A country's gastronomical culture is one of the most important aspects of its identity. Cyprus is characterized by a rich gastronomical tradition with many 'Geographical Indications', i.e., products that traditionally manifest a 'link' with a specific geographical area (in some cases with the whole of Cyprus) and to which they owe their special characteristics. This

link can include human elements, i.e., the production know-how and/or the reputation of the product, as well as environmental elements, i.e., the vegetation, climate, morphology

of the geographical area. This Gastronomical Map is a first attempt to present the agricultural products and foodstuffs of Cyprus that are linked to a geographical area. The possible existence of additional products that could be included on the Map at a future stage

Halloumi

Halloumi (fresh and mature) is a cheese produced from sheep or goat milk or a mixture of the two, with or without cow milk

History: Halloumi production has been known in Cyprus since the old days. Duke Leonardo Doná, who lived in Cyprus, makes reference to "calumi" in one of his manuscripts in 1556 AC. A later report of Halloumi is that of Archimandrite Kyprianos in 1788 AC. The importance of Halloumi in the life of Cypriots is exhibited through art as well as through agricultural exhibitions (Village of Lysi, 1915 / 1938).

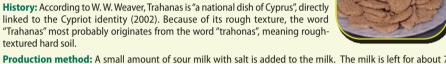
The link between the product and the people of Cyprus also presents itself through family names "Halloumas", "Hallouma", "Halloumakis", "Halloumis".

Production method: The milk is heated at coagulation temperature or pasteurized at temperature higher than 65°C and then cooled. After milk coagulation with rennet, the curd ("drosinon") is cut and reheated while stirring to 40°C. The curd is placed into special moulds ("talaria") and pressed. After the removal of "Anari" cheese, the pieces of curd are placed in the whey and heated at a temperature higher than 90°C for at least 30 min ('cooking'). The curd pieces are removed from the whey and salted on their surface. Leaves of fresh or dried mint are added. The pieces of Halloumi are folded and, once cooled, they are placed in salt whey for 1-3 days before being packed. For the production of mature Halloumi, it can be kept in salt whey for at least 40 days at 15-20°C.

Gastronomy: The particularity of Halloumi not to melt at high temperatures allows it to be consumed both as it is, as well as fried, grilled, etc. Furthermore, Halloumi is consumed in soups (e.g. Trahanas), it complements watermelon, or is grated onto pasta. It is also used as an ingredient in various baked goods (e.g. Halloumi pies).

Trahanas

Trahanas is a dried, fermented product produced during the summer from sour sheep and/or goat milk and wheat. The soup obtained from the heating of the dried product with water is also called Trahanas.



days at room temperature until a pH reduction occurs. The sour milk is heated for 30-40 minutes and at 95-100°C the heat is lowered. Crushed wheat is gradually added at about a 1:2 ratio (wheat:milk). The mixture is stirred until the formation of a viscous mass. The cooked mass is left to cool for at least 12 hours, is kneaded, and finally is allowed to "rest" for 2-3 hours. The mass is cut into small pieces (the cutting method and shape depending on the geographical region). The pieces are left in the sun to dry for at least 8 days. Trahanas is preserved throughout the year when placed under suitable conditions.

Gastronomy: Consumed as a soup, especially during winter. Trahanas is often cooked in chicken broth with the addition of Halloumi (see number 1).

Kypriaki epitrapezia elia (Cyprus table olive)

The Cyprus table olive is produced by the processing of the Cypriot local variety which is cultivated throughout the island.

History: Archaeological excavations unearthed olive pits in sites of the Aceramic Neolithic Epoch and the remains of ancient olive stone presses belonging to the Late Bronze Age and Hellenistic Period. Indications of table olive exports are

innumerable since ancient times. The olive tree and its products have always played a primary role in the Cyprio household as part of the diet, in religious rituals, etc. In fact, the word "Olive" appears in the names of places, landmarks, etc, throughout the island, further evidencing its importance.

Production method: Harvesting olives for table consumption by way of hand-picking begins in the end of September for green olives and usually by the end of December of each production year for black olives. Green olives are individually slightly cut with special blades before being immersed in brine (to remove bitterness). In the home, traditionally, green olives were partly crushed with the sudden strike of a stone (these olives are called "Tsakistes"). Black olives are kept in vinegar or salt water.

Gastronomy: The Cyprus table olive is part of the daily diet of Cypriots. It is served as a part of breakfast, as a side dish, as a constituent in salads, appetizers and dips. It is also used in pastry and confectionery.

Kypriako extra partheno elaiolado (Cyprus extra virgin olive oil)

Cyprus olive oil is extra-virgin oil produced by the processing of the Cypriot local variety. The main olive production areas are scattered throughout the island and up to an altitude of about 700 m.

