Cyprus Traditional Products

Zivania

- Zivania is a traditional alcoholic drink. It is the extract produced from grapes which have been pressed. During the procedure of vinification it is mixed with high quality local dry wine. The distillation of zivania happens in special traditional devices similar to those used in the production of tsipouro. It is clear with a slight smell of raisins. It usually consists of 45% of alcohol.

- Zivania does not contain sugars and any kind of acid. It has healing qualities for a cold or a toothache.

Zivania

Haloumi

- We heat sheep's milk to about 32-35 degrees Celsius and we add rennet so the milk thickens in 30-45 minutes. After it thickens, the curd is cut into tiny pieces and is gradually heated to 38 degrees Celsius. Then, the curd is transferred into cheese cloths and is squeezed until all the small pieces are joined together and the excess water is drained. When the curd is drained, it is then cut into 10 x 10 cm pieces or any other size we would like. We put these pieces into hot whey from which we have removed the curd. The whey is heated slowly until it boils and the pieces float on the surface. We leave them for 15-20 minutes to cook.

Haloumi

- After this time we take the Haloumi out and salt it. In the salt we add mint leaves to give the Haloumi a nice smell. The pieces of Haloumi are folded in two and are put in special containers or one near the other to keep their shape, until they are completely cold.

- Haloumi belongs in the category of dairy products. It is rich in protein. It also contains fat and carbohydrates.

Haloumi

Loukoumades

- Loukoumades is another delicious and traditional dessert. We sieve the flour and the salt together and we add the yeast. We mix in warm water until we have a creamy mixture. We allow the mixture to rise for about one hour. Then we prepare the syrup. After one hour we heat oil in a frying pan. We take some of the mixture in one hand and with the other we take a spoonful of the mixture and put it in the frying pan. We rinse the spoon we use in a glass of water every time we use it. When the Loukoumades are golden-brown we take them out of the pan with a ladle and put them in honey syrup. We allow them to soak in the syrup for a short period of time and then we can serve them.

- Loukoumades have many calories because they are soaked in syrup but the honey in the syrup tones us and also has antiseptic qualities.

Loukoumades

Trachanas

- Trachanas is made from bulgur wheat, milk and yogurt. We boil all the ingredients together until the mixture thickens. We take the mixture and cut it into small portions and leave them in the sun to dry for 2-3 days.

- Trachanas has great nutritional values because it contains fibre, carbohydrates, magnesium, folic acid and phosphorus which protect our organism against osteoporosis.

Trachanas

Palouzes

- Palouzes is a traditional sweet made from the same creamy mixture we use to make Shioushioukkos. It is made from the boiled grape juice, flour, mastic and basil leaves.

- Palouzes is rich in vitamins A and C. It contains Calcium, iron, fibre and carbohydrates which are energy sources.

Palouzes

Kiefterka

- Kiefterka are a traditional sweet made from the same mixture used to make Shioushioukkos and Palouzes. The difference between Kiefterka and the other sweets is that we pour the mixture into a large container. We allow the mixture to dry and become firm. In the end we cut it into small pieces.

- Kiefterka are rich in Vitamins A and C. They contain calcium, iron, fibre and carbohydrates which area source of energy.

Kiefterka

Shioushioukkos

- Shioushioukkos is a traditional sweet made from a thick and creamy mixture. This mixture is made from boiled grape juice, flour, rosewater and mastic. Firstly, almonds are thread on a string. The string is dipped several times in the warm mixture until the string is covered in many layers of the mixture. Shioushioukkos should be dried in the sun every time it is dipped in the mixture.

- Shioushioukkos is rich in Vitamins C and A. It contains calcium, iron, fibre and carbohydrates which are a source of energy.

Shioushioukkos

Sweet Preserves

- This sweet can be made with almost every fruit and some kinds of vegetables. The fruit and vegetables are soaked in water and lime until they become hard. After that, they are soaked in water and lemon juice before they are boiled in syrup. Different herbs can be added to the fruit to make them more tasty.

- Sweet Preserves contain carbohydrates which give us energy. They also have vitamin A and fibre, unlike most other sweets.

Sweet Preserves

Chiromeri

- We prepare thick brine with wine and rub on the pork leg leaving a thick layer on. We place the pork leg in a big container and cover it in wine leaving it for 20-25 days. We turn it round every day pouring in wine when needed.
  When we take it out of the wine we put it in a special press for 48 hours.
  We smoke the pork leg 3-4 times a week for 3-4 months until it dries up.

- Chiromeri is high in protein and cholesterol.

Chiromeri

Loukanika (Cyprus sausages)

- We put the minced meat in a bowl and add different kinds of herbs such as coriander and pepper. We pour in wine to cover the meat and leave it for 6-8 days. We stir the minced meat every day and add wine whenever we need to.We take one intestine at a time, which we have previously washed well, and fill it with the meat using a special funnel. Every 12-15 cm we stop filing it and loop it into a knot. This is how the “teratsia” are formed. We hang the sausages to dry and then put them in a special room to be smoked.

Loukanika (Cyprus sausages)

- **We use wood from oak, almond trees, apricot trees and vine to smoke the sausages. We smoke the sausages for 1-2 hours every day for 8-10 days. We need to be sure they don't dry up too much.**

- **Loukanika have a lot of fat, protein and carbohydrates.**

Lountza

- Lountza is a local smoked meat product with an Italian origin. We take the pork fillet and put in dry wine, coriander and salt to marinate for a few days. Then we hang it above the fireplace and leave it for a few days. It is then dried in the sun.

- Lountza is high in protein and low in fat.