

Cyprus Cuisine





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Fresh local cuisine is an important part of the island's culture, and is intrinsically linked with every social event, from family gatherings and special occasions to religious festivals... each marked with its own distinct delicacies and recipes.

A holiday in Cyprus wouldn't be complete without trying some of the traditional Cypriot dishes and delicacies.



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Famous Cyprus Meze

Meze literally means “small dishes” and it is a style of eating that involves many courses. The Cypriot Meze starts out with a range of dips, salads and grilled or fried vegetables and usually finishes off with a main fish or meat dish, with lots of delicious dishes in between of course. The typical Cypriot meze usually comprises between 20 and 30 plates of food so even the fuzziest of eaters are bound to find something they like. Through the meze you get to experience a greater part of the Cypriot culture because you will try a greater range of delicacies in one meal.



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Halloumi

Halloumi is probably Cyprus' most famous product, with its popularity extending to many countries throughout Europe and the Middle East. When in Cyprus, it is an absolute must that you taste the island's traditional cheese. Halloumi can be eaten as an accompaniment to a variety of dishes and can be grilled or fried without melting!



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Souvla (Cyprus Barbeque)

Souvla is one of the most famous meat dish on the island of Cyprus. It involves large pieces of meat passed through large skewers and cooked on a fokou (charcoal grill). The meat used in a souvla can be lamb, pork and even chicken. It's a popular meal eaten on Easter Sunday to celebrate the end of fasting and can be accompanied with a range of other dishes, usually potatoes and salads.



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Soutziouko

During the wine making season, grape juice is poured into a huge pot, thickened with starch, and left to cook until it becomes almost glutinous. Long strings threaded with either almonds or walnuts are then repeatedly dipped into the mixture until they are well coated and the right thickness before being hung out to dry in the sunshine. Enjoy Soutziouko with a cup of strong Cyprus coffee or ice cold Zivania.