History: Archaeological excavations unearthed olive pits in sites of the Aceramic Neolithic Epoch and remains of ancient olive stone presses belonging to the Late tree and its products have always played a primary role in the Cypriot household as part of the diet, in religious $rituals, etc. \, In fact, the \, word \, "Olive" \, appears \, in \, the \, names \, of \, places, \, landmarks, \, etc, \, throughout \, the \, island, \, further \, land, \, further \, lan$

Production method: Olive harvesting is done by hand-picking or via mechanical harvesting. Usually the best time to harvest is when 2/3 of the olive has turned black. The fruit is transferred within one or two days in shallow plastic containers to olive mills where it is processed. Cyprus olive oil is usually consumed 3 months after extraction. When stored under optimum conditions, it has a shelf life of at least 12-18 months.

Gastronomy: Used in appetizers, salads, as a spread on bread, for frying and also to marinate meat. It is also used in various foods and sweets.

Flaouna

Flaouna is a baked-good with the main ingredients being Flaouna cheese and eggs. It is produced during Easter throughout Cyprus. Flaouna has a square, triangular or round shape. In the villages of Paphos district, "Paskies" are produced – round, palm sized flaouna containing small pieces of fried meat with

History: According to Cypriot researchers, the predecessor of flaouna is "palathi", an ancient Greek pie with figs. The respective roman word was "fladonis", while later the Anglo-Saxons named it "flaon", today's "flan" (Hadjioannou, 1993). For Cypriots, Flaouna is a reincarnation

symbol, is linked with various Easter customs and is offered as a treat. **Production method:** First, the filling of Flaouna (called "foukos") is made. Grated cheese is mixed with eggs and leaven and some semolina is added. Various herbs (such as nutmeg, mastic, peppermint and cinnamon) are included and raisins are also sometimes added. The "foukos" is left overnight to "swell". The next day, the

dough is prepared, opened up into small pies and filled with "fouko". After that, the edges of the pie are folded in on the sides. Flaouna is finally daubed with an egg and sesame mixture before baking.

Gastronomy: Consumed warm or cold, accompanying various drinks.

Pafitiki pissa (Paphos gum)

Paphos gum is produced from the resin of tremithos tree (Pistacia atlantica subsp. Cypricola). Upon chewing, it is hard with the intense characteristic taste of resin.

History: The production center for Paphos gum used to be the previously Turkish Cypriot village of Lemba. It was also produced in neighbouring villages of Tala and Kissonerga, where the tremithos tree was found. The main gum producers were Turkish Cypriots. After the intercommunal problems of

1963, the Turkish Cypriots abandonment of these villages, in congruence with the reduction in the number of tremithos trees, caused gum production in the area to cease. Today, resin is imported. The production centre for Paphos gum is Geroskipou, where one can find small factories still following, to a great extent, the traditional production method.

Production method: After resin is collected from the trees, it is filtered very slowly (1–2 days) through thyme branches and the "trimintina" is collected. The trimintina is heated until it is liquefied and is again filtered through a cloth into a container with cold water, so as to cool and be handled manually Afterwards, the trimintina is manually treated piece by piece, stretched and folded for about half an hour, until it turns from yellow to white. The gum pieces are then placed on a clean cloth for 24 hours to cool/dry and are wrapped with paper (Rizopoulou–Igoumenidou, 2008).

Gastronomy: Used exclusively for chewing.

Paphitiko tyri (Paphos cheese)

Paphos cheese is produced during Easter in Paphos district. It is made of sheep or goat milk or a mixture of the two, and has a hard and yellowish outer texture with the characteristic imprints of the "talari" (the container in which it is cooked).

History: "Excellent cheeses of the villages of Paphos" (Archimandrite Kyprianos, 1788). From ancient times until today, Paphos cheese is produced from February to April when there is an abundance of milk. Also, it is strongly linked to the production of Easter Flaouna (see number 5).

Production method: The milk is heated, rennet is added and after coagulation, the curd is cut and stirred for 5-10 minutes. Subsequently, the curd is gradually reheated while stirring for 30-45 min, transferred to "talaria" made of "sklinitzi" (an intertwined container made from bushes found in marshes) and pressed manually until the talaria are filled. When strained, the talaria are placed in the hot whey for 30 minutes in order for the cheese to cook. The talaria are removed from the whey, the cheese is turned 1-2 times and salted. Finally, the cheese is left to dry for 4-5 days.

Gastronomy: Consumed with bread, but mainly used for the making of Flaouna (therefore, sometimes

Paphitiko loukaniko (Paphos sausage)

Paphos sausage, produced in the villages of Paphos district, is made from pork minced meat, that is "cooked" (matured) in the dry red wine of the region and sun-dried.

History: Sausages, together with other meat products, constituted the basic food for rural families. The absence of refrigerators led to the need of finding preservation methods to ensure meat consumption throughout the year. According to Xioutas (2001), "dried sausages used to be also eaten raw (and are very tasty) in Paphos".

