

# Sustainable Menus



**Three carefully crafted menus to celebrate Cyprus's rich culinary heritage through sustainable choices.**

Each menu features traditional recipes made with seasonal, local ingredients, from wild greens and legumes to freshly caught seafood and native herbs. By honouring time-tested cooking methods and sourcing responsibly, these dishes offer not only authentic taste but also a more conscious way to enjoy the Cypriot unique gastronomic identity

# Sustainable Menu 1

## Tastes of the Coast



### **Taramosalata**

Creamy, tangy, and slightly salty, Taramosalata is a traditional dip made from fish roe (typically cod or carp), blended with olive oil, lemon juice, and either bread or potatoes.



### **Wild Greens Salad (Horta)**

Horta salad is a simple and nutritious dish made with boiled wild greens, such as dandelion, chicory, or amaranth. The greens are lightly cooked, then dressed with olive oil, fresh lemon juice, and a pinch of salt.



### **Grilled Octopus with Fava**

A classic seafood dish that combines tender, char-grilled octopus with a smooth, velvety yellow split pea purée known as fava. The octopus is marinated and grilled to perfection, offering a smoky flavor that pairs beautifully with the creamy, slightly sweet fava.



### **Glyko Triantafyllo (Rose Spoon Sweet)**

Glyko Triantafyllo (Rose Spoon Sweet) is a delicate preserve made from rose petals, sugar, and lemon juice. Traditionally served by the spoonful with a glass of cold water, it has a fragrant aroma and a soft, jelly-like texture.

# Sustainable Menu 1

## Recipes



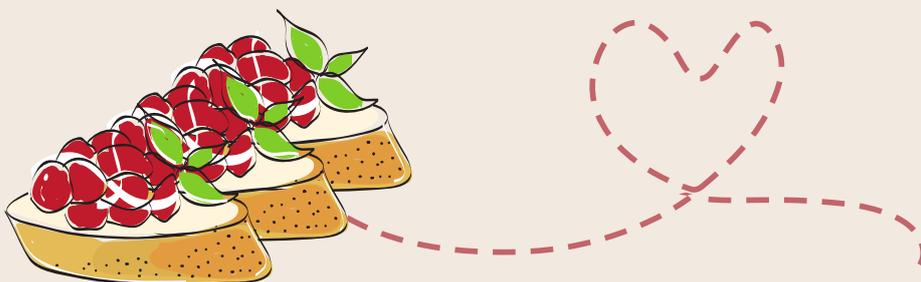
### Taramosalata (Fish Roe Dip)

#### Ingredients:

- 100g tarama (cod or mullet roe)
- 3 slices stale bread, crust removed
- Juice of 1 lemon
- 100ml extra virgin olive oil
- 1 small onion, grated

#### Instructions:

1. Soak bread in water and squeeze excess liquid.
2. In a food processor, blend tarama with grated onion and lemon juice.
3. Gradually add soaked bread and olive oil, blending until smooth and creamy.
4. Chill and serve with bread or raw vegetables.



# Sustainable Menu 1

## Recipes



### Wild Greens Salad (Horta)

#### Ingredients:

- 500g seasonal wild greens (chicory, dandelion, mustard greens)
- Juice of 1 lemon
- 2 tbsp extra virgin olive oil
- Sea salt to taste

#### Instructions:

1. Wash greens thoroughly.
2. Boil in salted water for 10–15 minutes until tender.
3. Drain, drizzle with olive oil and lemon juice.
4. Serve warm or at room temperature.



# Sustainable Menu 1

## Recipes



### Grilled Octopus with Fava

#### Ingredients:

#### For octopus:

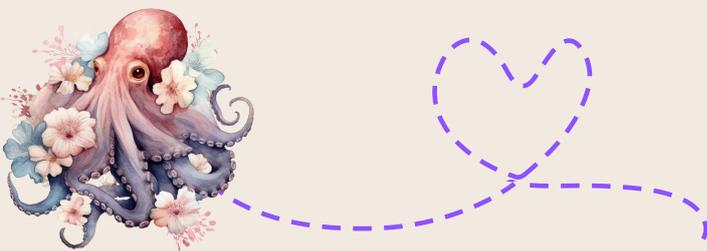
- 1 medium octopus (about 1–1.5kg)
- 1 bay leaf, black peppercorns, vinegar

#### For fava:

- 250g yellow split peas
- 1 onion, chopped
- 2 tbsp olive oil
- Salt, lemon juice

#### Instructions:

1. Boil the octopus in a pot with bay leaf and vinegar (no water needed at first) for 45–60 minutes.
2. Grill until slightly crispy outside.
3. For fava, boil split peas with onion for 45 minutes until soft. Blend into a smooth purée with olive oil, lemon, and salt.
4. Serve octopus on top of fava, drizzle with oil.



