



## THE GREEK TRADITION OF MEZES

The Greek lifestyle is a convivial one, suited to cheerful gatherings in cafes, where the night is whiled away in lively conversations and debate, maybe an outburst of singing when the mood takes one. Wine or ouzo is the lubricant of choice, but it is always accompanied by food, often included in the price of the glass. These snacks or mezedhes (the plural of **meze**) are a whole culinary department of their own in the Greek tradition. You can spend a whole evening eating small dishes or delicious little pastry parcels with your drinks and never leave the cafe to seek out an evening meal.

Like tapas in Spain, the meze tradition sprang up in a hot climate, where long summer evenings were perfect for sitting over a glass of wine with friends and light food was all that anyone wanted, to sustain the conversation and soak up the alcohol. In small village cafes the mezedhes could be a few olives and a piece of cheese, a tomato salad or some sardines. City cafés can offer a whole selection of mezedhes, from seafood: calamari, anchovies, octopus, shrimps and so on to filo pastry parcels filled with meat or vegetables, stuffed vegetables, salads and dips.

There really is so much variety in the types of **meze** that it easy to make a whole meal of them and forget about the conventional starter, main course, dessert format that we are used to. With dips like tzatziki and taromaslata, salad, stuffed vine leaves, meatballs, vegetables and so on meze can make up a very balanced and satisfying meal, with the advantage of spreading the food out through the evening so that you can savour each mouthful without getting too full.

OUZO 12 is of course the best to enjoy with it.



Enjoy responsibly & Serve Chilled

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