Production method: Salt is added to the minced meat and the meat is left in red wine for at least 4 days, after which time various herbs are added. Clean pork intestines are filled with the mixture and ties are created, so that there are 3-7 sausages between two consecutive ties. The sausages are then either dried in the sun or in a room under controlled conditions.

Gastronomy: Eaten cooked in various ways (e.g. fried, grilled etc) and often in combination with tomato, cucumber and bread, etc.

Koufeta amygdalou Geroskipou

Koufeta amygdalou Geroskipou are roasted almonds covered with sugar and are produced in the Geroskipou municipality of Paphos district. This name is transitionally protected as a "Geographical Indication" in Cyprus and is candidate for registration as a "Protected Geographical Indication" in the European Union. This kind of confectionery product is also produced at Foini village and is known as Koufetes Foiniou.

History: The production of Koufeta amygdalou Geroskipou started in 1895 in the village of Geroskipou by Sofocles Athanasiou. The production know-how was passed down from generation to generation and remains unchanged. Koufeta Amygdalou Geroskipou, mainly sold in fairs (Aristidou & Vakis, 1992), have been awarded a prize at a special exhibition carried out in Stroumpi village in 1937. They have always been the traditional treat, offered during weddings/baptisms.

Production method: Deshelled almonds are roasted for about 30 minutes and placed in the "Koufetiera" (special rotating vessel). Syrup (sugar dissolved in water) is gradually poured in the rotating vessel, until the almonds are totally enveloped.

Gastronomy: Consumed as a sweet.

Loukoumi Geroskipou

("Protected Geographical Indication") Loukoumi is a confectionery product with sugar as the main ingredient. The name "Loukoumi Geroskipou" is

the first Cypriot name to be registered as a Protected Geographical Indication (PGI) in the European Union. Loukoumia are also produced in Lefkara village (Loukoumia Lefkaron) and in Foini village (Loukoumia Foiniou).

History: The production of Loukoumi Geroskipou dates back to the 19th century, specifically to 1895, when Sofocles Athanasiou started production. The initial recipe of Loukoumi Geroskipou with the local know-how has been transferred from generation to generation and is used within the same geographical which traces back many years.

Production method: Loukoumia produced in different areas are quite distinct from each other, especially in terms of taste, texture and appearance. This is mainly due to the production method, which differs at certain stages (e.g. heating conditions of the mixture). In general lines: raw materials (sugar, citric acid, starch) are added in hot water. After heating and while stirring, flavor additive and/or almonds are added. Depending on the desired taste, coloring may be added. The viscous mixture is gradually poured into moulds. Once the final gelatinous structure is obtained, it is left to cool and is cut into small pieces which are packed, usually coated with caster sugar.

Gastronomy: Consumed as a sweet.

Halitzia Tillyrias

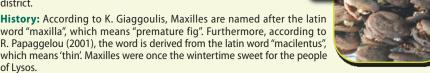
Halitzia Tillyrias is a soft white cheese, with holes and a slightly sour aftertaste. It is manufactured in the Tillyria region from raw sheep or goat milk or a mixture of the two.

History: No historical references on this product have been found so far. According to local producers, the production know-how has been passeddown through generations.

Production method: Raw milk immediately after being milked is filtered through a cloth. Rennet is added and the milk is left for about 1 hour to coagulate. The curd is then placed into special containers ("talaria") and softly pressed manually. The curd is removed from the talaria, cut into four pieces, salted and placed in salt whey without the removal of the 'Anari' cheese (the surplus whey is later used to make Anari). At low temperatures, about 40 days are required for cheese maturation, while at higher temperatures maturation occurs sooner. Halitzia Tillyrias are kept in salt whey for about 4 months.

Gastronomy: Eaten either sprinkled with olive oil and oregano, in salads or with bread.

Maxilles Lysou is a kind of dried fig produced in Lysos village of Paphos



Production method: The figs, while on the tree, are daubed with olive oil at the edge using a straw to bring about the simultaneous maturation of the fruits. After about 7 days, the fruits mature and are collected. The figs are placed on pine needles on the ground for 1-2 days to wilt. Afterwards, they are cut in half and left for 3-4 additional days to dry. They are placed in warm water with fennel for 1-2 minutes, are strained and left to cool/dry (loannidou M., 2007, Documentary: The bridge across our traditional

Gastronomy: Consumed as a sweet or with walnuts.

Syka Tillyrias (Tillyria figs)

Fillyria figs are smoked via the burning of sulphur and then sun-dried. They are small in size, white, soft, sweet in taste, and produced between July and September

History: No historical references on this product have been found so far. According to locals, the production know-how for this product has been transferred through generations. Th. Kyprianou (2000) states that figs of the variety "koutsina" which are cultivated primarily in the Tillyria region, are considered the best, and from these, "pastosyka" are manufactured in Tillyria.

