

FOREWARD

This cookery book contains recipes for traditional Cypriot dishes and sweets. It is primarily intended for those who wish to prepare meals they tasted in Cypriot restaurants and especially liked or those who want to become acquainted with the best of Cypriot cuisine.

In selecting the recipes we took two considerations into account. The dishes and sweets have been carefully chosen to contain ingredients that are available in supermarkets in most countries. The very few that might not be available can be found in Cypriot food shops anywhere. They are also relatively easy to make and do not require any particular skills or experience.

We tried to include recipes for a wide range of dishes, grouping them into the following sections for convenience: starters, soups, rice pasta, vegetables, dishes with minced meat, meats, savouries, sweets.

We hope you will find pleasure in trying out the recipes and above all making dishes you can enjoy with your family and friends.

Any comments or suggestions you might have about the recipes would be very welcome as it would help us to evaluate the cookery book and improve our future editions.

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STARTERS

CHICKPEA PUREE (houmous)

1/2 kg chickpeas (soaked overnight)

1 cup tahini (beaten)

5-6 garlic cloves, crushed

1/4 cup lemon juice

1/2 cup olive oil

salt, paprika

finely chopped parsley

- Drain chickpeas, spread on a tea towel and roll a bottle over them to remove the husks.
- Boil the chickpeas until soft. Dry and mash.
- Beat the tahini and combine with the chickpeas.
- Add the crushed garlic, lemon juice, olive oil and salt. If the paste is very thick, add liquid from the chickpeas.
- Sprinkle with paprika and chopped parsley and pour a little olive oil over the purée.

MUSHROOMS IN WINE

1 kg mushrooms

1/2 cup oil

1/2 cup dry red wine

coriander seeds, crushed

salt, pepper

- Wash the mushrooms well, drain and cut.
- Sauté in oil until golden brown, add wine and coriander. Cover and cook until liquid is absorbed.
- Add salt and pepper, mix and serve hot.

STARTERS

ARTICHOKES WITH EGGS

8 artichokes (medium size)

4 eggs

8 tbsp. oil

salt

- . Peel the artichokes and place in cold water with salt and lemon juice.
- . Drain and cut into small, thin slices.
- . Fry in oil until golden brown.
- . Beat the eggs just enough to blend the yolks into the whites and add salt.
- . Pour out excess oil from the pan, add the eggs and stir a little, taking care not to overcook them.
- Empty the mixture into a dish and serve.

Note: Courgettes can be cooked in the same way. Cut the courgettes in round slices, fry and follow the recipe for the artichokes.

FRIED AUBERGINES WITH TOMATOES

1 kg aubergines

2/3 cup olive oil

3 cloves garlic, chopped

3 onions, sliced

4 ripe tomatoes, finely chopped

salt

- Wash the aubergines, peel and slice or cut into quarters, sprinkle with salt and leave to stand for 1-1 1/2 hours.
- Wash out aubergines and pat dry. Fry a few at a time and drain on absorbent paper.
- Sauté the onions and garlic, add the tomatoes, and simmer uncovered for a few minutes. Add the fried aubergines and a little water and cook over a low heat until the aubergines are soft and the sauce has thickened.

STARTERS

BEETROOT SALAD

1 kg beetroot

5-6 cloves garlic, finely chopped

olive oil

wine vinegar

parsley (optional)

salt

- Wash the beetroot and boil in plenty of water until cooked.
- Peel and cut in slices.
- Place in a salad bowl and add garlic, salt, olive oil and vinegar according to taste and mix well.
- Garnish with finely chopped parsley.

CYPRIT SALAD

Lettuce, coriander leaves, rocket leaves, cabbage

3-4 tomatoes

2 onions

1 aubergine (optional)

3 hard-boiled eggs (optional)

black olives

olive oil

wine vinegar

lemon juice

salt

- Chop finely the lettuce, coriander leaves, rocket leaves and cabbage, cut the tomatoes, cucumbers, onions and aubergine and slice the eggs.
- Reserve some of the tomatoes, cucumbers, onions and egg slices and mix the rest in a bowl.
- Add salt, olive oil, vinegar and lemon juice according to taste and toss salad.
- Garnish with reserved items.