# Sustainable Menu 1

## Recipes



### Glyko Triantafyllo (Rose Spoon Sweet)

#### Ingredients:

- 1 cup rose petals (untreated, pink variety)
- 2 cups sugar
- 1 cup water
- 1 tbsp lemon juice

#### Instructions:

1. Soak petals overnight in water.
2. Boil sugar, water, and lemon juice into syrup.
3. Add petals and simmer for 20–30 minutes.
4. Store in sterilised jars. Serve 1 spoonful with yoghurt.



# Sustainable Menu 1 Recipes



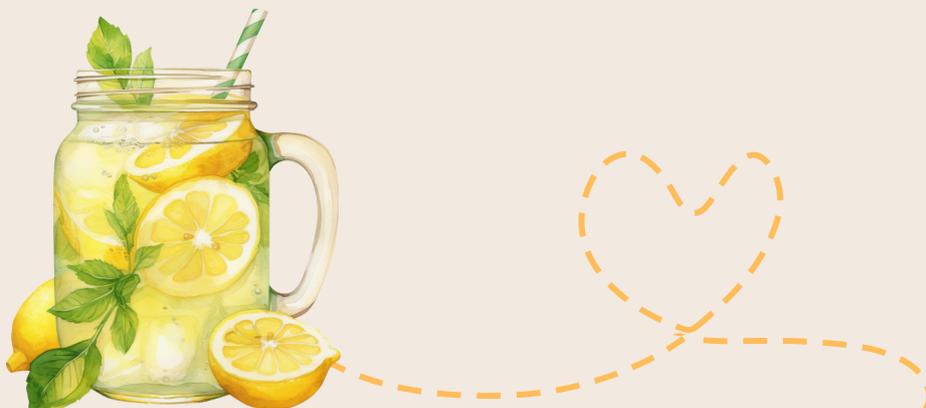
## Homemade Lemonade with Spearmint

### Ingredients:

- Juice of 4 lemons
- 4 cups cold water
- 1–2 tbsp carob syrup or honey (optional)
- A handful of fresh spearmint

### Instructions:

1. Mix lemon juice with water and sweetener.
2. Add crushed mint. Chill well.
3. Serve over ice.



# Sustainable Menu 2

## Field & Farm



### **Koupepia (Stuffed Vine Leaves)**

Vine leaves stuffed with a fragrant mixture of minced meat, rice, herbs, and spices, gently simmered in a rich tomato and lemon sauce. A beloved Cypriot delicacy full of comforting flavors.



### **Tomato & Cucumber Salad**

A refreshing mix of ripe tomatoes, crisp cucumbers, red onions, green peppers, olives, and creamy feta cheese, drizzled with olive oil and sprinkled with oregano. A classic Mediterranean favorite.



### **Oven-baked Trout with Herbs**

Fresh trout seasoned with aromatic herbs, garlic, and lemon, then oven-baked to perfection. A light and flavorful dish that highlights the natural taste of the sea.



### **Palouzes (Grape Must Jelly)**

A traditional Cypriot dessert made from fresh grape must, gently thickened with flour and scented with rose water. Smooth, delicate, and naturally sweet.

# Sustainable Menu 2

## Recipes



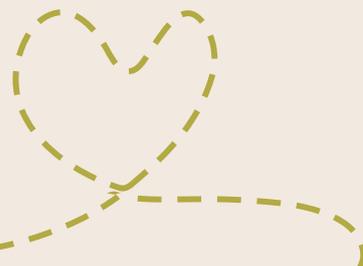
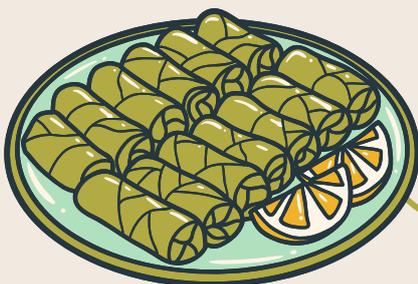
### Koupepia

#### Ingredients:

- 30–40 fresh or preserved vine leaves
- 1 cup rice
- 1 onion, finely chopped
- 2 tomatoes, grated
- 1 tbsp mint, 1 tbsp parsley
- Salt, pepper, lemon juice, olive oil

#### Instructions:

1. Soften vine leaves in boiling water.
2. Mix rice, onion, tomatoes, herbs, salt, and pepper.
3. Place 1 tsp filling on each leaf, roll tightly.
4. Layer in pot, drizzle oil and lemon, cover with water.
5. Simmer 45 minutes.



