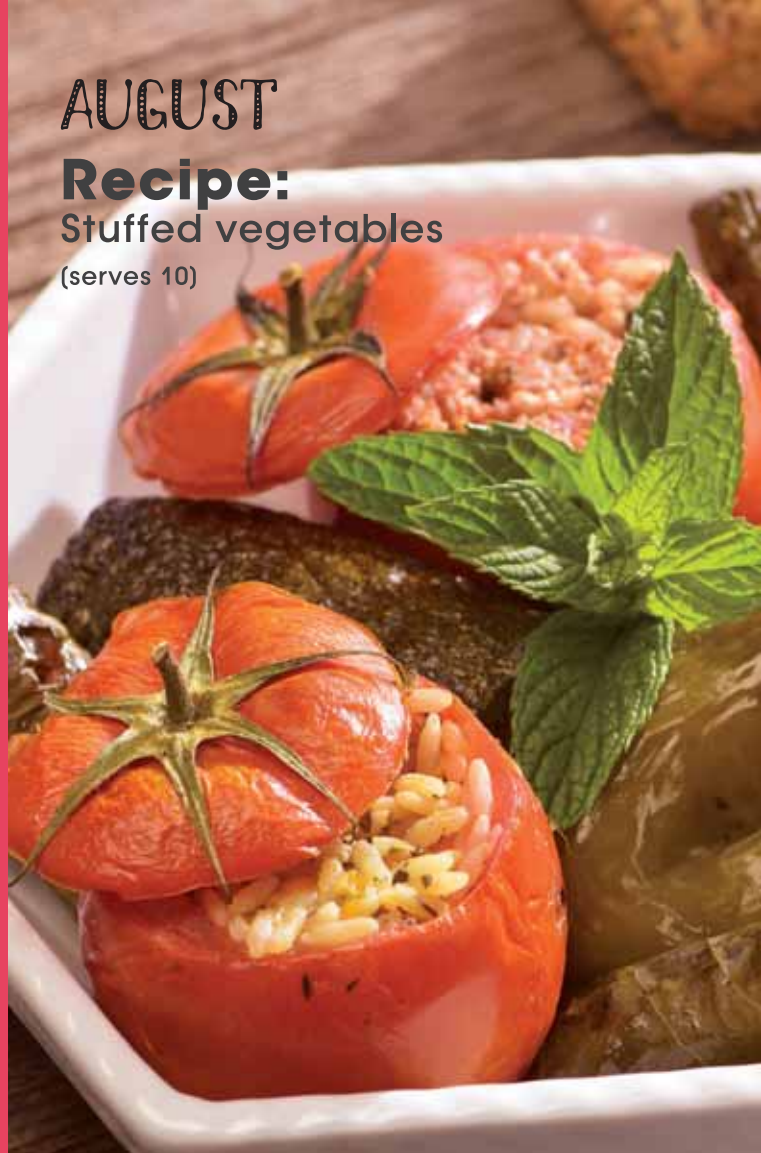
Instructions

1. Clean and cut the tops off the peppers and tomatoes to create lids, set the tops aside. Scoop out the pepper seeds and discard. Scoop out the tomato flesh and seeds and reserve. Cut the aubergines and courgettes lengthways and scoop out the seeds and flesh. Add the flesh to the tomato flesh and seeds and chop well.
2. Sauté the vegetables in a pan except for the tomatoes. In a large pan fry the onion with a little olive oil until soft. Add the chopped vegetable flesh, the tomato purée and the minced pork. Cook for about 10 minutes until softened.
3. Add the rice and a cup of vegetable stock, raise to a simmer and cook for 10 minutes, stirring occasionally. Season with salt and pepper and stir in the herbs. Place the vegetables in a large baking pan and fill them. Place the lids on the peppers and tomatoes.
4. Pour in a little stock and sprinkle with grated tomatoes.
5. Bake for about 25-30 minutes at 180 °C.
6. Serve with sheep's yogurt and a traditional Cypriot salad.

