

EN

MENU

ΚΑΤΑΛΟΓΟΣ

εδεσμάτων



enagron
Cretan ecotourism village



Welcome

"NO ONE IS AFTER US" THEREFORE WE SHOULDN'T RUSH

This was a phrase commonly used by ancient Cretans which refers to the Laws of Plato

Nowadays our life is taken over by a feeling of urgency. We are constantly feeling the pressure of the passing of time that rushes us to do everything fast. We always feel that we do not have enough time and therefore we are pressed for time.. We are in a hurry even when we eat. We forget that eating is one of life's pleasures and also an opportunity to get TOGETHER, to converse, to enjoy to feel the warmth of companionship and the feeling of belonging, friendship and family. We forget that nature has its own rhythms and is never in a rush yet its timing is perfect. The most authentic version of the Mediterranean diet is the Cretan diet and one of its most basic characteristics is seasonality.

That is why,
we do not hurry nature nor do we intervene to its rhythms and we await the natural ripening
of all the products it gives us generously.

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We use mild cooking methods and traditional preparation techniques.

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We never use pre-cooked meals and ready made sauces.

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We cook exclusively with olive oil.

GREAT FOOD TAKES IT TIME  
RELAX, SET YOUR SENSES FREE AND  
WE WILL MAKE SURE THAT YOU WILL ENJOY YOUR MEAL

## THE BASIC INGREDIENTS

### 01. *Bread and rusks* ..... € ☐

Rusks are easy to store and they are preserved for a long time without losing their nutritious quality. That is why in the past it was considered the best snack for all wayfarers and travellers who were away from their homes for a long time. It was the bread of the shepherds, the sailors and the farmers of Crete. Local people actually used to have rusks for breakfast after they would dunk them into a glass of wine...

### 02. *Dakos* ..... € ☐

One of the most popular and fresh snacks of the Cretan people which is eaten usually during the respite from working in the fields, with olive oil, fresh tomato, cheese and oregano.

### 03. *Variety of olives* ..... € ☐

Edible olives are an integral part of the Cretan diet since the Minoan era. According to tradition every family even the poorest ones have olives on their table. That is why during the harvest it is considered good luck to leave a few olives on the tree so that the people that do not own any olive trees can still pick them and eat.

## STARTERS AND "MEZEDES"

### 04. *Feta cheese and sundried tomatoes* ..... € ☐

Feta cheese from the region of Epirus (Central Greece) made with goat and sheep milk and sundried tomatoes which are prepared during the summer at Enagron.

### 05. *Feta cheese and spinach* ..... € ☐

A most delicious combination.

### 06. *"Xinomizithra" with vegetables* ..... € ☐

("Xino" means sour and "mizithra" is the name of the cheese) this cheese is a local dairy product with high acidity that goes very well with the roasted vegetables.

### 07. *Apaki* ..... € ☐

A vinegary, spicy, smoked pork which is especially prepared at Enagron. We choose the finest pieces of pork, put them in vinegar, then sprinkle spices and we let it get smoked in aromatic herbs. It is a scrumptious "mezes" and it goes really well with a fine bottle of red Cretan wine.

### 08. *Cretan sausage* ..... € ☐

Like the "Apaki" it is also made with pork, vinegar with lots of spices and smoked in aromatic herbs. It has a distinct taste of vinegar which can be ideally accompanied by a red Cretan wine.

### 09. *Fresh aubergines* ..... € ☐

With fresh tomatoes and feta cheese.

### 10. *Chips* ..... € ☐

Potatoes cut in a round shape and fried in olive oil. In the summer they are fried outdoors on a wood fire.

## SALADS

### 11. *Enagron salad* ..... € ☐

A mixture of different greens, "horta" (depending on the time of the year) served with a sauce of olive oil and vinegar, sundried tomatoes and when it is their season pomegranate seeds...