Production method: The local fig variety found in Tillyria, called "koutsino" is used. The figs are allowed to over-mature, are collected and placed in special rooms or containers, where they are smoked with the burning of sulphur for about 24 hours. Subsequently, the smoked figs are dried in the sun for 7 – 10 days and then immersed in hot water to be washed. They are left to dry and are packaged.

Gastronomy: Consumed as a sweet.

Haroupomelo (Carob honey) and Pasteli Anogyras

Carob honey is produced from carobs ("Black Gold of Cyprus"). It is viscous with a deep-red color. Pasteli Anogyras is a sweet made from carob honey. **History:** Historical references on carob honey exist since the old days. "From carobs, carob honey is extracted" (Sakellarios, 1885). "A special and very sweet syrup is produced from carob, named carob honey" (Richter, 1913). As far as pasteli is concerned, it is mentioned in Assizes as a taxed product. The word "pasteli" originates

from French (pastel) and was established by the Francs, who also taught locals the art of its production (Klerides, 1961). The Pasteli Festival is organized in the village of Anogyra every September. Prior to the Turkish invasion of 1974, the region of Kazafani was considered as the most important region in pasteli production (Parides, 2006).

Production method: Carobs are collected, washed and, once dried, milled. They are left to soak in water for about 20 hours before being transferred into special containers ("kofinia"), where the fruit juice called sierepetti" gradually seeps out and is collected. The juice is boiled with constant stirring for about 7 hours yielding the viscous liquid, that is the carob honey. Constant stirring of carob honey for about 4 hours creates a black, amorphous mass. This mass is left to cool before being manually handled. About 1 - 2 kg at a time is cut and, using a wooden stick fixed on the wall, it is kneaded in a distinctive fashion until obtaining a fair, golden color. This is pasteli Anogyras.

Gastronomy: Carob honey is used for pasteli production and other traditional foods e.g. "tsiertsielloudkia", ground sesame puree with carob honey, etc. It can also be used as a spread on bread or mixed with olive oil and eaten with warm bread. Pasteli Anogyras is consumed as a sweet.

Arkatena Omodous

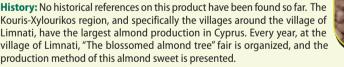
Arkatena is a type of "koulouri" (circular bread) made with leaven using the foam produced from chickpea fermentation (called "Arkatis"). They are produced mainly in Omodos and Koilani villages of Limassol district. **History:** "At a specific location in the mountains, "paximadia of the worker" were baked from a mixture of cereals, beans and chickpea flour" (Richter, 1913). The name "Arkateno" is most probably derived from the Greek word 'ergatis' (meaning 'worker'), due to the long-hour production method of "Arkatis". In the past, Arkatena were offered at baptisms and weddings.

Production method: Milled chickpeas and ginger are immersed in hot water in the morning and by late evening, 'foam' starts rising at the surface. This foam ("Arkatis") is gradually collected overnight and covered with flour. The foam is left to 'swell' and then kneaded with flour and various herbs, such as mastic, nutmeg, etc. The resulting dough is shaped into "koulouria", that are baked in a pre-heated oven. After baking, soft "koulouria" can be re-baked (after first cooling) for 5-6 hours to harden ("paximadia").

Gastronomy: Consumed either in their soft form or as bread ("pannisides"), or in the form of paximadia.

Almond sweet

A traditional sweet of the Kouris-Xilourikos region with almonds as the basic raw material. It contains sugar as well as various flavors.



Production method: The almonds are de-shelled and milled. Syrup (water, sugar, mastic, rosewater lemon) is prepared and is gradually added to the milled almonds, until a homogeneous mass is formed. The sweet is packaged in glass jars.

Gastronomy: Consumed as a sweet

captured in layers around the nuts.

Soutzioukkos - Ppalouzes – Kkiofterka - Epsima – Portos

Five traditional sweets that are made from grape juice in the villages

History: Production dates back to the end of the 19th century when grape production was plentiful in mountainous/semi-mountainous areas, especially Marathasa and Pitsilia. Initially, these products were the basic dry food consumed by farmers while they worked. Later on, they were consumed as a dessert, replacing sweets.

Production method: Grapes are pressed and the derived juice is filtered and boiled. Special white soil is added as a cleaning agent. Once cooled, the juice is re-heated and flour is gradually added. The flour – grape juice mixture is stirred until viscous. Rose water or rose geranium is added. Depending on further treatment of the mixture, Soutzioukkos, Ppalouzes and Kkiofterka are produced:

Soutzioukkos: Almonds or walnuts are kneaded on threads with a needle and the two edges of each thread are tied on a tree branch (V shape). The threads are immersed in the mixture and are hung to cool and dry. This immersion / hanging procedure is repeated 4–5 times until enough of the mixture is

Ppalouzes: The above mixture is placed in trays to cool down. Crushed almonds or walnuts are sprinkled on the surface. **Kkiofterka**: These are small square or rectangular pieces of Ppalouzes, that are placed in the sun to dry.

