

Mediterranean Dinners by Simposia

Healthful, delicious food from the traditions of the Greek islands and Cyprus

MENU 1

Tyropittes

Feta cheese-filled triangles of flaky phyllo dough

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Tavas

Traditional Cypriot beef stew baked in a clay pot with tomatoes, onions and cumin
– an aromatic, heart-warming dish perfect for winter

Mediterranean-style Bulgur Pilaf

Cooked with fresh tomatoes, onions and vermicelli

Green Beans

With a feta cheese and garlic dressing

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Ekmek Kataif

Shredded phyllo dough with sweet almond filling
topped with custard cream and pistachios

MENU 2

Halloumi in the Oven

Unique Cypriot cheese baked in pita bread with fresh herbs

Tzatziki

Classic Greek yogurt and cucumber dip

Lentil Soup

With seasonal vegetables like celery, potatoes, and fresh herbs,
a delicious pairing of tastes

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Roast Leg of Lamb

With olive oil, garlic and oregano

Crunchy Baked Potatoes

Infused with lemon and oregano

Aromatic Mixed Greens Salad

Arugula, mint, cilantro, lettuce, dill and other greens

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Baklava

Crispy phyllo dough layered with sweet almond filling, and syrup

MENU 3

Melitzanosalata

Traditional eggplant dip, served with pita bread

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Baked Meatballs

Rolled with almonds, walnuts and prunes, baked in a wine and vinegar sauce

Rice Pilaf

Cooked with fresh tomatoes

Braised Zucchini

With garlic and olive oil

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Yogurt Cake

Topped with almonds and citrus syrup

MENU 4

Revithokeftedhes

Garbanzo bean patties

- deep-fried or baked vegetarian “meatballs” made with Greece’s staple legume and onions, and seasoned with fresh herbs

Yogurt & Fennel Dip

Refreshing dip of yogurt, fennel and garlic

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Moussakas

Layers of eggplant and potatoes, topped with béchamel sauce, baked in the oven
- the quintessential Greek dish

Tabbouleh

A Middle Eastern classic of fresh tomatoes, parsley and onions

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Karydhopitta

Moist walnut cake with syrup, Greek-style

MENU 5

Skordhalia

Piquant garlic dip

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Shish Kebab

Lamb or pork chunks, marinated in olive oil and oregano, skewered with vegetables

Cyprus Potatoes

Cooked in wine and coriander seeds
- a traditional dish unique to Cyprus

Spinach Salad

With toasted walnuts, dressed with a pomegranate vinaigrette

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Shiamali

Delicious Middle Eastern cake made with semolina and tahini sauce

MENU 6

Squid or Cuttle Fish in Wine Sauce

Tender seafood cooked in wine

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Fillet of Cod

Sautéed with scallions and white wine

Leek Rice

With leeks and onions

Beet & Arugula Salad

Red and yellow beets with tangy arugula

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Almond Triangles

Crunchy phyllo dough with a sweet almond filling

VEGETARIAN MAIN DISHES

Baked Eggplant

With fresh tomatoes, onions, parsley and lots of olive oil
- equally delicious served either hot or cold

Stuffed Grape Leaves

A vegetarian version of the traditional dish
with its flavor augmented by the addition of tomatoes, fresh mint and parsley

Falafel

Classic Middle Eastern garbanzo bean balls
infused with fresh cilantro, parsley and aromatic herbs