

## ***Gastronomy of Syros***



Gastronomy is the art of selecting, preparing, serving and enjoying fine foods. The gastronomy of Syros followed a journey through time, a journey of flavors and aromas from all parts of Greece. From the refugees of Chios and Asia Minor who first introduced the people of Syros to Turkish delights and spoon sweets, the Smyrnians who brought with them the spices of the East and the Capuchin monks with prickly pears. The specialties of the island differed quite a bit from the usual island delicacies, as the influences from other peoples influenced each Syrian dish with unique flavor combinations, such as the stuffed with pine nuts and raisins, garlic pasta, fish with capers and other traditional recipes that will be presented below. There is also a variety of delectable desserts, such as pastelaria (salted figs), traditional Turkish delights and delicious halva pies [3].



- ***Syros pumpkin pie with carob leaf and fistful cheese cream***



### **Ingredients (for 4 people)**

*For the dough: 200 g all-purpose flour, 100 g carob flour, 25 ml olive oil, 35 ml water, 115 ml fresh milk, 1 egg, 30 g fresh butter, salt, pepper.*

*For the filling: 4 zucchini, medium grated, 1 grated carrot, 20 ml olive oil, 40 g spring onion (the white part cut into small pieces), 40 g leek (the white part cut into small squares), 10 ml wine, 4 mint leaves, finely chopped, 2 basil leaves, 10 tassels dill, 10 parsley leaves, 1 pinch oregano, 20 g feta cheese, salt, pepper.*

*For the punch cheese cream: 200 gr. fennel flavoured fist, 50 ml fresh milk, 20 ml sour cream, mint leaves, fennel leaves.*

### **Instructions**

In a large bowl, add all the ingredients of the dough and knead until smooth. Cover the bowl and let the dough rest for 2 hours at room temperature. Cut the dough into 80 g balls and roll out round sheets with a rolling pin. Bake the sheets on a rack or griddle pan over high heat for 10 seconds on each side. In a frying pan over low heat, sauté the onion and leek in olive oil until to shine and deglaze with the wine. Stir for 1 minute and add the zucchini and carrot. Simmer for 2 to 3 minutes and remove. On the sheet, grate the feta cheese with the oregano, add the filling and herbs to half of the phyllo sheet, fold and close. Bake on a rack or grill pan for 3 minutes on each side.

For the cream cheese, grate the punch cheese on a coarse grater. In a blender, add the cheese, milk and cream and beat until smooth. Refrigerate for 60 minutes until the cream thickens. Serve and garnish with cream cheese and mint and fennel leaves [2].

- ***Parsley salad***



**Ingredients:**

*2 slices of bread (preferably stale) with the crust in a little water, 2 cloves of garlic, the leaves of 1 small bunch of parsley, 100 ml olive oil, 1 tablespoon vinegar, salt and pepper, 1 tablespoon lemon juice.*

**Instructions**

Soak the bread in a little water. Squeeze them. Put the garlic cloves together with the parsley in the food processor and beat them with the olive oil, vinegar and salt and pepper. Beat for 5 - 6 minutes until they become a pulp and add the lemon juice and the soaked bread. Beat the mixture until it becomes creamy. If it seems thick enough, Add a little more olive oil [4].

- ***Caper salad***



**Ingredients**

*3 large potatoes (or bread), 1 cup desalted capers, 100 gr. green olives, coarsely chopped, 3 cloves garlic, crushed, 1/2 cup onion dried, chopped into cubes, 1/2 cup spring onions, finely chopped, 1/2 cup dill, finely chopped, 1 tsp. tablespoon oregano, 1/2 - 2/3 cup olive oil, 3 tsp. tablespoons of vinegar, salt, freshly ground pepper.*

**Instructions**

Boil the potatoes with the skin in plenty of salted water until they are soft. Peel and mash them with the special tool or pass them through the puree mill in a bowl. Add the crushed garlic, the onion and the spring onions, 4/5 of the capers, finely chopped, the green olives and the vinegar. Mix all the ingredients well together and add the oregano and dill. and season with salt and pepper. Add the oil, stirring constantly, until it is absorbed [5].

- ***Atherinopita***



### **Ingredients (for 4 servings)**

*500 g fresh smelt, 1 onion, 4 tablespoons all-purpose flour, olive oil, parsley, capers (optional), salt, pepper.*

### **Instructions**

First, wash the smelt well under running cold water and put it to drain in a colander. Peel the onion, cut it in half and each half into thin slices. In a large bowl place the smelt along with the chopped onions, the flour, a little finely chopped parsley, salt and pepper, and mix lightly with your hands until the flour is all over the place. Optionally you can add a little capers as long as you have desalted it well. Heat a large frying pan with half a finger of olive oil and wait until it gets hot to proceed with the pan Atherinopita. Add the smelt mixture to the pan, creating a pie and let the smelt pie fry on one side for a few minutes, until golden brown and nicely colored [6].