Epsima: The grape juice is left to boil without stirring until very viscous. **Portos**: Crushed wheat is added to the hot grape juice. With constant stirring and warming, Portos is formed. Roasted sesame can be added.

Gastronomy: Soutzioukkos/Ppalouzes/Kkiofterka are often served with drinks, especially Zivania. Ppalouzes is also consumed cold or warm as a dessert. Epsima is used for the production of various sweets or as a substitute to honey and sugar. Portos belongs to the category of marmalades.

Tsamarella – Apohtin

Traditional meze dishes made from goat meat, with an intense salty

History: Initially, these products were produced at the villages of Marathasa and Paphos for the purposes of meat preservation. Today, Tsamarella is also produced in the Pitsilia region. Tsamarella is registered as "Presidium" by the Slow Food Foundation.

Production method:

Tsamarella: Goat meat from the round and fore-shank is mainly used (bone removed). The meat is cut into big pieces, which are bladed with a knife and salted. The salted meat pieces are pressed and left overnight to absorb the salt water. The following day, they are placed in the sun to dry for 5–10 days (depending on the weather). The pieces are daily turned and moved as required to be "cooked" evenly. Tsamarella is then immersed in hot water several times for 2–3 minutes. Sprinkled with oregano, it is again placed in the sun for 1 more day.

Apohtin: Its production method is similar to Tsamarella's, however meat with the bone-in is used. Sometimes, all of the animal (except the head) is used, opened in the middle with the intestines and fat removed.

Gastronomy: Meze dishes of excellent taste, especially when served with Zivania.

Hoiromeri, Posyrti and **Lountza Pitsilias**

Three meat products produced mainly in the Pitsilia region from pork meat that is "cooked" (matured) in dry red wine of the region and then smoked using wood from indigenous trees and bushes. They are dark-colored with an intense, characteristic smell of wine and smoke and with a slightly salty

History: Historically, these products were produced in high altitude areas because of the cold climate that is favourable for meat preservation. Every rural family, even in mid 20th century, used to raise 1-2 pigs destined for the preparation of these products, allowing for the availability of meat throughout the

Production method:

Hoiromeri Pitsilias: Pork round is salted and left for 5-7 days. It is covered with wine for about 2–3 days to "cook" (mature). Afterwards, it is smoked using wood of indigenous plants (smoking temperature not higher than 28°C, meat not placed directly over fire) while periodically pressed. Coriander is also added. Finally, the meat may be placed in a cool aerated room to mature.

Posyrti Pitsilias: Pork abdomen is used. The procedure is similar to that above for Hoiromeri, except that no meat pressing is performed.

Lountza Pitsilias: Pork fillet is used. The procedure is similar to that of Hoiromeri, except that meat

Gastronomy: Hoiromeri Pitsilias is eaten as mezes, while Posyrti and Lountza Pitsilias are fried or grilled and served mainly for breakfast or as part of a sandwich.

Loukaniko Pitsilias (Pitsilia sausage)

Pitsilia sausage is produced in the Pitsilia region from pork minced meat that is "cooked" (matured) in the dry red wine of the region. Various herbs are added, and the meat is smoked using wood from indigenous trees or bushes.

History: Sausages, together with other meat products, used to be one of the most important foods for rural families. The absence of refrigerators led to the need of finding preservation methods, that would allow for the availability of meat throughout the year. Pitsilia region is an area of high altitude and its cold climate was favourable for meat preservation.

Production method: The minced meat (with some fat) is marinated in wine, salt and various herbs. It is left for 3-8 days in the wine and once removed, passed into pork intestines that have been previously cleaned. Ties are made so that there is a series of 8-12 sausages between two consecutive ties. The

Gastronomy: Prepared in various ways (e.g. fried or on charcoal), and often served with tomato, cucumber and bread.

Fountoukia Pitsilias (Pitsilia hazelnuts)

Pitsilia hazelnuts are edible nuts of mainly two varieties: "Ntopia" (Local) or "Makroula" (Corylus maxima) and "Peratika" (Corylus avellana).

History: The hazelnuts of Pitsilia, known as "leftokarka", are found in the Pitsilia region, especially on the north side of Troodos, from Madari to Papoutsa. During the summer, mainly in mid-August, the festivals of Hazelnuts and other fairs are organized in certain Pitsilia villages.

Production Method: The harvesting of Pitsilia hazelnuts is mainly carried out in August when the nut is easily removed from its leafy outside and obtains a brown color. The nuts are de-shelled during the afternoon hours and are placed in the sun for about a week to dry. They can be kept for at least a year at

Gastronomy: Consumed fresh or dried. In their fresh form, they can be consumed shortly after harvest, before de-shelling and drying. Dried hazelnuts are often consumed with beer and other alcoholic beverages and used in confectionery and in chocolate production.