STARTERS

CYPRIT VILLAGE SALAD

- 1 romaine lettuce, shredded**
- 1 small bunch fresh parsley, chopped**
- 1 large red onion, peeled, halved and thinly sliced**
- 2 beef tomatoes, chopped**
- ½ cucumber, chopped**
- 1 green pepper, deseeded, halved and sliced**
- 12 black kalamata olives**
- 1 block feta cheese**

For the dressing

- 1 part olive oil**
- 1 part red wine vinegar**
- garlic salt**
- dried oregano**

- Toss all of the salad vegetables together in a large bowl.
- Crumble the feta cheese on top and add the olives.
- Make the dressing to your taste, I generally do a ratio of 1:1 of oil and vinegar.
- Pour over the salad if you wish, or leave on the side for people to help themselves.

FISH SAVORO

- 1 kg fish (small or medium size)**
- 5 tbsp. olive oil**
- 3-4 cloves garlic, roughly chopped**
- 2-3 sprigs rosemary**
- 2 cups wine vinegar (+ 1/2 cup water, if weaker vinegar is preferred)**
- 1-1 1/2 heaped tsp flour**

- Fry the fish and place in a dish after draining on absorbent paper.
- Sauté the garlic.
- Dissolve the flour in a little of the vinegar and then combine with the remaining vinegar (+water).
- Add the garlic and rosemary and stir until the sauce boils and thickens. Pour over the fish to cover and refrigerate when cool. Serve cold.

MUSHROOM IN SCRAMBLED EGG

1 tablespoon extra virgin olive oil or unsalted butter

½ pound cultivated or wild mushrooms, cleaned, trimmed and sliced (2 cups sliced)

1 to 2 garlic cloves (to taste), minced (optional)

Salt

freshly ground pepper to taste

1 to 2 tablespoons minced chives (to taste)

6 to 8 eggs

2 tablespoons low-fat milk

- Heat the oil or butter over medium-high heat in a large, heavy nonstick skillet. Add the mushrooms, and cook, stirring often, until they begin to sweat. Add the garlic and a pinch of salt. Cook, stirring, until the mushrooms are tender, five to eight minutes. Season to taste with salt and pepper, and stir in the chives.
- Beat the eggs in a medium bowl. Add salt and pepper to taste, and beat in the milk. Add to the skillet. Cook, stirring every few seconds, until the eggs are scrambled. Remove from the heat, and serve.

STARTERS

SESAME DIP (tachinosalata)

75g tahini (sesame) paste

3 garlic cloves, crushed

cold water

lemon juice

olive oil

salt

- Stir the tahini and crushed garlic together.
- Add a water, lemon juice and olive oil a little at a time and mix well - you want it to be the consistency of cream - not too thick, but not too runny either!
- Season with salt.

LENTIL SOUP

1 cup lentils
5 cups water
2 carrots finely chopped
1 onion finely chopped
3 lettuce leaves finely shredded
1/2 bunch coriander leaves, finely chopped
1/4 cup olive oil
1/4 cup wine vinegar
salt, pepper

- Wash and drain the lentils.
- Place in a pan with water and let them cook over a low heat.
- When the lentils are nearly cooked add all the vegetables and simmer until cooked.
- Add the olive oil, vinegar, salt and pepper and cook for 5 more minutes.

EGG AND LEMON SOUP (avgolemono)

1 cup rice
5 cups chicken stock
2 eggs
1/3 cup lemon juice
salt, pepper

- Bring stock to the boil and add rice.
- Stir from time to time until the rice is cooked.
- Take off the heat.
- Beat the eggs until frothy, add the lemon, salt and pepper.
- Add gradually by spoonfuls about a cup of the hot stock to the egg mixture, to prevent curdling.
- Pour it all back into the saucepan.
- Heat soup over a very low heat and stir constantly.
- Take care it does not boil.

