



## The Healthier I Eat the Better I Learn

### Making of traditional foods by a professional palouze and shoushioukko producer



On Monday 13<sup>th</sup> November 2023 we had a very interesting presentation of making of some of the most famous traditional Cypriot sweets: palouze, soushioukkos and kydonopasto from Mrs. Anna Panayi.

Mrs Panayi has been making these delicacies for many years as a professional producer and has many customers that appreciate her products because she knows all the secrets to make them perfect. She has a workshop that produces these foods and was kind enough to come and show us how they are made. When she came to our school, we were surprised to see her bring with her, her own pot and stirring wooden spoon because she wanted to make sure that the palouze and the kydonopasto were made properly. This pot and spoon were huge!

First, she added grape juice and flour to the pot and put it on the fire, stirring continuously for over half an hour before the juice thickened. She used her wooden spoon to scrape the bottom of the pot and she explained that this was done to prevent the mixture from sticking to the bottom and burning.

During this time, she explained to us that in the past when people did not have refrigerators and freezers to preserve the products they cultivated they needed to find other ways to preserve them. This was especially important to have food during the winter months considering the fact that most of them worked in the fields and needed a lot of energy. A lot of people started preparing these products in their homes many years ago, so this is why they are considered traditional.





As soon as the palouze was ready she showed us the long strings of almonds and walnuts that she had already prepared and explained that soushioukkos is made by dipping the strings to the palouze and hanging them to dry. We were very impressed to hear that this process must be repeated 8 times and in between, the strings must be dried completely. So, it seems that making soushioukkos takes a lot of effort and patience but it is all worth it because it is delicious. Thankfully she brought some that was finished for us to taste.

While we waited for the palouze to cool and the soushioukkos to be cut Mrs Panayi showed us two quinces she brought with her. A lot of us had not seen or tasted this fruit before. She used her big pot once more and added sugar to some quinces she had blended. Then, she stirred the mixture for a while and a thick paste was made. This paste is called Kydonopasto and is sweet but also very tasty.

Our teacher explained to us that palouze and soushioukkos are healthy because they are made with natural ingredients with just cooking and no added sugar, salt, or fats. They also have no animal ingredients, so they are also suitable for vegans and vegetarians. This is also true for kydonopasto which one can enjoy in small quantities as it has added sugar.



This was a very interesting experience for all of us. We learned so many things about some of the most famous Cypriot traditional products but also we were very lucky to try them!