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Cyprus Food and Nutrition Museum

Culinary Workshops

"EXPLORING THE FLAVOURS OF CYPRUS: TRADITIONAL COOKING CLASSES FOR FOREIGNERS"



One of the things Cyprus is usually praised for is its tasty, richly diverse and nutritious cuisine with the characteristic qualities of the Mediterranean diet, which is considered as one of the healthiest in the world. This course, organised by the Cyprus Food and Nutrition Museum, aims at familiarizing foreigners with the rich gastronomy and the culinary tradition of Cyprus through a hands-on experience. The cooking classes cover a range of characteristic traditional Cypriot recipes, both for main dishes and desserts. Participants have the opportunity to explore basic ingredients, cooking techniques and utensils, and of course taste the rich flavours of freshly cooked traditional dishes, which are considered specialties of the Cypriot gastronomy. The course is held in selected locations of the Nicosia and Paphos districts, and is taught by expert cooks, eager to share the secrets of Cypriot style cooking. Apart from cooking workshops, the course includes small excursions to nearby places of gastronomical interest.

Organizer: Cyprus Food and Nutrition Museum

Short profile: <https://museu.ms/museum/details/16775/cyprus-food-and-nutritionmuseum>

Blog: <http://cyfoodmuseum.wix.com/the-food-museum-blog>

Facebook page: <https://www.facebook.com/Cyprus-Food-Virtual-Museum-104034939677867/>

Duration: The course's duration can vary according to preference from 1 to 5 days

Detailed course programme:

Subject: "Cyprus traditional foods, bread and cheese"

After brunch, participants will prepare a five-course meal with traditional main dishes and desserts (according to the season), which they will enjoy during lunch at the end of each workshop, accompanied by local wine.

Representative schedule (the order of taught workshops may change):

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| Day 1 | Baking traditional bread, elioti and halloumoti, using a traditional oven, and preparing kleftiko and katimeri |
| Day 2 | Making halloumi, the traditional Cypriot cheese, anari, trahanas and chicken, loukoumades |
| Day 3 | Palouzes, soutzioukos, zivania (traditional drink), kolokasi, stafides |
| Day 4 | Kolokotes, koulourakia, keftedes, legumes with vegetables, village salad |
| Day 5 | Pourekia with halloumi or anari, tzatziki, koupepia, potatoes |

Course dates: To be arranged in collaboration with participants

Minimum number of participants: 2

Fees: €70 training fees per training day (includes lunch and brunch)

Payment terms: The whole amount is payable up to 15 days before the course.



Contact details:

cyfoodmuseum@gmail.com

Accommodation: Participants are free to make their own accommodation arrangements. The course organizer can assist with bookings or recommend hotels with good prices and locations.