Rodostagma Agrou (Agros rose water) It is the distillate from the whole flower of "Rodes Damaskinis" (Rosa

History: Rose water production has been carried out since the old days in

the villages of Troodos, mainly Milikouri and Agros. It was sold during fair and usually exchanged for other products, that could not be produced in the **Production method:** The roses are collected in the early morning and their petals are placed directly

into a distiller. The derived steam is passed through a cold tube, is liquefied and collected. The rose water is stored in dark-colored, glass containers away from sunlight.

Gastronomy: Rose water is widely used to make the syrup for various confections (e.g. baklavas, kateifi), as well as other sweets, such as rise milk, etc. It is also used in the production of Soutzioukos, Ppalouzes and Kkiofterka (see number 17).

Pestropha Troodous (Troodos trout)

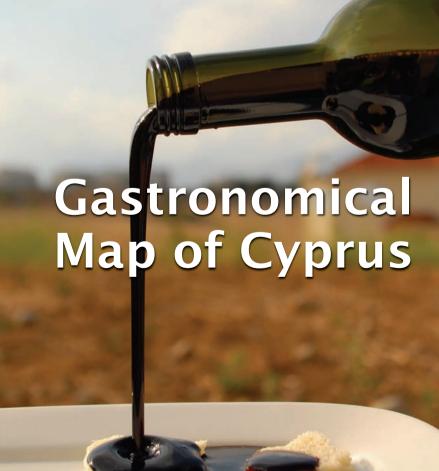
The trout (Oncorhynchus mykiss) of Troodos is a fresh-water cultivation, produced in hatcheries on the Troodos mountains range.

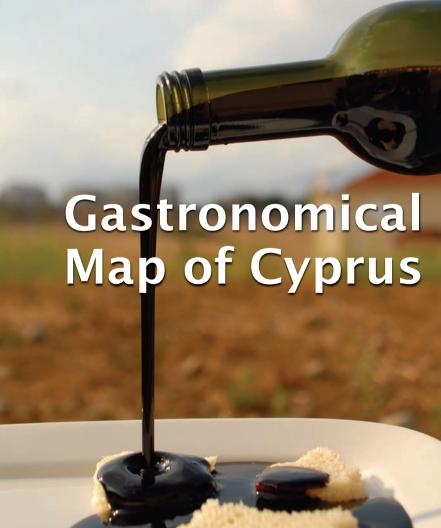
History: Since 1960, because of the infertility of the soil of the mountainous area of Troodos, people in many surrounding villages began to utilize the rivers and dams, that existed in the area. This led to the development of trout cultivation. Since 1971, villages like Kakopetria, Platres and Foini, have become a destination both for locals and tourists for the consumption/purchase

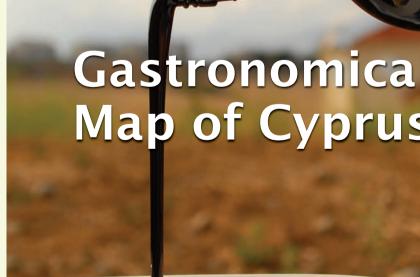
Production method: Trout production is carried out in reservoirs with spring water from the Troodos region. Its production, directly related to climatic conditions (especially temperature and rainfall), is carried out throughout the year.

Gastronomy: The trout of Troodos is often grilled. Lately, it is also used as the main ingredient in various















Mandarinia Arakapa

(Arakapa mandarins)

Arakapa mandarins are cultivated mainly in the geographical region of Arakapa village in the Limassol district and are produced from the variety of spp. *Citrus Reticulata Blanco* of the same name. This tree is known as the "Cypriot" or "local" and is famous for its fruit, which is very aromatic and tasty, but contains a large number of seeds. The fruit is of medium size with a

yellow-orange color during maturation. Its skin is thin and smooth and is easily removed (Kapari – Isaia,

History: The mandarin tree of Arakapa was imported to Cyprus in 1870 (Pavlides, 1986). According to P. Gennadios (1959), this tree was initially imported by a man named Giousouf Efentis, after whom the tree

Production method: Arakapa mandarins ripen from December until March. The specific variety has adapted very well to the soil and climatic conditions of the semi-mountainous region around Arakapa village. It is noted that the tree foliage is quite resistant to the low winter temperatures of the region. Additionally, the variety is characterized by the phenomenon of biennial bearing i.e. alternating years of overproduction and underproduction. Strict pruning and fruit reduction in the year of overproduction is advised as a measure against this phenomenon, which also increases the size of the fruit.