### 12. *Greek salad* ..... € ☐

The most popular salad of the Greek summer. Fresh flavours of tomatoes, cucumbers, peppers, purslane, onions, olives, feta cheese all seasoned with virgin olive oil...



## LOCAL DAIRY PRODUCE

### 13. *Graviera* ..... € ☐

A hard cheese made with sheep milk has a pleasant taste, light, full of aroma and rich flavour of butter with hardly any acidity. The sheep which are milked during spring in the mountainous regions give a milk of the highest quality. It is eaten as a starter with fruit, honey or jam. Bread and "graviera" is the most common snack of the Cretan people who live in the mountains.

### 14. *The "kefalotyri of the hole"* ..... € ☐

The oldest hard cheese made with goat or sheep milk or a mixture of the two. It is salty enough with high acidity, spicy and rich. It is eaten on its own or with fruit and it goes well with red wine. It is called cheese of the "hole" because it matures in the caves of the mountainous regions and that gives it a distinctive aroma and flavour.

### 15. *Fresh "mizithra"* ..... € ☐

One of the ancient soft cheeses of Crete which is made with goat and sheep milk. It is one of the least fatty cheeses, fresh and light with a sweet taste and a faint aroma of boiled milk. Usually it is eaten as a dessert with honey, grape molasses and nuts.

### 16. *Anthotyro* ..... € ☐

("Ανθος-anthos" means flower and "τυρί -tyri" means cheese): when the fresh "mizithra" is salted and ripened it gives a spicy cheese. It is mostly served with pasta at Cretan weddings.

### 17. *Anthogalo* ..... € ☐

("Ανθος-anthos" means flower and "γάλα-gala" means milk): soft, acidic cheese made with sheep's milk with a creamy texture. It has a fresh but also acidic and spicy flavour.

### 18. *Tyrozouli* ..... € ☐

The family of every farmer made this cheese with the supple texture. It is not acidic at all and it has a discreet, mild and slightly salty taste. It is delicious in an omelette.

## DAIRY PRODUCE FROM THE REST OF GREECE

### 19. *Feta cheese made with goat and sheep milk* ..... € ☐

One of the best known cheeses in Greece. It is an exquisite cheese of great acidity and its salty taste dominates any other sense. In Greece it goes well with casserole dishes as well as pulses. A playful combination for a dessert is melon with feta cheese and muscat wine.

### 20. *Greek strained yoghurt* ..... € ☐

The quality, the texture and its taste have made this yoghurt world renowned. Strained yoghurt is yoghurt which has been strained in a cloth or paper bag or filter to remove the whey, giving a consistency between that of yoghurt and cheese, while preserving yoghurt's distinctive sour taste. Like many yoghurts, strained yoghurt is often made from milk which has been enriched by boiling off some of the water content, or by adding extra butterfat and powdered milk. However most strained Greek yogurts have no added fats and are made of real milk. Usually eaten with honey as a dessert.

## GREENS "HORTA" - VEGETABLES - PULSES

### 21. *Greens "horta"* ..... € ☐

Cretan people are famous for the great variety and quantity of greens that they consume every day. As a result there are many recipes and combinations (raw or cooked) in their meals. Each season has its own greens. Feel free to ask the cook which is the season for every variety.

### 22. *Season's vegetables from our garden straight into the pan* ..... € ☐

The same way that each season has its greens it also has its vegetables. Courgettes, fresh beans, ochra, aubergines, potatoes etc cooked on their own or with potatoes. Feel free to ask our cook for the day's specialty. We strongly recommend that you eat feta cheese with every dish.

### 23. *Stuffed leaves* made with vine leaves, zucchini flowers or cabbage leaves ..... € ☐

Rice, small pieces of various vegetables and aromatic plants. They are perfectly accompanied by "anthogalo", feta cheese or Greek strained yoghurt...