RICE – PASTA

CYPRIOT TORTELLINI (kaloi rka)

Dough

1 kg plain flour

pinch of salt

water

Filling

1/2 kg minced pork

1 onion, finely chopped

parsley, finely chopped

corn oil

salt, pepper

- First prepare the filling. Place the minced meat, onion and some corn oil in a pan and sauté
- lightly.
- Add salt, pepper and 4-5 tablespoons water and simmer.
- When the minced meat is nearly cooked, add the parsley. Remove from the heat when cooked
- and place the minced meat in a strainer to cool.
- Prepare the dough. Put the flour in a bowl and add some salt. Add the water slowly and knead
- until the dough is firm.
- Cover with a tea towel and stand for an hour.
- Roll out the dough and cut into little square pieces (5X5cm).
- Place on one corner of each square some of the minced meat mixture and fold in a triangle.
- Bring the tips of the triangle together over the centre and press firmly to seal.
- Heat some chicken stock in a saucepan and boil the kaloirka.
- When cooked remove from the stock and sprinkle with grated halloumi cheese.

RICE PASTA

HALLOUMI CHEESE RAVIOLI

Pastry

6 cups flour (1/2 wholemeal flour and 1/2 plain flour)

pinch of salt

warm water to make the dough firm

Filling

2 halloumi cheese (mature)

1 fresh halloumi cheese, grated

2-4 eggs

dried mint

cinnamon (optional)

- Prepare the dough. Cover and stand for 1 hour.
- Mix well all the ingredients for the filling.
- Cut dough in half. Roll out each half on lightly floured surface. Place 1 tsp filling 5cm apart over one sheet of pasta.
- Place remaining pasta sheet over filling. Press firmly between filling and cut with round cutter.
- Sprinkle ravioli with a little flour.
- The ravioli are best kept in the freezer if they are not going to be cooked immediately, otherwise boil in chicken stock and serve with grated halloumi cheese mixed with some dry mint.

BURGHUL (BULGUR) PILAF

1/3 cup olive oil

1 small onion, finely chopped

1/2 cup vermicelli pasta

2-3 red ripe tomatoes, finely chopped

2 cups hot water

2 cups burghul (bulgur or crushed wheat)

- Fry the onion in olive oil, add the pasta (broken into small pieces) and stir until the pasta and onion brown a little.
- Add the tomatoes and stir until some of the juice has evaporated.
- Add the water and when it boils add the burghul and salt to taste.
- Cook on a low heat until all the liquid has been absorbed.

RICE PASTA

LENTILS AND RICE (mougendra)

1 cup lentils

4 cups water

1/2 cup rice

1 onion cut lengthways, in strips

1/4 cup olive oil

salt

- Wash the lentils well.
- Place in a saucepan with water and leave to cook, removing the scum from time to time with a
- slotted spoon.
- When nearly cooked add the rice and continue to simmer until rice is cooked and all the water
- is at the same time absorbed. (If water has been absorbed before rice is cooked, add some
- more water).
- Fry the onion in the olive oil until golden brown and add to the cooked lentils. Add salt and serve.

VEGETABLES

POTATOES IN TOMATO SAUCE

1 kg potatoes
1/2 cup olive oil
2 onions, finely chopped
5-6 ripe tomatoes
tomato paste
salt, pepper

- Peel and cut the potatoes in big cubes.
- Lightly fry the onions in olive oil and add the potatoes.
- Stir the potatoes with a wooden spoon.
- When slightly brown, add the tomatoes which have been blended into a thick liquid.
- Add salt, pepper and tomato paste dissolved in water and let simmer over low heat.

DEEP FRIED POTATOES WITH LEMON AND CORIANDER (ant inahtes)

1 kg small new potatoes, unpeeled
enough oil to cover the potatoes
2 tbsp. coriander seeds, crushed
1/2 cup dry red wine
salt, pepper

- Wash the potatoes, drain and break by applying pressure with a bottle, or anything heavy.
- Heat the oil and add the potatoes.
- Cook over a low heat.
- When the potatoes are ready, remove most of the oil and add the coriander and the wine.
- Cook until the sauce is reduced.
- Continue to cook for 2-3 more minutes.
- Shake the pan from time to time.
- Add salt, pepper, and serve.

VEGETABLES

RUNNER BEANS IN TOMATO SAUCE

1 kg runner beans
1/3 cup olive oil
2 onions, finely chopped
4 tomatoes, finely chopped
1 tbsp. tomato paste
finely chopped parsley
salt

- Sauté the onions in olive oil, add the beans and stir a little.
- Add the tomatoes, parsley, tomato paste, salt and a little water. Simmer until the beans
- are cooked, adding more water if required and the sauce is quite thick.

MUSHROOMS IN WINE (manitaria krasata)

300g mushrooms
olive oil
1 tsp coriander seeds, crushed
red wine
salt and pepper

- Clean the mushrooms and depending on their size, keep them whole, halve or quarter them.
- Heat some olive oil in a pan and throw in the mushrooms and fry them for a few minutes until they start to brown.
- Add the crushed coriander seeds.
- Pour a good glug of olive to cover the mushrooms and reduce to simmer.
- When the liquid has reduced they are ready to serve. Season to taste with salt and pepper.
- Serve hot as part of a meze.

VEGETABLES

CYPRIT POTATO SALAD

500g new potatoes

1 tsps coriander seeds, crushed

olive oil

lemon juice

salt

- Boil the new potatoes until tender. Drain.
- Cut some of the potatoes in half, and some of them, crush gently with a fork.
- Whilst the potatoes are cooking, making a dressing by whisking together 1 part olive oil to 1 part lemon juice. Season with crushed coriander seeds and salt - this is all generally to taste.
- Pour the dressing over the potatoes whilst they're still hot and toss gently to coat them all.
- Serve hot or cold as part of a meze.

MINCED MEAT DISHES

STUFFED VINE LEAVES (koupepia)

fresh vine leaves (or packet of frozen vine leaves or jar of vine leaves in brine)

1 onion

1/2 kg minced pork

1/3 cup oil

1 cup ripe tomatoes, blended

1/2 cup rice

fresh mint

parsley, finely chopped

lemon juice (3-4 lemons)

cinnamon

salt, pepper

- Wash the vine leaves and put in boiling water.
- Let them boil for 2 minutes, remove and drain.
- Fry the onion and add the minced meat until it is slightly browned.
- Add the tomato and simmer for 3 minutes, stirring from time to time.
- Take the pan off the heat and add the rest of the ingredients (salt, rice, pepper, cinnamon, mint, half the lemon juice and parsley) and mix.
- Lay out the vine leaves, veins upwards, put 1 tsp of the minced meat mixture on the stalk of each leaf, fold over the sides and roll up tightly.
- Line the bottom of a saucepan with vine leaves and place the koupepia closely together in layers.
- Add a little olive oil, the rest of the lemon juice and some water.
- Place a plate on top of the koupepia and cook over a low heat for approximately 30 minutes.

DISHES WITH MINCED MEAT

MEATBALLS OR RISSOLES (kef tedes)

1 kg minced meat (a combination of pork, lamb and beef)

3-4 potatoes, grated

3/4 bunch parsley, finely chopped

2 onions, finely chopped

2 eggs

dried mint

oil for deep frying

2 slices of bread soaked in water and strained

cinnamon

salt, pepper

- After draining the grated potatoes add them to the minced meat.
- Add the rest of the ingredients, parsley, bread, onions, eggs, mint, cinnamon, salt and pepper.
- Mix well and mould into oval or round balls.
- Deep fry in oil.
- Accompany with fried potatoes and salad.

SHIEFTALIES

1/2 kg minced pork

4 onions, finely chopped

2 slices bread, dipped in water

1 bunch parsley, finely chopped

caul fat

salt, pepper

- Mix all ingredients except caul fat. Knead well.
- Lay out caul fat and cut into small square pieces. Mould 1 spoon of meat mixture into a sausage
- shape and place onto each square. Wrap caul fat around each piece and tuck the sides in to contain the filling.
- Cook on charcoal or grill.

