

Roast meat

Karystos
38.0155328, 24.4198624



Livestock is an important industry in Evia (especially for Skyros), due to the production of cheese products with Protected Designation of Origin (PDO) and others. The type of meat found in the recipes varies according to taste. The best known local traditional recipe is the Karystian Lamb / Beef (in other parts of the country it is known as Kapamas).Recipe for Karystian Lamb / BeefIngredients:1 kg of meat portions1 cup of oilsalt and pepper1 cup of wine1 onion chopped3 cloves1 piece cinnamonsome sugar1/2 kg of mashed tomatoes or 2 tablespoons of tomato paste.Preparation:Sauté the meat with the oil, then pour the onion, bring it to a boil for 2-3 minutes, add the wine and then all the other ingredients and about 3 glasses of water, and let it boil.

Overview

Country:Greece

Other senses involved

- ✔ Sight
- ✔ Taste
- ✔ Touch

Accessibility / Transportation

- ✔ Highway Network-Car 1
- ✔ Intercity/Tourist Bus 1

