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MENU

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MY
GREEK
Taverna

“Πάρε ένα μεζέ”



Πάρε ένα μεζέ [Pare ena meze]
“Help yourself to a meze”

The phrase is an invitation to join in, used when someone chances upon friends or family in the middle of a meal.



MEZEDES

Mezedes are the first dishes we order at a taverna to whet our appetites. Small and delicious, these starters are placed in the middle of the table to be shared and enjoyed by all diners. In fact, the whole thing is less about the food and more about the ritual. It is the gathering of friends or family around the table. It is the act of sharing, the sheer enjoyment of food and cheerful relaxation with a generous sprinkling of culinary finesse. It is the sense of well-being that is so conducive to a life of creativity, contentment and fulfilment.



TZATZIKI | TZATZIKI

Yoghurt, Cucumber & Garlic Dip

Tzatziki is one of Greece's best-known dips. Its acidity and velvety texture owed to world-renowned Greek yoghurt, along with the crispness of fresh cucumbers, never fail to whet the appetite.

Prep time: 15 minutes

Wait time: 1 hour

Serves: 4

Ingredients

1 cucumber

300 g Greek (strained)
yoghurt

2 tablespoons white
wine vinegar

2 cloves of garlic, finely
chopped

4 tablespoons extra
virgin olive oil

Salt

Pepper

Method

1. Wash the cucumber thoroughly and grate it through the large holes of the grater, without peeling.

2. Place in a colander, sprinkle with salt and let it sit for a few minutes. Then press with your hands to drain all excess water.

3. Put the yoghurt, vinegar, garlic, olive oil, grated cucumber and a moderate amount of salt and pepper in a bowl and mix well.

4. Place the tzatziki in the refrigerator for at least an hour before serving.

Tip!

It is important that the cucumber pulp is well-drained, otherwise your tzatziki will be too watery. Add some finely chopped dill or spearmint for extra flavour.

Gluten-free





ΤΗΓΑΝΗΤΑ ΚΟΛΟΚΥΘΑΚΙΑ & ΜΕΛΙΤΖΑΝΕΣ TIGANITA KOLOKITHAKIA & MELITZANES

Fried Courgettes & Aubergines

*Finely chopped seasonal vegetables lightly fried in extra virgin olive oil.
Summer-inspired flavours and simplicity in an effortless dish.*

Prep time: 10 minutes
Wait time: 2 hours
Cook time: 8 minutes
Serves: 2

Ingredients

300 g courgettes,
cut into thin slices
2 large aubergines,
cut into thin slices
Flour
5 tablespoons salt

To fry

Extra virgin olive oil

Vegan

Method

1. Place the courgette slices in a large bowl, sprinkle with salt and mix until evenly salted. Leave them to rest for at least 2 hours.
2. Rinse well and dredge in flour to cover both sides. Shake off the excess flour and fry in sizzling olive oil until they turn golden, which should take about 8 minutes.
3. Follow the same procedure for the aubergines.

Tip!

Fried courgettes and aubergines are perfectly accompanied by a bowl of garlicky tzatziki.

