

Greek Food Ideas / Shopping list

One of the best parts of International Week - Tasting Day. Here's some 'ideas' that may be found during the next shopping trip or order.

May we stress these are ideas for *if you're able* - we understand that this will be the last thing on your mind whilst battling the shops at this time.

This session can be done anytime next week but we've scheduled Friday next week to allow time for those who wish to try and pick a few bits whilst doing the big shop.

If you can think of other suggestions or see others while you're out by all means have a go!

You may wish to make a family meal based around these at some time next week - we'd love to see!

A reminder if you're not able to get any food to taste that we'll stick a session in when we're all back at school to have a go too, and we'll have alternative tasks to do on Friday.

Olives black and green

Feta cheese (sheep's milk)

Goats' cheese

Greek yoghurt

Halloumi cheese

Tzatziki - yoghurt, cucumber, garlic

Taramasalata - fish roe and oil dip

Spinach

Olive oil

Pitta bread

lamb/pork/chicken on skewers - gyros/souvlaki

Pomegranate

Grapes

figs/dried figs

Baklava -- sweet pastry

Filo pastry

Moussaka - like lasagne made with lamb mince and layers of aubergine and potato.