

Lesson number 6 – extremely useful in a restaurant..

Starting with extra basic bread and tomato, and reaching some of our most tasty dishes!

Bread -> Greek: «Ψωμί» ("Psomié")

Tomato -> Greek: «Ντομάτα» ("domùtu")

Pastistio -> Greek: «παστίσιο» ("pastétsio") – one of the most famous dishes worldwide, composed of pasta, minced meat cooked in tomato sauce, besamel cream and grated cheese..

Mousakas: -> Greek: «μουσακάς» ("mousukùs") - one of the most famous dishes worldwide, composed of potatoes, aubergines/courgettes, minced meat cooked in tomato sauce, besamel cream and grated cheese..

Greek: «κουνέλι κοκκινιστό» ("coonálie cockiniestò") one of the most traditional local dishes: rabbit cooked in traditional tomato sauce with pepper, loads of pure extra virgin olive oil, usually garlic and spicy local cheese, served with fried potatoes, rice or spaghetti! – do not miss... Generally, do not miss anything locally cooked in tomato sauce, as it's within Zakynthos' expertise!

"Octopus" -> Greek: «χταπόδι » ("htupòthe") – usually eaten grilled, with a touch of freshly squeezed lemon, or marinated in vinegar & olive oil

"Squid" -> Greek: «καλαμαράκια » ("kalamarùkia") – usually fried, or if it is the biggest ones, they may also be tried stuffed with rice and herbs, cooked in the oven. Fried is the basic version!

"Aubergine sauce" -> Greek: «μελιτζανοσαλάτα » ("melitzanosalùta") – delicious, served cold: a combination of thinly chopped eggplant, green peppers, onion, and maybe garlic, herbs and pure extra virgin olive oil

Greek: «σαγανάκι » ("suwunùke") – one of my favourites –hard cheese, fried, comes as an appetizer..

English: Salt --> Greek: αλάτι (ulúte)

English: Pepper --> Greek: πιπέρι (peepáree)

Buon appetite!! Καλή όρεξη!