

Traditional meat recepies of Epirus

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In the mountains of Epirus, when winter falls heavily and the chimneys spew smoke, dishes like baby goat with potatoes, char-grilled mutton, delicious kontosouvli (char-grilled skewered lamb and vegetable chunks), meatballs with leeks, along with lachanopita (cabbage pie), unique to the region, smoked yellow cheese, gruyere - and a glass of red wine or an aromatic shot of tsipouro - are the best possible company for a visitor, a real treat to be best enjoyed bathed in the warmth of a blazing fire on a cold night. Mutton roasted on a spit over charcoal Ingredients (serves 6) Mutton, peppers, olive oil, oregano, salt, pepper Method: Marinate the mutton in oil and the peppers for 48 hours. Then season with salt and pepper, roast over coal and sprinkle with oregano.

Overview

Country:

