

WHAT TO EAT IN GREECE?



Greek Gastronomy

Here are a few dishes you won't want to miss out on when visiting Greece.

You probably know of the classic dips such as *tzatziki*, *melitzanosalata* (eggplant) and fava (split pea purée), but be sure to try the *taramasalata* (made of fish roe). Spread it on some bread and drizzle it with olive oil.

Greek meals are often accompanied by local olives, sometimes cured in a sea salt brine. Greeks have been cultivating olives for millennia and many tavernas make their own oil.

Additionally, each region of Greece has its own variation on the classic *dolmades*, rice wrapped in a grape leaf.

Moussaka is a dish found throughout the Mediterranean and the Balkans. The Greek version consists of baked layers of sautéed eggplant, chopped meat in puréed tomato, onion and potato topped with cheese or béchamel sauce.

Souvlaki is a favorite spit-roasted meat, often served wrapped in pita bread.

When visiting the islands, make sure to sample the fresh fish and calamari. Octopus, grilled or marinated, makes a great appetizer.

You won't want to miss the array of Greek cheeses. Sample some fresh feta, nothing like what you can buy in the stores.

Make sure to try some Greek baklava, a flaky phyllo pastry layered with honey and nuts. Or try the galaktoboureko, a custard-filled pastry.

Finally, don't forget the **Greek Salad!** A daily dose of tomatoes, cucumber, olives, feta, and olive oil will keep you healthy and nourished while exploring Greece.



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