# Sustainable Menu 2

## Recipes



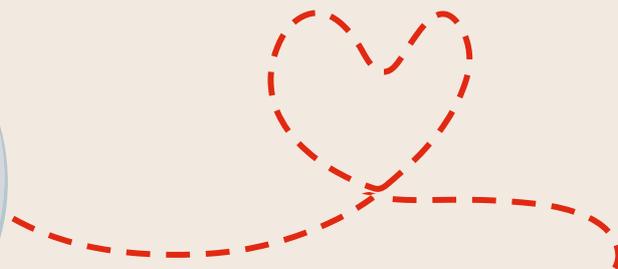
### Tomato & Cucumber Salad

#### Ingredients:

- 2 large tomatoes, chopped
- 1 cucumber, sliced
- 1 spring onion, chopped
- 1 handful of purslane or rocket
- 1 tsp dried oregano
- Olive oil, vinegar

#### Instructions:

1. Toss all ingredients in a bowl.
2. Drizzle olive oil and vinegar just before serving.



# Sustainable Menu 2

## Recipes



### Oven-baked Trout with Herbs

#### Ingredients:

- 2 whole local trout, cleaned
- 1 lemon, sliced
- 2 garlic cloves
- Thyme, oregano, salt
- Olive oil

#### Instructions:

1. Preheat oven to 180°C.
2. Stuff fish with lemon, herbs, and garlic.
3. Drizzle with olive oil and season.
4. Bake for 25–30 minutes.



# Sustainable Menu 2

## Recipes



### Palouzes (Grape Must Jelly)

#### Ingredients:

- 1l grape must (moustos)
- 80g flour
- Rosewater, cinnamon (optional)

#### Instructions:

1. Mix flour and moustos cold, then bring to a simmer.
2. Stir constantly until thick.
3. Add rosewater and cinnamon.
4. Pour into bowls, chill until set.



# Sustainable Menu 2 Recipes



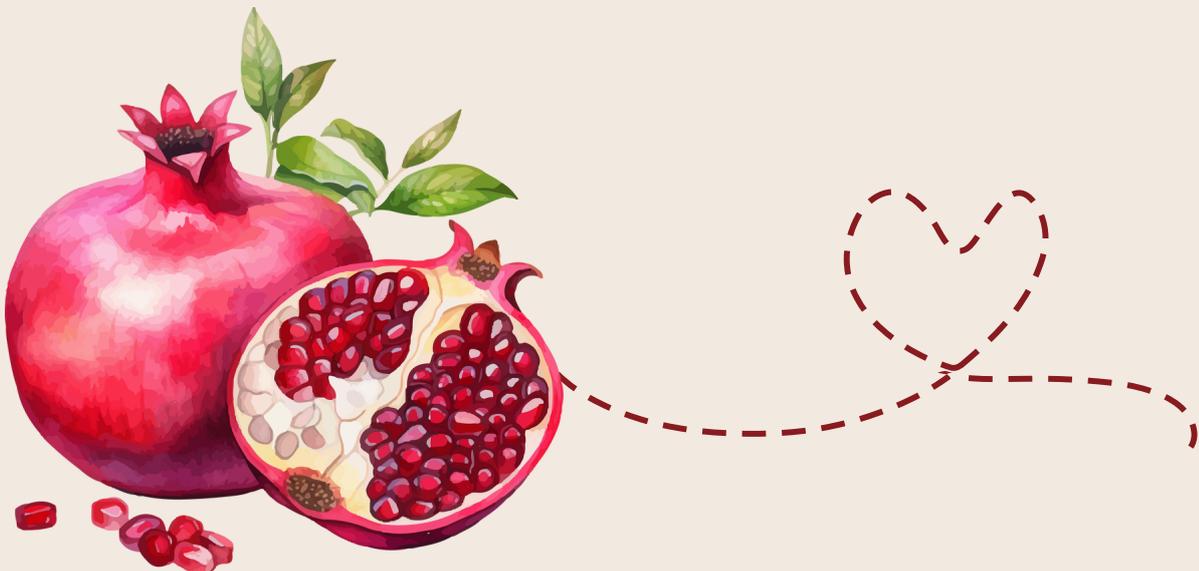
## Pomegranate Juice

### Ingredients:

- 2–3 large pomegranates

### Instructions:

1. Cut and extract seeds.
2. Juice using a manual or electric press.
3. Serve chilled.



# Sustainable Menu 3

## Mountain & Sea Fusion



### Marinated Anchovies

Tender anchovy fillets cured in vinegar and olive oil, infused with garlic, herbs, and a hint of lemon. A zesty and savory meze full of Mediterranean character.



