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Greek Gastronomy

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Head Office

14 Akadimias Str. Kolonaki, 10671,
Athens, Greece
T: +30 210 3647643

Athens Centre Office

Located inside Zonars
9 Voukourestiou Str. City Link
10671, Athens, Greece
T: +3- 210 3251430

Athens Hilton Office

Located inside Athens Hilton
46 Leof. Vasilissis Sofias. 10671
Athens, Greece
T: +30 210 9670170 | +30 210 728100021

London Office

33 Beauchamp Place, SW3 1NU,
Knightsbridge, London
United Kingdom
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Explore

Greek Gastronomy

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Publisher **George Giannakis**

Editor-in-Chief **Natasha Theochari**

Art Director **Chrisoula Farmakidou**

Articles **Natasha Theochari, Frini Taifakou, Kaloussa Nafpaktitou**

Advertising **Vasso Farmakidou, Taxiarhis Giannakis**

Photography **George Giannakis**

Graphic Designer **Dimitris Yannatos**

Printing and Binding **Colorprint**

Project Manager **Chrisoula Farmakidou**

Published by **George Giannakis**

Ellines in Emirates

28 Dedaki Str, 320 09 Schimatari Viotia GR
T +30 6948349392, + 971 50 8294488
info@ellinesinemirates.com
www.ellinesinemirates.com

Consider Consultancy

Level41, Emirates Towers
Sheikh Zayed Road. P.P. Box 31303, Dubai- UAE
T +971 4 3132036, +971 50 6144787
contact@considerconsultansy.com
www.considerconsultansy.com

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editor's letter

Greek cuisine holds an established position in global food culture. The sophisticated combinations of high quality ingredients arises from knowledge that has been evolving for centuries.

The intriguing mixture of ingredients and techniques is easily quickly understood when travelling around Greece. The curious combination of rugged mainland and serene islands forms a diverse culture and as a result the captivating exploration of tastes that is Greek cuisine.

The morphological diversity of Greece allows for a selection of fine ingredients grown in some of the most favourable weather conditions in the world. Ranging from exceptional olive oil, oregano, thyme, rosemary, bay leaves, the freshest citrus fruit vegetables and seafood to small farms producing meat and dairy well known around the world for their outstanding quality. This variety of ingredients in combination with a range of brilliant wine forms a complete culinary experience.

Each island is a unique world of its own with its own microclimate contributing to creating the local products some of which are endemic to the area and impossible to find anywhere else in the world. An example being mastic of Chios, a flavour you will never experience having not visited Greece.

A more rustic culinary experience is found when visiting mainland Greece. In the Peloponnese, Thrace, Epirus, Thessaly and Macedonia you find cuisine formed from the wisdom of generations of Greek grandmothers cooking for their loved ones. The flavours you will find there promise to make you feel part of these proud families.

These are the reasons we created this edition, for you to become a part of Greece through the most incredible journey possible...food.

Taxiarchis Giannakis

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E-LA-WON

In 320 B.C. the first cookbook in history was written by Archestratos in Ancient Greece. This was not though the beginning of Greek cuisine. Four thousand years of culinary tradition have shaped Greek history and culture. Greek cuisine hasn't only influenced many others but itself has been influenced by numerous cultures throughout history.

Greek gastronomy reveals the development of history, culture and economy of the country from ancient times until now through the ingredients, techniques and flavours used. Food is such a fundamental aspect of any society, a means of communication when language is a barrier. A means of communication that cannot lie or deceive. So what is better than taking a journey through the culinary traditions of a country?

When thinking about Greece the first images that pop in mind are the sun, the sea and the food. The climate of the country is beneficial to creating some of the best ingredients you can find. Due to the morphological diversity of the land it is easy to find a wide range of products. Imagine being in an island and while walking around the port an old fisherman is selling fish he caught today from his boat and ask you walk towards the town you find fresh meat and fresh cheese from the same farm. Across the street there is a vegetable stand with braids of garlic and bunches of oregano hanging from the ceiling and the owner cuts a tomato and passes you a piece. It is the sweetest tomato you have ever tasted.

When thinking about Greece the first images that pop in mind are the sun, the sea and the food.

