



Crimean Greeks Cuisine

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Greek Heritage

- The first Greek settlers arrived on the land of Crimea about 2,700 years ago. And it is in Crimea that a small Greek ethnic group has been preserved, the only one of all ethnic groups outside Greece. It was the Greeks who spread Orthodoxy in the Crimea. The Greeks brought olive trees, grapes, walnuts, figs, pyramidal cypress, laurel, rosemary to the Crimea,



the Crimean Greeks

- The most characteristic features of the behavior and culture of this people are expressed by the following features: Hospitality, emotionality, holding family dinners. Plentiful tables, where you can always find a large number of meat and vegetable dishes. It is customary to break bread



- Traditionally, the families of the Crimean Greeks bred cattle, mainly sheep. Therefore, shepherds and artisans were often found among the Crimean Greeks. Engaged in fishing, but at the same time not forgetting about agriculture, they grew wheat, barley, melons, tobacco, flax.



the Crimean Greeks

- The cuisine of the Crimean Greeks is a variety of dishes from fish, meat and vegetables: Salamis, Stewed fish (goferia piaka), salad "Athens", Onion in Greek, Spicy salad, salad "Yaly-boilu", "Macedonian" salad, Nettle with cheese, Eggplant in Greek, Lamb stew in Greek, Beef with vegetables in Greek, Goulash with string beans, fried meat "Hollas", Chicken



Salamis - fish fillet in Greek



- Season the fish fillets with salt and sprinkle with lemon juice. Heat half a serving of vegetable oil, fry finely chopped onion and garlic in it, add fish, pour in wine and sprinkle with herbs. Cover and simmer for 10-15 minutes. Peel the pepper from the seeds and partitions, cut into thin rings and fry in the remaining vegetable oil. Peel the cucumber, cut into slices and after 10 minutes. after frying, add to the pepper, after another 5 minutes add the halves of tomatoes, season



Salad

"Athens"

Products: tomatoes - 400 g; string beans- 250 g; potatoes - 400 g; olive oil - 100 g; olives - 100 g; vinegar 1 tablespoon; salt, pepper, parsley, dill - taste. Wash the hard red tomatoes, cut in half, cut into cubes. Wash the young string beans, cut into lozenges, boil in salted water over low heat, strain and cool. Wash the potatoes, peel, cut into cubes, boil in salted water. Place the potatoes in the center of the dish, put tomatoes and string beans around,



Nettle soup with cheese

Nettle- 0.5 kg; cheese- 0.5 kg; water- 3 liters; wheat flour- 2 tablespoons; vegetable oil- 3 tablespoons; thyme-0.3 teaspoons; ground black pepper- 0.3 teaspoons; salt to taste. Sort fresh nettles, rinse well under cold running water and finely chop. Pour the prepared nettle with boiling salted water and cook for 15 minutes on low heat, stirring with a wooden spoon. Sift the wheat flour and dry it in a hot frying pan. Pour vegetable oil into the soup, add dried flour, thyme and ground black pepper.

Cook for 5-6 minutes. Cheese cut into cubes or g



Goulash with string beans

Cut the meat into 2X2 cm cubes and fry in butter or margarine, adding finely chopped onion. When the onion is lightly fried, add a little water and simmer the meat until almost soft. Wash the young bean pods, dry them and add them to the meat. Season everything with salt and pepper and continue to simmer over low heat. Add



Tzatziki sauce

- Traditionally, Tzatziki sauce is served with meat (souvlaki or gyros) or fish dishes, but most often it acts as a component of meze. That is, vegetables or bread flavored Tzatziki accompanies as a dip. Products: sour milk (yogurt) - 0.5 liters; garlic - 2 slices; cucumbers - 1 piece; vegetable oil - 2 tablespoons; vinegar - 1 teaspoon; salt, pepper - to taste, rinse the cucumber, finely chop it



Greek Omelet

Products: milk 2 cups; eggs 2 pcs; flour 8 tablespoons; figs 12 pcs; almonds 1 handful; raisins 2 tablespoons; salt, nutmeg, sugar, cinnamon to taste vegetable oil tablespoon Knead the dough for an omelet made of flour, eggs, nutmeg and milk (add salt) and leave for 30 minutes. Finely chop the figs, also chop the almonds and mix everything with the cinnamon, then adding all those



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Tauric Chersonese