### Lentil Salad with Fresh Herbs

A wholesome salad of tender lentils tossed with parsley, mint, spring onions, and a lemon-olive oil dressing. Light, nutritious, and bursting with fresh flavor.



### Calamari Stuffed with Bulgur

Tender calamari filled with a savory mixture of bulgur wheat, herbs, tomatoes, and spices, then gently baked. A flavorful dish blending sea and earth in every bite.



### Karpouzi (watermelon) with Halloumi Cheese

Juicy slices of sweet watermelon paired with salty, grilled halloumi cheese. A refreshing and perfectly balanced summer favorite from Cyprus.

# Sustainable Menu 3

## Recipes



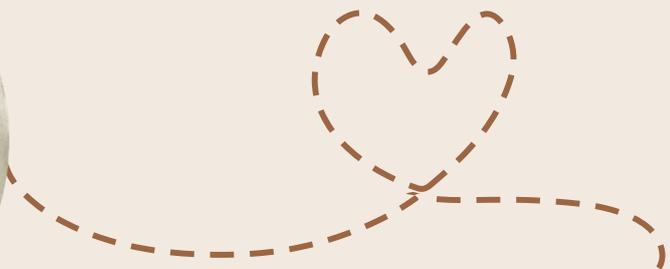
### Marinated Anchovies

#### Ingredients:

- 200g fresh anchovies, filleted
- Juice of 2 lemons
- 1 garlic clove
- 1 tbsp chopped parsley
- Olive oil, sea salt

#### Instructions:

1. Place anchovies in lemon juice for 1 hour.
2. Drain, drizzle with oil, garlic, and parsley.
3. Chill and serve cold.



# Sustainable Menu 3 Recipes



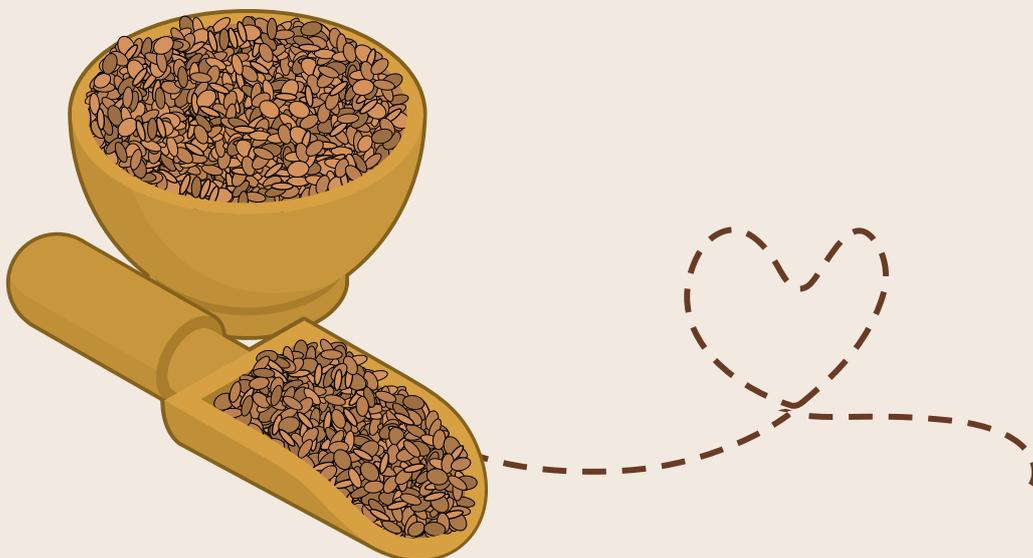
## Lentil Salad with Fresh Herbs

### Ingredients:

- 1 cup brown lentils
- 1 tomato, diced
- Handful arugula
- Mint, coriander, parsley
- Lemon juice, olive oil