The idea of hospitality is a key ingredient of Greek cuisine. Φιλοξενία-filoxenia originates from the words φιλώ (love) and ξένος (stranger) and is a tradition that started in ancient Greece, where it was common to accept and treat people in their homes. They strongly believed in the idea of hospitality and considered it a moral and religious responsibility. Strangers were seen as holy guests sent from the gods, to be respected and taken care of with all their love. In a similar way the love a grandmother has for her family is the love she will put in when cooking for them. It is the love that greek people developed towards food. Food is part of every day

life as much as it is of every celebration, every family meeting, every religious anniversary. The atmosphere surrounding a meal is unique and creates a complete culinary experience. The concept of "mezedes", many small plates for friends or family to share and a glass of wine whether it is by the sea or in a tiny village on the mountain gives a flavour you will never manage to recreate at home. Taverns are very common in Greece and are very different to restaurants, they are an informal place you can go and relax, chat and even sing while drinking.

The atmosphere surrounding a meal is unique and creates a complete culinary experience.

In both taverns and restaurants you find the same basic ingredients. Exquisite Greek olive oil, fresh fruit and vegetables, quality meat and fish, incredible cheese and lovely local wine. The good composed of all goods; the ability to live well is described by the word ευδαιμονία-eudeaimonia, the aim of Greek food since ancient times. The well being of people has always been the purpose of recipes and ingredients used in Greek cuisine. Finally, φιλότιμο-philotimo (being a friend of honour) is a part of every bite of Greek food you will ever taste. It is considered to be the highest virtue of all, the core concept of it being respect, following correct paths and doing good. It is way of life and a way of cooking for Greek people and it strongly influences all aspects of Greek cuisine.

You can experience Greek dishes in two different ways; a tavern holds the traditions of Greek cuisine while Modern Greek restaurants will have chefs acknowledged all around the world elevating family recipes and experimenting. Whatever choice you make and we suggest you try both and you will not be disappointed by the unique and fine culinary experience Greece has to offer you.

Explore Greece through Greek gastronomy.

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Greek Luxury Products

ABOUT US

The birth of an authentically luxurious gastronomical experience...

Greek Luxury Products is the newest member of the "Luxury Group" the leading lifestyle management & VIP Services company in Greece.

Our company was founded as a luxury products specialist, providing a variety of premium gourmet products, including award winning farmed caviar of both russian & siberian sturgeon, wild fresh white and black truffles, bottagra from grey mullet coming from small traditional producers from Messolonghi & rare seafood such as Live Alaskan King Crabs, various species of Lobsters and oysters all available for next day delivery in Greece & in Europe.

Despite the fact that our company is relatively new, we have already secured exceptional partnerships with a variety of luxury providers such as Hilton Athens, Island Athens Riviera, Salon De Bricolage, KENSHŌ Hotel Mykonos and the legendary Zonars.

Our products are available for orders via our brand new website as well as through our Luxury Concierge desk at the "Luxury House", 14 Akadimias Street Athens, our dedicated Zonars concierge desk as well as the Island Shop at the iconic Island Athens Riviera. Soon clients will also be able to buy our products from our brand new flag-ship store located at Hilton Athens while we also plan partnerships with major luxury retailers in cosmopolitan destinations such as Mykonos, London, Paris, Gstaad and Courchevel.

Our company will also be participating at the world renowned "Taste of London" food exhibition that will be taking place between the 14th and 18th of June at London's Regents Park.

For more information please visit our website: http://greekluxuryproducts.gr/

OUR PRODUCTS

Award Winning Farmed Caviar

Greek Luxury Products is an exclusive partner of Thesauri Caviar, the only Greek produced caviar that has been certified by the International Caviar Association. Our sturgeon eggs are produced in state of the art aquacultures using ancient Greek techniques that date back several centuries.

Caviar has been known to Greeks since antiquity. Both Herodes and Stravon were known as lovers of caviar while as being referenced by Archestratos, the ancient Greeks seem to have had a soft heart for the sturgeon eggs that were produced in the Black Sea.

Caviar was spread throughout Europe during the last years of Imperial Russia. Greeks used to be among the top traders of caviar during that era, and especially

the great Greek contributor, Ioanis Varvakis who was among the exclusive traders of caviar

between Russia and the Ottoman Empire.