AUGUST

Recipe: Stuffed vegetables

(serves 10)



Chef's tips

- For a healthier dish, instead of frying the vegetable you may preheat them in the oven.
- You may choose not to cook the vegetables and filling during the preparation stage but then you will need to cook the stuffed vegetables for longer in the oven without frying them first.

AUGUST – Seasonal food commodities:

Vegetables / Salad / Herbs:

Taro, cucumbers, dill, endive, green amaranth, carrots, zucchini/courgette, squash, onion, Swiss chard, parsley, fennel, lettuce, eggplant/aubergine, okra, beets, potatoes, peppers, chicory, radishes, celery, garlic, green beans, fresh louvi

Fruit:

Pears, watermelons, apples, peaches, melons, grapes, figs, damsons, plums and pomegranates

Nuts / Pulses:

Raisins, walnuts, almonds, lentils, white beans, dried louvi (black eyed peas), dried broad beans, chickpeas

Fish:

Trout, freshwater bass, squid, octopus, kourkouna (rabbit fish), whitebait, sea bream

Poultry / Meat:

Chicken, lamb, goat, beef, pork

Traditional Dishes:

Stuffed vegetables



Ingredients:

- 3kg taro (kolokassi)
- 1 ½ kg pork meat cut into large cubes (preferably bacon and neck)
- 2 tablespoons tomato puree (tomato paste)
- 5-6 red tomatoes, grated or chopped
- juice of 2 lemons
- ½ stick cinnamon
- 2 cups chopped celery
- 1 medium onion
- ½ cup olive oil
- Salt
- Ground pepper
- Vegetable stock (just enough to cover the taro)

Instructions

1. Peel taro roots using a sharp knife, wipe, then cut half-way through roots and twist knife so taro cracks away.
2. Heat olive oil in a frying pan, add cubed pork meat and cook until meat is browned on all sides. Remove meat from the pan with a slotted spoon; set aside.
3. Add the taro to the olive oil remaining in the frying pan; cook briefly the onion and the chopped celery.
4. Return the meat to the frying pan; add the grated tomato and tomato puree and enough vegetable stock to almost cover the ingredients.
5. Bring to the boil, season with salt and black pepper to taste. Cover and cook until the taro is almost tender. Then you can pour in the lemon juice and continue to cook until the taro is soft.

Chef's tips

- When cooking taro, avoid adding salt and pouring in the lemon juice before the taro is almost cooked, because both harden it.
- Taro should always be cut with sharp knife and with the specific technique mentioned above.

SEPTEMBER

Recipe: Taro with celery and pork meat

(serves 10)



SEPTEMBER – Seasonal food commodities:

Vegetables / Salad / herbs:

Taro, zucchini/courgette, tomatoes, okra, onions, potatoes, green beans

Fruit:

Grapes, figs, pears, apples, plums, watermelons, melons, carobs

Nuts / Pulses:

Hazelnuts, pistachios, fresh walnuts, raisins, almonds, lentils, white beans, louvia (black eyed peas), dried broad beans, chickpeas

Fish:

Trout, freshwater bass, squid, octopus, mullet, whitebait, sea bream

Poultry / Meat:

Chicken, lamb, goat, beef, pork

Traditional dishes:

Fig pie, palouzes (grape must jelly), soutzoukos, epsima (concentrated grape juice), quince paste, carob syrup, pasteli (sesame honey brittle)



Ingredients:

- 8 slices hard halloumi (dry the brine)
- 2 large, firm tomatoes
- 1 red pepper
- 1 yellow pepper
- 1 green pepper
- 4 cups tender spinach leaves with vibrant deep green colour
- ½ cup olive oil
- ½ cup carob syrup
- 2 spoons shredded oregano, thyme, basil, rosemary
- Salt, pepper