DISHES WITH MINCED MEAT

BAKED MACARONI WITH MINCED MEAT (past i tsio)

1 packet (450 – 500 gr) pasta (large macaroni)

1 onion, finely chopped

1/3 cup oil

650 gr minced pork

1/2 bunch parsley, finely chopped

dry mint

salt, pepper

Sauce

3 tbsp. butter

6 tbsp. flour

5 cups milk

2 eggs

1 1/2 cups halloumi cheese, grated

salt

- Boil the pasta in water containing some salt and oil until soft but firm.
- Drain and allow to cool.
- Fry the onion in oil until transparent.
- Add the minced meat, salt and pepper and fry until slightly browned, finally adding the parsley.
- To make the sauce, melt the butter.
- Add the flour and stir constantly for 1 minute so that it combines with the butter.
- Heat the milk and add slowly, stirring well so that the mixture does not go lumpy.
- Remove the pan from the heat and after 2-3 minutes add the salt, eggs, (well beaten) and ½ cup halloumi cheese and mix.
- Sprinkle some of the remaining halloumi and drizzle 3-4 tablespoons sauce over the base of an ovenproof dish. Put half the pasta into the dish, spread the minced meat over it and then the rest of the pasta.
- Sprinkle with more halloumi and finally pour over the sauce.
- Sprinkle the rest of the halloumi over the sauce together with some dry mint.
- Cook in a moderate oven for 45 minutes.

LAMB OR KID WITH CAULIFLOWER

1 cup olive oil
2 kg cauliflower, cut into medium sized pieces
1 kg lamb or kid, cut in pieces
1/2 cup dry white wine
1 cup tomato juice
salt, pepper

- 1 cup hot water
- Fry the cauliflower slightly and drain.
- Fry the meat slightly.
- Add the wine, tomato juice, salt and pepper.
- Simmer the meat for an hour, then add the cauliflower and water and leave to cook.

LAMB STEW (tavas)

1 kg lamb
1 kg potatoes
3-4 large onions
5-6 ripe tomatoes
2-3 bay leaves
1 tsp cumin seeds, slightly crushed
1/2 cup oil
cinnamon
salt, pepper

- Cut the meat into medium sized cubes.
- Peel, and cut the potatoes in four.
- Peel and cut the onions in slices.
- Cut the tomatoes in slices.
- Put the meat, potatoes, onions and tomatoes in layers in a baking dish
- Add the oil, cinnamon, bay leaves, cumin, salt and pepper.
- Cook in a moderate hot oven for 2 hours.

FRIED PORK IN WINE (afel ia)

1 kg pork
1 cup red wine
2 tbsp. coriander, crushed
1/2 cup oil
salt, pepper

- Cut the meat into small pieces and marinate in the red wine and coriander overnight.
- Drain and reserve the marinade.
- Heat the oil and fry the meat on a low heat until slightly brown.
- Add the marinade, salt, pepper and some water.
- Cover the pan and simmer until the meat is tender.
- Serve with fried potatoes or burghul pilaf.

BEEF STEW (st i fado)

1/2 cup olive oil
1 kg small onions
1 kg beef cut in cubes
3/4 cups red wine
1/2 cup vinegar
salt, black peppercorns, bay leaves and cinnamon

- Sauté the onions and place in a bowl.
- Sauté the meat.
- Add the wine to the meat, bring to the boil and then add the vinegar, salt, peppercorns,
- bay leaves, cinnamon and onions.
- Add a little water and cook until the meat is tender and the liquid has been absorbed.
- Serve with burghul pilaf.

LAMB OR PORK WITH POTATOES, ONIONS AND CELERY (kaourmas marathasas)

1 cup corn oil

1/2 kg small, dried, whole onions

1 1/2 kg potatoes

1 1/2 kg lamb or pork from the neck or chops cut into small pieces

3/4 cup lemon juice

1 1/2 cups roughly chopped celery leaves

salt, pepper

4-5 cups lukewarm water

- Sauté in hot oil the whole onions until golden brown and place in a plate.
- Sauté the potatoes until golden brown and place in a plate.
- Fry the meat well and add lemon juice.
- Add the celery leaves.
- Stir well, and add salt, pepper and warm water.
- Cook the meat for about half an hour and add the sautéed potatoes and onions.
- Cover and cook until the sauce is thick.
- Serve with vegetables, lettuce, rocket and coriander leaves.