At Greek Luxury Products our caviar is produced in state of the art caviar farms at the Amvrakikos gulf. Our farm was also the one featured at the unforgettable film of Giannis Smaragdis “God loves Caviar”.

Our Thesauri caviar products include sturgeons of both Oseetra and Baerii varieties, while a Beluga variery is set to launch in 2018.

Premium Fresh Truffles

Truffles, an ingredient of high gastronomy has a Greek heritage and is a premium good that has been produced in Greece since antiquity. Truffles belong to the family of Tuber which means inflation. Ancient Greek used to call them “idna”.

There are many references in Ancient Greek & Roman texts such as Theofrastos, Dioskouridis and Cicero, that considered truffles to be both afrodisiac and therapeutical. Romans believed that the best truffles were produced in Greece. Plutarch speculated that truffles were made from clay that has been roasted by the thunders of the King God Zeus. Plinios considered them a miracle of nature while Byron held them high in regards as a source of inspiration. Historically, during the old testament, truffles were thought to be a gift from god. Today the French refer to truffles as the “black diamonds of gastronomy”.

At Greek Luxury Products we offer a vast variety of premium truffles from Greece & other Mediterranean countries. All of our truffles and produced weekly and are 100% fresh with a premium quality guarantee.

Live Sea Food

Greek Luxury Products is the only company in Greece that has the capacity to deliver even the rarest & most exclusive kinds of seafood within less than 24 hours. From Alaskan King Crabs to Blue Lobsters, Greek Lobsters, Langoustines or even oysters and fine de claire, all of our

products are available for next day delivery anywhere in Greece.

Bottarga

Since 1856 the heritage of egg processing of the female grey mullet fish in Greece has been passed down from generation to generation.

Bottarga was considered an eclectic recipe during the time of the Egyptian Pharaos while the Ancient Greeks held it in high regard as a food with lots of nutritional values. Bottarga was also a favourite plate of the Byzantine Emperors while today it is considered one of the most rare & prestigious plates of gastronomy.

At Greek Luxury Products we only work with the best & oldest traditional Bottarga producers in Greece. Next day deliveries are available.

Other Products

Our company also offers a variety of premium quality delicatessen products such as premium olive oils and rare honeys from all over Greece.

Bespoke corporate gift baskets are also available upon request for special occasions.

OUR SERVICES

Restaurant Suppliers

Our company is the official gourmet supplier to some of the most exclusive & award winning restaurants in Greece & the United Kingdom. Moreover our company is often a frequent supplier of hotel lobbies, hotel restaurants, gourmet boutiques as well as international event caterings & cruise ships.

Creation of branded products are also available upon request.

