

# Speciality weeks at The Bistro

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**5<sup>th</sup> – 15<sup>th</sup> October**

## **Greek Cuisine**

Greece has a culinary tradition of some 4,000 years. It is because of the conquest & influence of Alexander the Great, that Greek dishes have Middle Eastern sounding names such as houmous (Arabic), dolmades & taramosalata (Turkish) and tzatziki (Palestine). It was Archestratos (the famous Greek poet) who wrote the 1<sup>st</sup> ever recorded cookbook in 330Bc. Greeks even have a special word to describe the up lifting feeling one experience when enjoying good food and good conversation with friends and family - 'Paraia'.

Important ingredients in Greek Cuisine are tomatoes, aubergines, peppers, honey & of course olive oil. Greece also uses many aromatics for flavouring dishes such as bay leaf, oregano, garlic, thyme & fennel seeds. Because of the terrain in Greece the land has always lent itself to rearing sheep and therefore lamb has been the meat of choice in their cuisine. Vegetable dishes are unique and plentiful and the national fish is in fact octopus

### **Evening menu**

£23.95 per person

### **Mezze on arrival**

*A selection of homemade Greek specialties*

Houmous & taramosalata, dolmades, fish Keftedes (mini fish cakes/balls)  
Greek Lavash bread

*A vegetarian alternative to this platter is available on request*

### **Main courses**

Slow cooked octopus & tomato ragout  
Local lamb & rosemary crispy filo parcel  
Poached Chicken 'Constantinople' filled with raisins, almonds & rice  
Vegetarian moussaka with marjoram  
Feta and spinach filo parcel with olives

*All main courses will be served with Greek style vegetables, cooked in saffron, white wine and olive oil*

### **Desserts**

Rosemary & lemon sorbet  
Greek yoghurt with local honey, pistachio nuts & apple compote  
Greek spiced walnut cake served with orange water syrup

*The Bistro reserves the right to make amendments to this menu closer to the event*