- ***Mataropita***



### **Ingredients**

*200 gr. hard grated feta cheese, 0.4 L fresh milk, 200 ml strained yogurt, 3 beaten eggs, 200 gr. butter (and a little more for brushing), 200 gr. flour, salt, freshly ground pepper, 1 bunch of fennel leaves, finely chopped.*

### **Instructions**

Preheat the oven to 190 degrees. Butter a baking pan. In a bowl, mix the milk, yogurt, eggs, butter, flour, season with salt and pepper, add the fennel and spread the porridge on the greased pan. Pour the grated feta cheese on top to go everywhere. Bake the pita bread for 45 minutes or until its surface is golden brown [1], [7].

- ***Fennel pulp***

**Ingredients**

*1 fennel without stem, 70 gr. olive oil, 20 gr. lemon juice, 5 gr. salt.*

**Instructions**

Add all the ingredients to a mixer's bowl and beat until homogenized and pulp. Fill the jar and cover with olive oil. Seal well with the lid and place in an oven preheated to 80 degrees for 45 minutes to pasteurize. When the jar is opened, it is kept in the refrigerator until consumed [2].

***Louza [a cured meat of the Cyclades - pork appetizer]***



**Ingredients**

*2 tbsp boneless pork, Natural intestine 40 cm, 1 tbsp. salt, 6 tbsp. mixed thyme, lemon verbena, lemon thyme, finely chopped.*

**Instructions**

Place the meat in a baking pan and cover it very well, on all sides, with salt. Cover with a towel and leave it at room temperature for 24 hours. Rinse the meat well to remove the salt and dry it. Roll the meat over the herbs so that they stick well. Pass the meat in the intestine, twist and tie the edges well. Hang in a shady and ventilated place for 15 days. Cut into thin slices, Remove the intestine and accompany with diluted kopanisti with yogurt [2].

- ***Psathouria***



**Ingredients**

*1 cup chickpeas, flour, water, sesame seeds.*

**Instructions**

Crush the chickpeas the day before, boil the water and pour it into a clay pot about halfway. When you accept the temperature of the water in your hand, add the chickpeas, shake them and cover them with a woolen blanket. In 6-8 hours we check if it has foamed. If it has not foamed, we "wake it up" with a little boiling water. We shake them up and cover them up. In 2 – 4 hours we look at it again and make the sourdough as follows: In a kilo of flour we shake the foam from the chickpeas and then stir it constantly by pouring hot water until it becomes a nice porridge. Cover it again. In about 1 hour we look at it and if its volume has doubled it is ready to be kneaded with as many kilos of flour as you want. Put the flour or half – half with fine semolina and heat water. Add the sourdough to the flour and wet your hands with the hot water, knead constantly until it becomes a regular dough. Cover it with blankets to keep warm and in about 2 hours we see if it has risen and is ready for molding [1],[8].

- ***Strapatsada (tomatoes with eggs)***



### **Ingredients**

*1 kilo of ripe tomatoes if possible anhydrous, 4-5 eggs, cheese, salt, pepper, a little sugar, oil.*

### **Instructions**

Cut the tomatoes into small pieces or grind them in a food processor. Pour 8-10 tablespoons of oil into a saucepan and when it turns on, add the tomatoes to make a sauce. In the meantime, beat the eggs in a bowl, salt, pepper, sugar and add grated cheese. When the tomatoes are melted, add the egg mixture to the pot, mix and let them get two . three boils until the eggs are cooked. Serve them with french fries, zucchini, eggplants, etc. [1],[9].

- ***Tirittim***



### **Ingredients (for 1 person)**

*2 zucchini from Syros, cut into rings, 3 eggs, 1 spring onion, finely chopped, 1 tablespoon dill, 1 tablespoon olive oil, salt, pepper, toasted slices of bread, mint leaves for garnish.*

For the cream of Syros cheeses: *1/2 ball of fist cheese, 100 gr. cream cheese.*

### **Instructions**

In a non-stick pan with 1 tablespoon of olive oil, sauté the zucchini over high heat for 9-10 minutes on both sides. Add the spring onion and let it soften a little, add the dill and mix. In a wet bowl, beat the eggs with salt and pepper and pour the omelette over the zucchini. Leave it for 1 minute and put it in a preheated oven at 190 degrees in the air and bake for 14 minutes.

For the cream cheese, put the cream cheese in a non-stick pan over medium heat until it melts and becomes creamy, add the punch cheese, salt, pepper, and mix for 5 minutes. Serve the tirittim on toasted bread and accompany it with the cream cheese [2].