SAVOURIES

HALLOUMI CHEESE TURNOVERS (bourekia me hal loumi)

Dough

3 cups flour

3 tbsp. oil

salt

water for kneading

Filling

1 1/2 cups grated halloumi cheese

dried mint

2 eggs

onion, finely chopped and fried (optional)

oil for deep frying

- Beat eggs and mix in the halloumi cheese and mint to make the filling.
- Prepare the dough and after rolling it out thin, cut into small rounds 7cm in diameter.
- Put about a spoonful of filling in the centre of each round of dough and fold over.
- Seal the edges with water and deep fry in hot oil.

KOUPES

3 cups water

3 tbsp. oil

3 cups burghul (bulgur or cracked wheat)

oil for deep frying

cinnamon

salt, pepper

Filling

1/2 kg onions

1/2 cup oil

1/2 kg minced pork

parsley, finely chopped

cinnamon

salt, pepper

- Heat the water to which 3 tbsp. oil, cinnamon and pepper have been added, until it boils.
- Stir in the burghul and reduce the heat. Cover the saucepan and simmer until all the water
- is absorbed and the burghul is soft, adding more water if necessary.
- Put the burghul aside to cool.
- Boil the onions until soft.
- Add the 1/2 cup of oil, minced meat and simmer until the meat starts turning brown.
- Stir in the parsley, remove from heat and drain.
- Take 1 heaped tablespoon of burghul, mould it into an oval shape and press a hole at one
- end with a wetted finger.
- Put as much filling as it will take and seal the open end firmly.
- Keep the hands constantly wet while moulding the koupes.
- Deep fry the koupes in very hot oil.
- Drain on absorbent paper and serve.

OLIVE PATTIES (el iopi t tes)

1 kg plain flour

1 1/2 cups corn oil

1 tsp salt

2 tsp yeast

water for kneading

1 cup black olives, chopped

3 onions

1/2 cup chopped coriander leaves

mint, preferably fresh

- Add yeast to flour, blend with 1 cup of the oil and knead well, adding water.
- Leave the dough to rise, add the rest of the ingredients and shape into patties about 1012 cm in size.
- Wait until they rise further and cook in a pre-heated moderate hot oven for about ¾ hrs.

ANARI CHEESE TURNOVERS (bourekia me anar i)

Dough

8 cups flour

1 cup oil

2 1/2 cups water

Filling

1 kg unsalted anari cheese (Cyprus curd cheese). If unavailable use ricotta or other curd cheese.

2 tsp cinnamon

1/2 or 1 cup sugar (according to preference)

1/2 cup rosewater or citrus blossom water

oil for deep frying

- Prepare the dough.
- Roll out the dough into a thin sheet.
- Cut into 5 or 7 cm round pieces and place the filling in the centre of each piece.
- Fold over to enclose the filling and press firmly round the edges.
- Deep fry in oil until golden brown.
- Place on absorbent paper and then in a dish.
- Sprinkle icing sugar over the bourekia.

CYPRIOT CURD CHEESE PIE (anaropi t ta)

Pastry

3 eggs

1/2 cup sugar

1/2 cup oil

1/2 cup milk

1/2 tsp vanilla

grated orange rind (optional)

3 1/2 cups flour

2 tsp baking powder

Filling

800g unsalted anari (Cypriot curd cheese) or ricotta cheese

3 tbsp. of sugar

fresh mint

cinnamon

3/4 cup almonds, roughly chopped

- Beat 2 eggs with the sugar.
- Add the oil, milk, vanilla and grated orange rind.
- Add the flour and baking powder and mix well to form a soft dough.
- Cut pastry in half. Roll out half the pastry on a floured surface and line a 32X20 cm ovenproof dish.
- Mash the anari and mix in sugar, mint, cinnamon and almonds.
- Spoon the anari mixture into the dish.
- Roll out remaining pastry and cover filling.
- Brush over with beaten egg.
- Pierce the pastry here and there with a fork.
- Cook in moderate oven for about half an hour until golden brown.