### Instructions:

1. Boil lentils until tender, then drain.
2. Mix with veggies and herbs.
3. Dress with oil and lemon.



# Sustainable Menu 3

## Recipes



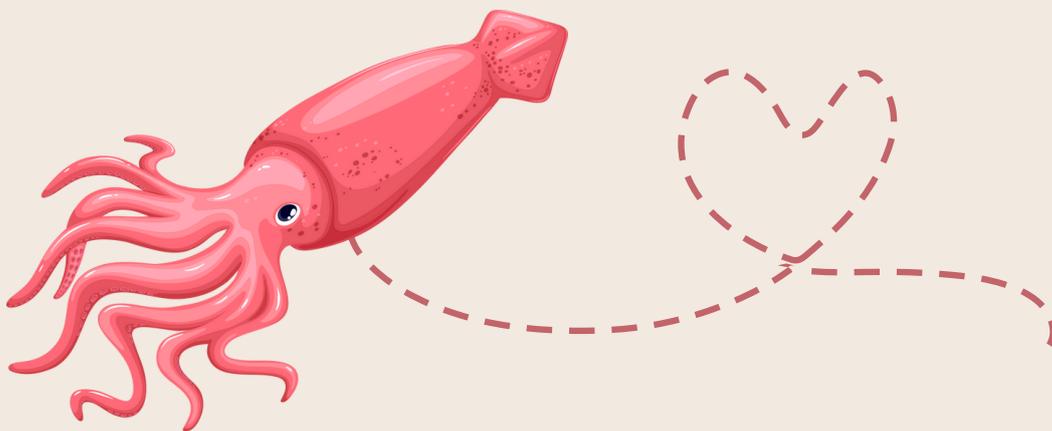
### Calamari Stuffed with Bulgur

#### Ingredients:

- 4 medium squid, cleaned
- 1 cup bulgur wheat
- 1 onion, tomato, parsley
- Salt, pepper, olive oil

#### Instructions:

1. Cook bulgur, mix with sautéed onion, tomato, parsley.
2. Stuff squid, secure with toothpicks.
3. Bake in tomato sauce at 180°C for 30–40 min.



# Sustainable Menu 3 Recipes



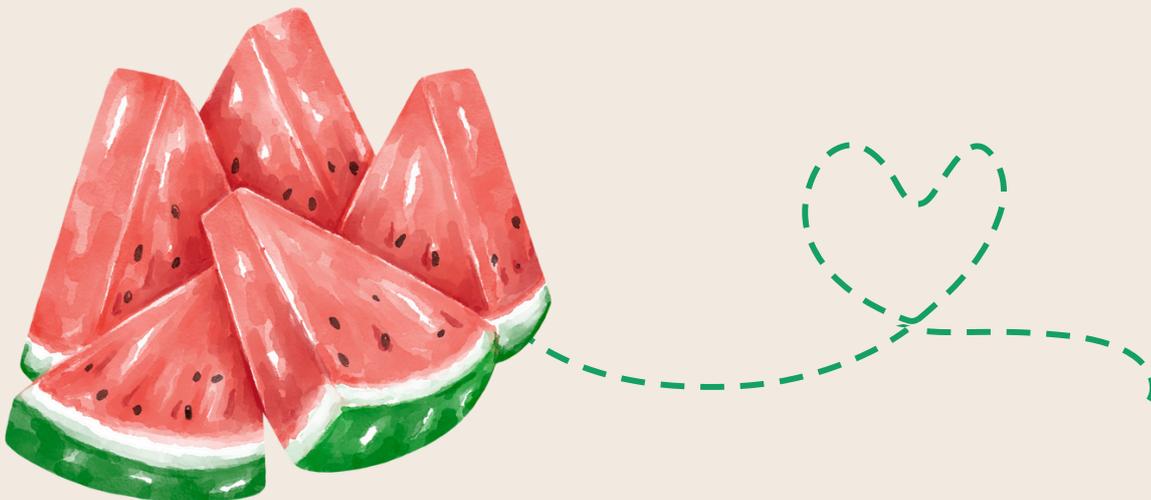
## Karpouzi (watermelon) with Halloumi Cheese

### Ingredients:

- 4 slices of fresh watermelon
- 100g halloumi, sliced
- Carob syrup

### Instructions:

1. Grill or pan-fry halloumi slices.
2. Serve on watermelon slices.
3. Drizzle with carob syrup.



# Sustainable Menu 3 Recipes



## Iced Herbal Tea

### Ingredients:

- 1 tsp dried mountain tea (tsai tou vounou)
- 1 tsp dried lemon verbena
- 500ml water

### Instructions:

1. Boil herbs in water. Let steep 10 mins.
2. Cool, strain, and refrigerate.
3. Serve with ice and a slice of lemon.





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