- ***Stuffed with pine nuts and raisins***



### **Ingredients (for 2 people)**

*4 medium tomatoes, 2 large ripe tomatoes, grated, 4 green peppers, 1 large onion, 2 cloves of garlic, 4 tablespoons black raisins, 5 tablespoon(s) pine nuts, 5 tablespoon(s) finely chopped mint, 4 tablespoon(s) finely chopped parsley, 1 tablespoon(s) tomato paste, 1 pc. star anise,*

*8 tablespoons rice for stuffed vegetables, 2 tablespoons oat flakes, 2 tablespoons wheat, 50 ml white wine, 60 ml olive oil for sautéing and also for the pan, salt, pepper.*

### **Instructions**

With a spoon, drain the tomatoes and keep the crumbs. Put the raisins in the wine to soak. Grate the onion on a coarse grater and pass the garlic in a press or finely chop it. Lightly roast the pine nuts in a non-stick pan. Mix the rice with the wheat and the oats. In a frying pan with olive oil over medium heat, sauté the onion until it becomes translucent. Add the rice with the cereals, continuing to sauté. Add the garlic and quench by adding the wine along with the raisins. Add the chopped tomato kernels and cook for 3-4 minutes over medium heat. Remove from the heat and add the pine nuts, mint and parsley. Season with salt and pepper. Fill the tomatoes and peppers 2/3 full. In a food processor, beat the grated tomatoes with 80 ml olive oil and 3-4 mint leaves. Sprinkle the stuffed vegetables with the mixture. Bake in a preheated oven at 160 degrees for half an hour with the pan covered. Then remove the cover or aluminum foil and continue for another 20 to 30 minutes [2].

- ***Cabbage with pork***



### **Ingredients**

*Cabbage, 1 kg of pork, oil, salt, pepper, fennel seeds.*

### **Instructions**

Fry the meat with 5-6 tablespoons of oil and add the cabbages coarsely chopped. Season with salt and pepper and have fennel tassels which we add to the ingredients. Pour water into the ingredients and let them cook. When they are ready, squeeze a lemon and put it in the food [1], [10].

- ***Fish with capers***



**Ingredients**

*1/2 kg of dried capers, fish, 2 onions, oil, tomato, sugar, salt, pepper, flour for frying.*

**Instructions**

Soak the capers in water overnight, in the morning blanch it slightly and drain it. With 2 onions finely chopped with the oil, add the chopped tomato, salt, pepper and sugar. When the sauce is ready, add the fish that we had previously fried and boil them for a few minutes until they absorb the sauce.

"Bind" with a little flour that we have dissolved in a little water so that it does not clump [1],[5].

- **Garlic carrot**



**Ingredients**

*Spaghetti not too fine 500 g., 2 tablespoons olive oil, grated cheese.*

*For the sauce: 7-8 cloves of garlic, tomato juice, 2-3 ripe tomatoes finely chopped, oil, salt, pepper, a little sugar.*

**Instructions**

Boil the spaghetti. Prepare the sauce as follows: pour 4-5 tablespoons of **oil into a saucepan**, sauté the garlic cut into slices and add the juice, chopped tomatoes, salt, pepper, sugar and boil until it becomes a thick porridge. Put the spaghetti boiled – strained in a cauldron, pour

2 tablespoons of oil so that they do not stick and when the sauce boils, add the sauce, stirring it to go everywhere. Serve them on a platter with plenty of cheese on top [1].

- **Pastellaria (sun-dried salted figs with sesame seeds and cinnamon)**



### **Ingredients**

*Figs dry, cinnamon, sesame seeds, walnuts or almond kernels (optional).*

### **Instructions**

Peel the figs and after removing the stem, open them in half. In a bowl we have cinnamon, roasted sesame seeds and ground almonds or walnuts (if you want), dip the open fig in it and cover it with another open fig. Press them to widen and make the pastelaria. Bake them in the oven to brown them and store them in boxes, sprinkling them with mastic liquor and putting bay leaves in between. Press them to stack well [1].

- ***Finikia (melomakarona)***



### **Ingredients**

*1 cup corn oil, 1/2 cup flour, 2 1/2 cups fine semolina, 1/4 cup sugar, 1/4 cup cognac, 1/4 cup orange juice, zest of 2 large oranges, 1 teaspoon soda.*

*For the syrup: 1 cup honey, 1/2 cup sugar, 3/4 water, crushed walnuts.*

### **Instructions**

Beat the oil and sugar well, add the cognac, orange zest and baking soda that will have been melted in the orange juice. Add semolina and flour and knead until they become a dough not too firm. Shape them oblongly, carve them into different shapes with a knife and bake them in an oven

about 20 minutes. In the meantime, make the syrup by putting all the ingredients (honey, sugar, water) in a saucepan and when they come to a boil turn off the heat and dip the palms inside, little **by** little at a time, remove them with a slotted spoon, place them on the platter and sprinkle them with the walnuts [1],[11].