CYPRIOT DOUGHNUTS (loukoumades)

Batter

7 cups plain flour

1/2 tsp salt

1 sachet yeast

1-2 boiled potatoes

lukewarm water

Syrup

6 cups water

4 cups sugar

1 cinnamon stick

1/2 tsp lemon juice

3-4 cloves

oil for deep frying

- Sift the flour with the salt and add the yeast.
- Boil the potatoes, peel them and mash them.
- Add potatoes to the rest of the ingredients and knead with the lukewarm water to make a batter.
- Stand for about an hour in a warm place. The batter will increase in size.
- Heat the oil in a saucepan until quite hot.
- Drop dessertspoons of mixture into hot oil, dipping the spoon into cold water each time before dipping into batter, so that batter will not stick to the spoon.
- Fry until golden brown, drain on absorbent paper and then dip loukoumades in syrup for a few seconds.
- Using a slotted spoon, remove from syrup and transfer to a bowl.

- **Syrup**
- Combine all the ingredients in a saucepan.
- Stir until sugar is dissolved and boil for 5 minutes. Allow to cool.

LADIES' FINGERS (daktyla)

Dough

8 cups flour

1 cup oil

salt

2 1/2 cups water (approximately)

Filling

400g finely chopped almonds

1 tsp cinnamon

1-2 tbsp. sugar

3-4 tbsp. citrus blossom water

Syrup

4 cups sugar

3 cups water

1/2 tsp lemon juice

1 cinnamon stick

3-4 cloves

1-2 tsps. citrus blossom water

oil for deep frying

- Sift the flour and rub in the oil.
- Add the salt and water and knead to a firm dough.
- Cover and stand for 1/2 – 1 hour.
- Roll out the dough into a thin sheet and cut into 8X12 cm rectangles.
- Mix well all the ingredients for the filling.
- Put a teaspoon of filling at the edge of the rectangle and roll into a sausage shape.
- Press the two ends with a fork to seal.
- Fry in hot oil until golden brown and then drain on absorbent paper.
- Dip in cold syrup for a few seconds, drain and transfer to a plate.
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Syrup

- Combine all the ingredients, except the citrus blossom water, in a saucepan.
- Stir until sugar is dissolved and boil for 5 minutes.
- Add the citrus blossom water just before removing from heat. Allow to boil.

SEMOLINA CAKE (kalon prama)

2/3 kg semolina
1 tsp baking powder
1 tsp bicarbonate of soda
1 tsp ground mastic
1/2 cup tahini
3 tbsp. tahini
1 cup sugar
2 cups hot water
3/4 cup blanched almonds

Syrup

2 1/2 cups sugar
2 cups water
1 tsp citrus blossom water

- Mix the baking powder, bicarbonate of soda and mastic into the semolina.
- Add the 1/2 cup tahini and sugar and finally the water and mix well.
- Cover the mixture and allow to stand 2-3 hours.
- Brush 3 tablespoons tahini over the bottom of a 30X20 cm ovenproof dish.
- Spoon the mixture into the dish and score into 5X2 cm pieces.
- Decorate with almonds.
- Bake in a moderate oven for one hour and when cool pour over the syrup while it is still hot.
- Cut through with a knife into 5X2 cm pieces.

Syrup

- Combine water and sugar in a saucepan.
- Stir until sugar is dissolved and boil for 5 minutes.
- Add citrus blossom water and remove syrup from heat.

SEMOLINA PUDDING (halvas nist isimos)

5 cups water

1/2 cup sugar

1 cup semolina

3/4 cup blanched almonds

3 tbsp. rose water or 1/2 tsp vanilla

1 tsp ground mastic

- Combine water and sugar in saucepan and heat until sugar dissolves.
- Add the semolina, rose water or vanilla and mastic.
- Stir until the mixture is quite firm.
- Put the mixture in a wet mould and unmould when it cools.
- Decorate on top with the almonds.