Gastronomy: Consumed fresh. They can also be used to make sweetened mandarin juices, fresh juices,

Kypriaki patata kokkinogis

(Cyprus red soil potato)

Cyprus red soil potatoes are famous for their excellent flavor and firm texture. They are easily distinguished by their reddish skin, obtained from the fertile red soil of Kokkinohoria (red soil villages) in the eastern region of Cyprus, where they are cultivated. They are also cultivated in the region west of Nicosia (Akaki, Peristerona and Astromeritis). The main varieties are Spunta, Marfona, Cara, Nicola, Sieglinde, Diamant, Timate, Liseta, Charlotte, Ditta, Filea, Superstar, etc

History: The exact timing and circumstances potato was imported to Cyprus are not well documented Potatoes were a staple crop of the island prior to its becoming a British colony in 1878. The first recorded import of seed potatoes took place in 1909. By independence in 1960, the island was an exporter of potatoes mainly to Great Britain and Western Europe.

Production method: Potatoes are cultivated in two seasons. The spring crop is planted in November/February and harvested in April/June. Seed for this crop is generally imported and is certified. A portion of the spring crop is reserved as seed for the winter crop, planted in August/October and harvested in November/December. Both spring and winter crops are irrigated. After being uprooted, the tubers are collected by hand or with special machines and are packaged close to the fields, ensuring the freshness of the product. The practice of crop rotation is often applied to the field using cereals of winter

Gastronomy: Cooked in various ways such as oven-baked, boiled, fried, stuffed, mashed, etc. They are also used as an ingredient in many other dishes.

Kolokasi

Kolokasia plant, commonly known as Kolokasi (Colocasia Esculentum), is an edible plant (vegetable) belonging to the Araceae family. It is cultivated for its edible starchy roots.

History: The oldest reference regarding Cyprus Kolokasi is accredited to the 12th of May 1191 where Kolokasi was served during dinner at the wedding celebration of Richard Lionheart with Verengaria, at Limassol castle (Jeffery,

1926). According to Sakellarios (1890), the best Kolokasi in Cyprus was produced in Lapithos and Paphos. Prior to the Turkish invasion of 1974, significant cultivation was carried out in Ayios Andronikos of Karpasia, in Syrianochori and to a lesser extent in the Paphos district. Today, Kolokasi is mainly cultivated in the Ammochostos district, especially the village of Sotira, with smaller amounts in

Production method: Kolokasi planting starts at the end of February and continues until May. It is planted in the red soil fields of the Kokkinohoria following the cultivation of a generously fertilized crop. Kolokasi has a large central rooting system along with many side-roots and non-edible leaves. Its production is mainly consumed locally, while some is exported to the UK.

Gastronomy: Kolokasi is cooked in various ways, e.g. with tomatoes with or without meat, or as kapamas with wine (very well known in the Ammochostos district).

Akathiotiko tyri (Akanthou cheese)

Akanthou cheese was produced in the village of Akanthou from raw milk of goats that grazed a variety of aromatic plants in the area.

History: Arch. Kyprianos (1788) refers to "Excellent cheese of Akanthou", while, in 1890 Sakellarios reports that "the cheeses of Akanthou were the best of the island". Akathiotiko cheese was produced during the 50-day fasting period prior to Easter and exported to neighboring countries. The shepherds used to place in the milk strainer branches of rock-rose, the leaves of

which had a sticky juice with a subtle odor. As a result, the foreign bodies in the milk would stick on the plant leaves, while the milk obtained the special aroma of the plant (loannidou M., 2009, Documentary: The bridge across our traditional tastes: The cheeses of Cyprus).

Production method: The milk was warmed, rennet was added and, after coagulation, the curd was cut and stirred. The cut curd was placed in special moulds ("talaria") and manually pressed. The moulds were placed in the hot cheese whey (first heating). The cheese was removed from the moulds, re-pressed, and placed back into the moulds to be re-heated (second heating). Then, the cheese was removed from the moulds, salted, and placed back into the mould. This procedure was repeated for 2-3 days. Finally, the cheese was removed from the moulds and left outside for 3-4 nights to be humidified by the evening humidity. Lastly, the cheese was placed on "psatharka" (kneaded straw) over smoke from burnt lentisk or was immersed in melted wax (Economides, 2004).

Gastronomy: Akanthou cheese was used for the preparation of "Flaouna" (see number 5), was eaten as meze dish or was grated onto pasta.

