

Cretan diet and traditional recipes

3RD Gymnasium of Iraklion



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The Mediterranean Diet

The Mediterranean diet contains:

- cereal and its products, like bread, pasta etc.
- fruit and vegetables
- olives and olive oil
- dairy products
- fish, poultry, nuts, legumes, potatoes, eggs, limited amount of sweets
- Limited amount of red meat

Traditional recipe: Dolmadakia

Ingredients

Dolmadakia is a traditional recipe that consists of:

- Grape leaves
- Rice
- Onion
- Olive oil
- Herbs
- Lemmon
- Tomato
- Salt
- Pepper



Preparation of Dolmadakia

First of all, put the rice in a bowl of water. Next put the rice in a strainer. After that, drain it and then put the rice in a bowl and squeeze one lemon on it and you mix it well. Sauté the onions into the olive oil for 3-4 minutes in a pan. Add the rice inside the pan. Then, add water and boil it for 6-7 minutes. Pour salt and pepper and dredge them with herbs. Moreover, rub the tomato in the dressing and mix well and then let all the ingredients cool for a while.

For the preparation of the grape leaves, blanch the grape leaves for some minutes and put them in a bowl with cold water. After that drain them.

For the wrapping, take one grape leaf and put one table spoon of the ingredients in it and then wrap it until it becomes a roll.

You boil dolmadakia into the pot for about 20 minutes and then it is ready to be served 😊



dakos* or *koukouvagia (literally ‘owl’);

A Greek *snack* based on barley rusks or *paximadi*.

The rusks are lightly soaked in water or olive oil to soften them, and then they are topped with grated fresh tomato and feta cheese or *myzithra*, the creamy sheep or goat’s milk cheese.

They are then drizzled with Cretan virgin olive oil and dusted with salt, oregano, pepper.

THANK YOU FOR YOUR ATTENTION



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