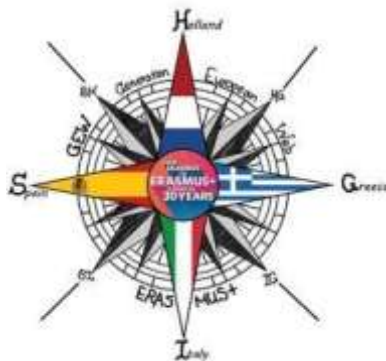


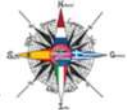
Fourth Short-term exchange of groups of pupils in Aliveri, Evia, Greece

under the Erasmus+KA219 2017-20 project

“Generazione Web Europeo”

with code number 2017-1-IT02-KA219-036828_3



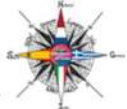


Discover Evia – Study case Group 3

- ▶ You are the chef of an Euboean alternative tourist establishment. The clients want to experience local products and cuisine. Make a menu with breakfast, lunch, dinner and snacks.

Greek cuisine

- ▶ Greek cookery makes wide use of vegetables, olive oil, grains, fish, wine (white and red), and meat including pork, poultry, veal, lamb, rabbit and beef).
- ▶ Other important ingredients include olives, pasta (especially hilopites, a kind of pasta similar to tagliatelle), cheese, lemon juice, herbs, bread, and yogurt.
- ▶ The most commonly used grain is wheat; barley is also used.
- ▶ Common dessert ingredients include nuts, honey, fruits, and filo pastries.
- ▶ Greek cuisine has a history of thousands of years with dishes originating from Ancient Greece, continuing into the Byzantine period and surviving until today. It has been influenced by Middle Eastern, Ottoman, and Italian cuisine and cuisines from the northern countries while also having exerted influence over these same areas throughout the years.



- ▶ Greek cuisine can satisfy even the most demanding consumer.
- ▶ The innumerable regional Greek products and dishes are not only delicious and tasty but are at heart of the Mediterranean Diet which is known for its high nutritional value and health benefits.
- ▶ Produced by small local farmers and taking advantage of the favorable climate conditions and soil, Greek products can satisfy even the most demanding consumer.



Menu

Breakfast

Creamy yogurt, spinach pie, Peloponnesian scrambled eggs with fresh tomatoes, mountain tea, bread and homemade jams.

Lunch

Vegetable stew, Greek salad, bread, wine, mousaka, aubergines and fry bread.

Dinner

Souvlaki, grilled vegetables, stuffed grape leaves (dolmadakia), pita bread, olives.

Snacks

Baklava, halva, kataifi, feta cheese on bread and yogurt with fruit.

Breakfast

- ▶ Creamy yogurt, spinach pie, Peloponnesian scrambled eggs with fresh tomatoes, mountain tea, bread and homemade jams.



Lunch

- ▶ Vegetable stew, Greek salad, bread, wine, mousaka, egg plants and fry bread (tiganopsomo).
- ▶ Vegetable stew a mixture of a variety of vegetables. Main ingredients are carrot, cabbage, zucchini, onions and potato. Sometimes served with cheese or yogurt
- ▶ Greek salad consists of tomatoes, sliced cucumbers, onion, feta cheese, and olives (usually Kalamata olives), typically seasoned with salt and Greek mountain oregano, and dressed with olive oil.
- ▶ Mousaka is made of fried egg plants, potato, and spiced minced meat.



Dinner

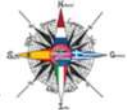
- ▶ Souvlaki, grilled vegetables, stuffed grape leaves (dolmadakia), pita, bread, olives.
- ▶ Several styles of pita are found all over Greece, with fillings such as cheese, spinach, onions, minced meat and custard.



Snacks

- ▶ Baklava, halva, kataifi, feta cheese on bread, yogurt with fruit.
- ▶ **Baklava** is a rich, sweet dessert pastry made of layers of filo filled with chopped nuts and sweetened and held together with syrup or honey.
- ▶ **Feta** is a white salty Greek cheese slice made from the milk of sheep or goats.





Group 3
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