- ***Halvadopita***



**Ingredients (quantity: 25 pieces)**

*100 gr. hazelnuts, 100 gr. almonds, 100 gr. honey, 230 gr. sugar icing sugar, 70 gr. water, 30 gr. egg whites, 100 gr. pistachios, 2 sheets of non-stick paper.*

**Instructions**

Put the hazelnuts and almonds in a preheated oven at 190°C for about 10 minutes. Adjust the whisk and add the honey, sugar, water and egg whites. Set the temperature to 140°C, the stirring speed to maximum by holding down the button. Mix the mixture at the desired temperature for 5 minutes. Turn off the heat and continue mixing until the temperature reaches 50°C. Remove the whisk and lightly grease the whisk blades. Attach the stirrer to the food processor. Add the nuts (hazelnuts, almonds and pistachios) to the mixture and mix carefully at low speed until smooth. Spread the mixture into the baking pan to a thickness of 1 cm. and place one more non-stick paper on top. Leave it at room temperature for at least 24 hours. Cut the halva pie into rectangular pieces with a sharp knife. If desired, we can dip them in melted chocolate [12].

## ***Paradian Turkish delights of Syros***



Of course, the recipe for the **traditional Syrian Turkish delights** cannot be omitted. This dessert that we first encounter in Turkish cuisine in the 15th century under the name 'rahat hulkum', a corruption of which is the Greek name of the dessert. One version has the confectioner Hadji Bekir as the creator of the dessert, who was inspired when the sultan complained that he broke his tooth from the hard candy he was eating and He was finally looking for a soft dessert. Like so many other delicacies of Greek cuisine, Turkish delight followed the fate and course of people in space and time. In Greece, Turkish delight was introduced in the 19th century and in some places different versions have been created that enriched the original recipe. The art of Turkish delight arrived from Constantinople to Syros by Chian craftsmen, who added Chian mastic to the recipe. Below is the homemade recipe for Turkish delights.

- ***Homemade Turkish delights***

**Ingredients**

*800 g water, 1/3 tsp sour powder (lemontouse), 1 kg granulated fine granulated sugar, 60 g glucose, 150 g cornstarch, a few drops of rose essence (or mastic), food coloring (red or other), almonds or pistachios (optional).*

*For the finish: 700 gr. Nisste (a type of flour).*

*To serve: 150 g icing sugar, 50 g cornstarch.*

## **Instructions**

In a 24×24 square baking pan, lay non-stick paper on the base, cut exactly to the dimensions of the base. With a sieve, sift the base of the pan with plenty of starch until it becomes a layer. Set aside the crate for the Turkish delights. In a deep pot with a thick base, heat the water, add the sour and stir to dissolve. Add the sugar and stir to melt. Add the glucose, stir and boil the Turkish delight until it reaches 107°C. Dissolve the cornstarch well in a little water and add it, stirring constantly with a whisk or wooden spoon. It takes about 8-10 'to start boiling and slowly thicken and tighten. Boil over medium-high heat (at 6-7) with constant stirring so that it does not stick, until it reaches 123-124 °C. It takes about 50 'to 1 hour of boiling. Turn off the heat and stirring add the aroma and color you want. If you want Turkish delight with mastic flavor, At the end of boiling, we should pour crushed mastic powder and stir to melt. But we can put any essence you want and any color we want. If you want to add almonds or other nuts, always put it at the end along with the aroma and color. Pour cornstarch or starch into the pan and pour the hot Turkish delight. Sprinkle the surface of the Turkish delight with a thin layer of powdered sugar. Place the hot Turkish delight hoop with the Turkish delight on a rack so that it starts to cool. Flatten the surface by gently shaking the pan carefully because it is burning. Turkish delight and stabilize for at least 12 hours. Turn the Turkish delights over on a cutting board that we have sprinkled with powdered sugar with a little starch starch. With a brush, wipe the starch that was at the base of the pan. Sprinkle powdered sugar on the Turkish delight. Dipping the knife in starch or icing sugar, cut into pieces of your choice. Pieces around 2.5 to 3 cm for each Turkish delight is an ideal size. Sift the icing sugar with the cornstarch. After cutting the Turkish delights, put all the pieces in the pan and sprinkle with starch and powdered sugar. Mix with your hands [13],[14].

**SYROS TRAILS: 'GASTRONOMY'**

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