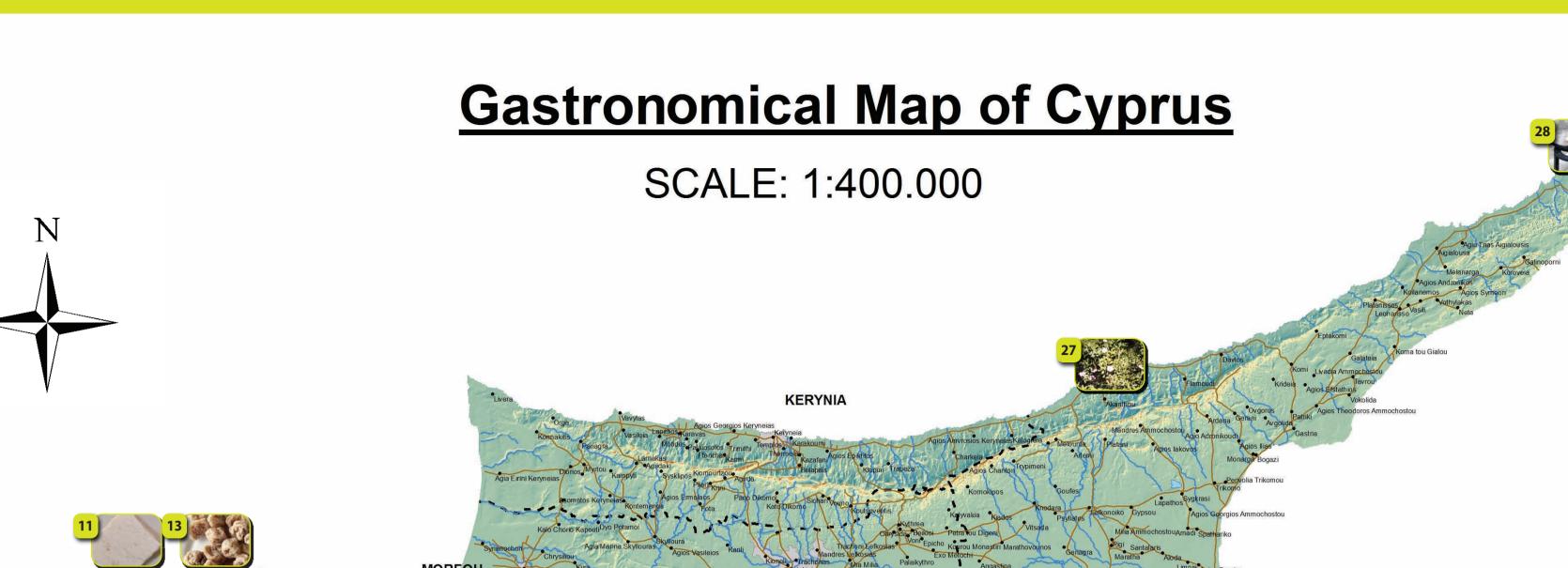
Laggopittes Rizokarpasou

Laggopittes Rizokarpasou are pies (with holes) cooked on a flat, round and smooth rock placed on charcoal.

History: According to Kypris and Protopapas (1997), "Laggopittes were cooked on a rock in Rizokarpaso during fasting on the celebration of John the Baptist on 29th August". Bibliography shows that Laggopittes were also produced in different variations in other areas of Cyprus, especially in Paphos

Production method: First, a viscous puree (very soft dough) is prepared using flour, water and leaven (a small amount of salt can be added). The dough is covered and placed in a warm place to 'swell'. The rock is then heated and daubed with oil so that laggopittes do not stick on it. The puree is slowly poured on the rock to cook. When the pie is cooked on one side, it is turned to cook also on the other side (loannidou M., 2007, Documentary: The bridge across our traditional tastes).

Gastronomy: Laggopittes Rizokarpasou are served warm or cold with honey or carob honey and/or





3. Kypriaki epitrapezia elia (Cyprus table olive) 4. Kypriako extra partheno elaiolado (Cyprus extra virgin olive oil)

5. Flaouna 6. Pafitiki pissa (Paphos gum)

7. Paphitiko tyri (Paphos cheese) 8. Paphitiko loukaniko (Paphos sausage)

9. Koufeta amygdalou Geroskipou **LEMESOS**

10. Loukoumi Geroskipou ("Protected Geographical Indication"), Loukoumi Lefkaron, Loukoumi Foiniou

11. Halitzia Tillyrias 12. Maxilles Lysou

13. Syka Tillyrias (Tillyria figs) 14. Haroupomelo (Carob honey) and Pasteli Anogyras

15. Arkatena Omodous

16. Almond sweet 17. Soutzioukkos - Ppalouzes – Kkiofterka -

Epsima – Portos 18. Tsamarella – Apohtin

19. Hoiromeri, Posyrti and Lountza Pitsilias 20. Loukaniko Pitsilias (Pitsilia sausage)

21. Fountoukia Pitsilias (Pitsilia hazelnuts) 22. Rodostagma Agrou (Agros rose water)

23. Pestropha Troodous (Troodos trout) 24. Mandarinia Arakapa (Arakapa mandarins)

25. Kypriaki patata kokkinogis (Cyprus red soil potato 26. Kolokasi

27. Akathiotiko tyri (Akanthou cheese)

28. Laggopittes Rizokarpasou

Legend

Highway

Main Road

– – – – District Boundary

Urban Area

Pitsilia Region

Solea Region

Marathasa Region

Rivers - Torrents