Instructions

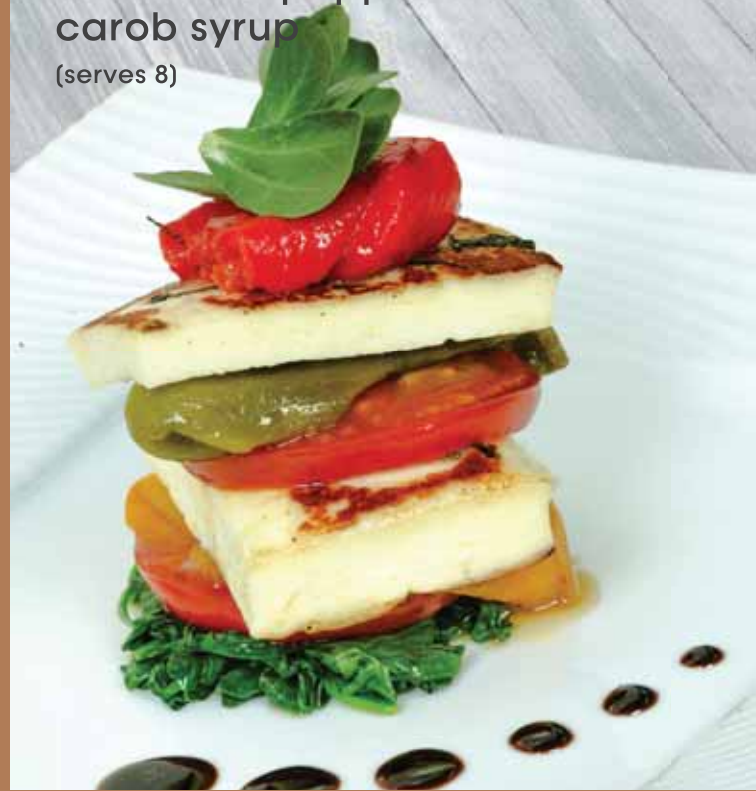
1. Wash and dry all the vegetables. Brush the peppers with olive oil and roast them in the oven at 180°C for approximately 30 minutes, turning occasionally until they have a brown colour on all sides.
2. Cut the tomatoes into thick, equal sizes, round slices and brush them also with olive oil.
3. When peppers are roasted remove from the oven and peel away off the skins. With a sharp knife halve peppers crosswise, remove the seeds and leave them to drain.
4. Put them in a bowl, sprinkle with herbs, and drizzle with the remaining olive oil. Let them marinate overnight.
5. In a small pan heat 2-3 spoons olive oil and sauté the spinach on medium heat. Season with salt and pepper, remove it from the pan and keep it warm. In the same pan sauté the tomatoes on both sides for approximately 1 minute each side.
6. Add the halloumi to a hot griddle pan and cook until golden-brown griddle marks appear on both sides.
7. Serve traditional halloumi with a unique way: Place a little spinach onto the plate and stack alternate slices of tomato, pepper and halloumi on top. Repeat and top with a slice of pepper. Drizzle with carob syrup and finish with your favourite garnish.

October

Recipe:

Grilled halloumi with marinated peppers and carob syrup

(serves 8)



Chef's tips

- Hard traditional halloumi has a stronger flavor and aroma.
- Sauté tomatoes carefully so as not to melt.
- Add extra flavor and aroma to your plate by using flavoured olive oil with oregano, citrus and thyme.

October – Seasonal food commodities:

Vegetables / Salad / Herbs:

Green amaranth, taro, zucchini/courgette, fennel, eggplant/aubergine, peppers, radishes, tomatoes, cucumbers, endives, dill, carrots, pumpkin, cauliflower, cabbage, parsley, beets, lettuce, leek, chicory, celery, Swiss chard, spinach, broccoli, fennel bulb, green beans

Fruit:

Kiwi, quince, apples, grapes, figs, persimmons, pomegranate

Nuts / Pulses:

Almonds, walnuts, hazelnuts, pistachios, dried figs, raisins, lentils, white beans, dried broad beans, chickpeas

Fish:

Trout, freshwater bass, squid, octopus, mullet, whitebait, sea bream

Poultry / Meat:

Chicken, lamb, goat, beef, pork

Traditional dishes:

Fig pie, palouzes (grape must jelly), soutzoukos, epsima (concentrated grape juice), quince paste, carob syrup, pasteli (sesame honey brittle)



Ingredients:

- 5 kg octopus
- ½ cup olive oil
- 1 cup dry red wine
- 1/3 cup vinegar
- 2 cloves
- 1 small cinnamon stick
- 2 bay leaves

Instructions

1. Make sure the octopus is thoroughly cleaned. Heat the olive oil in a casserole and add the octopus.
2. Then add all the spices and cover the casserole with its lid. Cook the octopus until its liquids have been released and let them be reabsorbed.
3. Then add the wine and vinegar and cook until they are absorbed and the octopus has started to glaze.

Chef's tips

- You can serve with lentils or other pulses.

November

Recipe:

Octopus stewed in red wine

(serves 10)



NOVEMBER – Seasonal food commodities:

Vegetables / Salad / Herbs:

Endives, carrots, cauliflower, cabbage, brussel sprouts, lettuce, broccoli, beets, potatoes, leek, chicory, celery, spinach, Swiss chard, fennel bulb, green beans

Fruit:

Pears, apples, pomegranate, lemons, tangerines, grapefruit, oranges

Nuts / Pulses:

Chestnuts, almonds, walnuts, hazelnuts, pistachios, dried figs, raisins, lentils, white beans, louvi (black eyed peas), dried broad beans, chickpeas

Fish:

Trout, freshwater bass, squid, octopus, mullet, whitebait, sea bream

Poultry / Meat:

Chicken, lamb, goat, beef, pork

Traditional dishes:

Fig pie, palouzes (grape must jelly), soutzoukos, epsima (concentrated grape juice), quince paste, carob syrup, pasteli (sesame honey brittle)



Ingredients:

- 225 ml oil
- 225g vegetable shortening
- 440g sugar
- 8 eggs
- Zest of 2 oranges
- ½ cup orange juice
- ¼ cup brandy
- ¼ cup rosewater
- 3 teaspoons baking powder
- 825g plain flour
- 10g vanilla sugar
- 5g mixed spices
- Blanched, roughly chopped almonds

Instructions

1. In a mixer beat (using the flat beater) vegetable shortening, sugar, oil, vanilla and orange zest until light and fluffy.
2. Add half of the eggs one at a time, beating well after each addition. Also add half of the flour to the butter mixture and mix well.
3. Continue in the same way with the remaining eggs and flour.
4. Stir in the brandy, orange juice, and rosewater and finally add the almonds.
5. Pour the batter into a greased baking tin or ring and bake in a preheated oven at 170°C for 1 hour.

Chef's tips

- The ingredients should be at room temperature.
- Do not open the oven door during the first 30 minutes of baking.
- In Cyprus, before putting the New Year Cake in the oven, we place in it a coin which is wrapped in aluminum foil, so that the person in whose slice of cake the coin will be found, will be hailed as the lucky person of the new year.

DECEMBER

Recipe: New Year Cake



DECEMBER – Seasonal food commodities:

Vegetables / Salad / Herbs:

Endives, carrots, cauliflower, cabbage, Brussels sprouts, lettuce, broccoli, beets, potatoes, leek, chicory, turnips, celery, Swiss chard, spinach, fennel bulb, avocado, dill, parsley, green beans

Fruit:

Tangerines, oranges, lemons, grapefruit, apples, pear

Nuts / Pulses:

Almonds, walnuts, hazelnuts, pistachios, dried figs, raisins, lentils, white beans, louvia (black eyed peas), dried broad beans, chickpeas

Fish:

Trout, freshwater bass, squid, octopus, mullet, whitebait, seabream

Poultry / Meat:

Chicken, lamb, goat, beef, pork

Traditional dishes:

Turkey, melomakarona (Greek Christmas honey cookies), kourambiedes (Greek Christmas shortbread)

