

**3<sup>RD</sup> GYMNASIUM OF IRAKLION CRETE**  
**TRADITIONAL GREEK AND CRETAN FOOD DISHES**  
**BASED ON THE MEDITERRANEAN DIET**

***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.

***tzatzíki*** (yoghurt with garlic, cucumber and mint)

***gýros*** (a fluffy pita, made with pork, garnish and tzatziki)

***souvláki*** (skewers of barbecued pieces of pork or chicken)

***mousakás*** – layers of sliced eggplant, potatoes and minced lamb covered with a thick layer of bechamel sauce

***Pastítsio*** is another layered dish, this time with macaroni, meat and cheese sauce

***gemistá*** – tomatoes, zucchini or bell peppers stuffed with rice and spices

***melitzánes imám*** baked eggplant with tomatoes, garlic and olive oil

***kléftiko*** (lamb cooked over low heat in tomato sauce)

***stifádo*** (beef with onion)

***giouvétsi*** (meat with sauce and small pasta called *kritharáki*)

***dolmádes*** (sarmale in vine leaves stuffed with rice and vegetables – very rarely with meat)

***keftedákia*** (meatballs);

***apáki*** (smoked pork cooked over low heat)

***garides saganáki*** (shrimp in cheese sauce)

***ktapódi krasáto*** (octopus with red wine and tomato sauce)

**Saganáki** is fried cheese

**Cretan cheese pies**

**Feta** white cheese

**Graviéra** and **kefalotyri** are harder cheeses with a more intense flavour

**Kalitsounia** are kind of doughnuts filled with greens or sweet cheese which served with honey

**Galaktoboúreko** a pie with sweet cream

