

Corfu's cuisine is inextricably tied in with its history and this is what makes the food here so different from the rest of Greece. The four best known Corfiot dishes show their Venetian influence. These are Sofrito (sliced veal cooked with vinegar, garlic and parsley); Bourdeto (a peppery fish stew); Bianco, (a white, garlicky fish stew); and Pastitsada, (a pasta and meat dish).

Corfiot cuisine is neither spicy nor bland, but rich in the flavors of the Mediterranean. Specialties consist of local ingredients found on the island, especially olives, lemons, vegetables, tomatoes and fish. Many dishes hark back to the days when cooks put all the ingredients in a single pot and left it to simmer all day.



Lamb is traditionally the principal meat in Corfiot cooking. It can be found in dishes such as the classic Moussaka, or, cut into pieces, marinated in olive oil and lemon juice, it is grilled on skewers. Fresh oregano is commonly used with skewered lamb. Rosemary is traditional with leg of lamb, which is served with avgolemono sauce made with eggs and lemon. Other common Corfiot herbs are basil, parsley, mint, and dill. Garlic and onions are, of course, an integral part of Corfiot seasoning. Pork, beef, and game are marinated, grilled, and baked. Chicken is usually grilled or roasted.

Fish are traditionally cooked whole, with the head and tail still attached. They are often seasoned with herbs, and marinated in olive oil and lemon juice. Fish are grilled over hot fires, or baked. Shrimp, octopus, and squid are also popular.

Cheese is an important part of Corfiot cuisine. Feta cheese, made from goat's milk, is white, crumbly, and very pungent. It is used in salads, meat dishes, spread on bread, or even wrapped in grape leaves and grilled. Kefalotiri is another popular variety that is harder; it is grated and used like Parmesan.



Cold Dips Served with wedges of pita bread. Can also be used to accompany crudités

TARAMOSALATA: Fish roe dip, mixed with bread crumbs, olive oil, lemon and garlic

TZATZIKI: Yogurt dip with shaved cucumber, garlic, olive oil and vinegar

TYROKAFTERI: Cheese dip of 2 different Greek cheeses, yogurt, red peppers and a sprinkling of hot pepper spice

MELITZANOSALATA: Grilled egg-plant dip, mixed with fresh herbs, onions, olive oil and vinegar

SKORDALIA: Mashed boiled potatoes mixed with olive oil, lemon and lots of garlic

Starters Can also be served as part of a mezze selection

SAGANAKI: Fried "yellow" cheese.

FETA IN THE OVEN: Feta cheese with sliced tomato, onion and herbs melted in the oven

GRILLED MUSHROOMS: Seasonal grilled mushrooms with herbs and garlic

DOLMADAKIA: Vine leaves wrapped around spiced rice and minced meat

TYROPITAKIA: Small feta cheese pies

SPANAKOPITAKIA: Small spinach pies with crumbled feta and herbs

OCTAPODI XIDATO: Tender octopus pickled in white wine vinegar

BEKRI MEZZE: Pieces of spiced pork or local sausage cooked in red wine, tomato sauce, feta, spices and onion

GAVRO MARINATO: White wine vinegar pickled fresh anchovies

Pita Sandwich Wraps Greek version of fast food

PITA GYROS: Pita bread wrapped in a cone with tomato, onions, chips, tzatziki, lettuce, home made sauce and gyros meat.

PITA SOUVLAKI: Pita bread wrapped in a cone with tomato, onions, chips, tzatziki, lettuce, home made sauce and grilled chicken or pork souvlaki meat.



Salads and greens

ROOKA: Rocket and lettuce salad

HORIATIKI: Greek salad. Seasonal greens Rocket, lettuce, tomato, cucumber, onions, olives and feta cheese

HORTA VRASTA: Boiled seasonal wild greens served with olive oil and lemon

KOLOKYTHAKIA: Boiled courgettes (zucchini) served with olive oil, lemon

PIPERIES FLORINIS: Grilled mix of peppers served with olive oil and vinegar

TSIGARELI: Sautéed wild greens with fresh tomato, spicy red peppers and herbs.

KOLOKITHOKEFTEDES: Courgette (zucchini) balls with herbs, fried in olive oil.



Pies

KOTOPITA: Puff pastry filled with fresh cooked chicken, rice, peas, sweet corn and carrots

KOLOKYTHOPITA: Homemade pastry filled with courgettes, onions and herbs

HORTOPITA: Homemade pastry filled with a mix of seasonal wild greens and feta cheese

TYROPITA: Cheese pie

SPANAKOPITA: Spinach pie with crumbled feta and herbs

PRASOPITA: Leek pie



Main courses

PASTICHADA: Beef or Cockerel cooked in a spicy tomato sauce with pasta

MOSHARI KRASSATO: Beef cooked in wine sauce

HIRINO ME FETA: Pork cooked with onions, carrots, white wine, mustard and feta cheese

MOSHARI SOFRITO: Veal cooked with garlic and parsley in a white wine sauce

MOUSAKA: Aubergines, potatoes and ground beef in a tomato and fresh béchamel sauce baked in the oven

PASTICHIO: Ground beef in tomato sauce with macaroni, topped with a fresh béchamel sauce, baked in the oven

PAIDAKIA: Grilled lamb chops with a marinade of virgin olive oil, lemon and oregano

AGKINARES ME ARAKA: Fresh artichokes cooked with peas, dill in a lemon sauce (lamb optional)

GIAHNI: Mix of fresh beans, potatoes in a tomato sauce baked in the oven

PAPOUTSAKIA: Aubergine stuffed with mince, tomato sauce and cheese

LAMB YOVETSI: Young lamb with orzo pasta in tomato sauce, cloves, cinnamon

GEMISTA: Stuffed tomatoes and peppers with rice, mince meat and herbs

Seafood dishes



XIFIAS: Grilled Swordfish fillets

KALAMARI: Fried kalamari

LAVRAKI: Grilled Sea bass

SINAGRIDA: Grilled Dentex

TSIPOURA: Grilled Sea bream

ROFOS: Grouper

OCTAPODI: Grilled Octopus

SARDELA: Fresh sardines grilled

GAVROS: Fresh anchovies flash fried

MARIDES: Fresh Smelt/white bait, flash fried

BOURDETO: Fish cooked in tomato sauce with onion, garlic and red spicy pepper

BIANKO: Fish stew with carrots, potatoes, garlic in a white lemon sauce

ASTAKOS: Lobster

MYDIA: Mussels

GARIDES: Prawns