### 24. *Stuffed vegetables in the oven* ..... € ☐

Rice, small pieces of various vegetables and aromatic plants. They are perfectly accompanied by "anthogalo", feta cheese or Greek strained yoghurt.

### 25. *Aubergines with xinohondro, potatoes and tomato* ..... € ☐

"Xinohondros" is ground wheat cooked in buttermilk and left to dry out in the sun.

It is considered the predecessor of pasta and it remains a favourite mostly at rural areas.

### 26. *Briam* ..... € ☐

A combination of various vegetables such as potatoes, aubergines, courgettes, onions, carrots etc are cooked in the oven with spices and herbs to create a mouthwatering dish. This is a most fresh and summery dish which goes really well with feta cheese or "anthogalo".

### 27. *Mousakas* this famous traditional dish is made with the freshest ingredients ..... € ☐

Aubergines, feta cheese, potatoes, courgettes, pork and beef minced meat.

### 28. *Pulses* ..... € ☐

"Fava" (split peas) or fresh green beans or chick peas or "koukia" (broad beans)! Feel free to ask the cook.

## OMELETTES

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29. *Omelette* ..... € ☐
30. *Omelette with tomatoes* ..... € ☐
31. *Omelette with "tyrozouli"* ..... € ☐
32. *Omelette with various vegetables* ..... € ☐



## PASTA

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33. *Spaghetti with "anthotyro"* ..... € ☐

This is a very simple but most appreciated dish among Cretan people which is usually eaten at weddings especially after drinking a lot of wine. The spaghetti is well cooked in meat broth and the "anthotyro" is sprinkled on top to create a delectable dish!

34. *Home made "hilopites"* ..... € ☐

Which are made here at Enagron with fresh ingredients. They are served with tomato sauce and grated "anthotyro".

35. *"Pilafi"* ..... € ☐

Another dish consumed at weddings. Rice is cooked in meat broth and it has an exquisite taste

## MEAT COOKED IN CASSEROLE



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36. *Boiled "zigouri"* (goat or sheep) served with rice or pasta ..... € ☐

37. *Goat's meat* cooked in fresh tomato sauce ..... € ☐

It is served with chips, roast potatoes or pasta.

38. *Rooster* cooked in tomato and wine sauce ..... € ☐

It is served with chips, roast potatoes or pasta

39. *Pork* cooked with season's fruit (quince, apricots, orange or blueberries) ..... € ☐

One of the oldest and most favoured dishes of the region.

40. *Rabbit* with walnuts and various aromatic herbs ..... € ☐

41. *Lamb or goat's meat* with wild greens or vegetables ..... € ☐

Meat in Crete is mostly cooked with greens or vegetables. A very particular dish is lamb with "askolybrous" (thistle roots). This dish was first mentioned in texts dating back to Homer's time.

42. *Beef* with aubergines or fresh tomato sauce ..... € ☐

43. *Soutzoukakia* ..... € ☐

Meat balls made with minced beef and fresh tomato sauce served with chips or roast potatoes

## ROAST

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**44. *Lamb or kid*** ("antikristo" means opposite) ..... € ☐

One of the special dishes prepared by the shepherds on the mountain where there are no pots and pans. They put salt on the meat, they skewer it in wooden skewers and roast it around the fire so that it loses most of its fat without burning. The meat maintains the characteristic taste of fire. It is served with roast potatoes. It is eaten with the hands.

**45. *Roasted pork*** with potatoes cooked in a wooden oven ..... € ☐

One of the most festive dishes of the island. It was especially appreciated in the Byzantine era.



## ON THE GRILL

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**46. *Pork chops*** and french fries ..... € ☐

**47. *Burger*** and french fries ..... € ☐



## DESSERTS

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*"Nothing is sweeter than love and all other desserts come second and even honey tastes bitter in my mouth compared to love..."*

Nossis (poet of the 3rd century BC)

Our cook prepares the dessert of the day every day so feel free to ask her!



*Enjoy your meal*

