



A spoonful of Glyko

by Eve Gratton

Fruits and vegetables preserved in sugar syrup have been made in Cyprus for generations and in the days before refrigeration, this was the way that they could be preserved successfully and enjoyed during the winter months.

A piece of glyko (served on a small glass dish with a silver two-pronged fork) is still the usual accompaniment to a cup of Cyprus coffee – particularly for guests when they visit the house.

Katerina Christoforou well remembers her mother and grandmother preparing the different fruits – and some vegetables – in this way and seeing the rows of glass jars in the pantry. Ten years ago, Katerina began to make glyka commercially in the kitchen of her home. In 2004, her company was awarded its HACCP certificate and that autumn moved to its new premises at the side of the main road from Pano Polemidhia to Platres – just above the villages of Dhoros and Monagri.

The new factory is a great place to visit as it has a small traditionally-styled coffee shop where a drink can be enjoyed with an accompanying piece of glyko whilst watching the glyka being made behind the glass panels of the factory. If you prefer, coffee can be enjoyed out on the veranda, which offers spectacular views towards the mountains and across the valley or in the large front courtyard which is shaded by a canopy of vines in the summer months. There are two gift shops, the first selling a range of local handicrafts including gourds - hand-painted by a local craftsman, and the second is filled with every type of glyko imaginable – and a selection of other traditional foods including soujouko, and carob honey.

Today, Katerina and her staff prepare more than 20 different types of glyko including several more unusual ones such as tomato, carrot and baby cucumber. Katerina has recently experimented with making glyko from prickly pear and this has proved very successful. She did this because medical research has found that prickly pears can be eaten as a preventative measure against prostate cancer. A number of the glyka are known to have health benefits and Katerina is happy to advise visitors. The different types of glyko are available in three different-sized jars or a great gift idea is the decorative glass jar containing seven different glyka. There is also a variety of fruit jams and most of these are available in a diabetic version too.

• Katerina Sweets is open seven days a week between 08.00 – sunset. For further information please telephone 25-432000