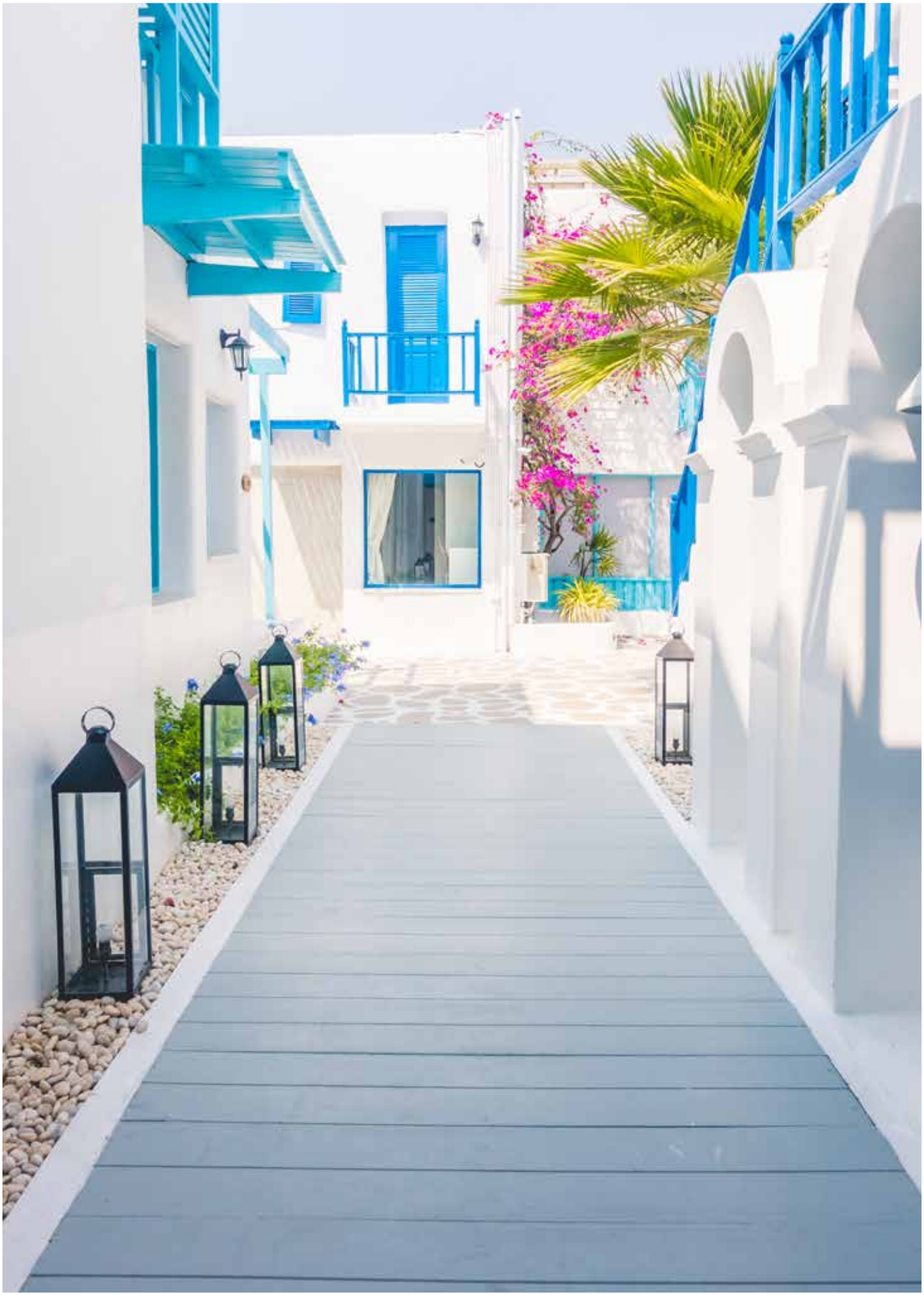
Gourmet Delivery

At Greek Luxury Products all of our gourmet goods are available for immediate 24hour delivery in any destination throughout Greece or even Europe. All of our products are delivered fresh, some of them even live and with a Premium Quality Guarantee.

Gastronomic Experiences

Designed in collaboration with our luxury travel & VIP Services sister company, Luxury Concierge, our “Luxury Experiences” service is designed for discerning travelers with a passion for extravagant tastes.

From wine expeditions to truffle hunting, private gourmet experiences, champagne tasting sessions or even corporate events, our company is available on a 24/7, 365 days per year basis to cater for even the most demanding clientele.



SIFNOS

ELEGANCE & GASTRONOMY IN CYCLADES

Sifnos Island finds itself in the Cyclades island group, in the Aegean sea. As it is the home of the father of Greek Gastronomy Nikos Tselementes, Sifnos has a deep food culture with excellent products and magnificent local dishes. A typical island of the Cyclades on the same blue & white colour motive, but yet not so typical in its atmosphere and essence. This is an elegant island with a high standard range of restaurants, hotels & bars that will definitely please the most demanding of visitors.

Gastronomy & products

Gastronomy is synonymous to Sifnos Island. The Sifnian cuisine is rather famous for its simplicity and character using local products that grow within the island.

Let us not forget that the most famous Greek Chef of Greece, Nikos Tselementes, was Sifnian by origin. He brought a fresh air in the dated Greek cooking techniques of the 20th century and gave a European dimension to the food scene of that era.

Today, the island has several local products that you can taste or purchase just before holiday is over. Thyme honey has a rich & aromatic taste, capers grow in every corner of the island, and Sifnian cheek peas make the most delicious & simple local dish: “revithada”. Herbs such as oregano, sage and marjoram smell everywhere and are used in many Sifnian recipes.

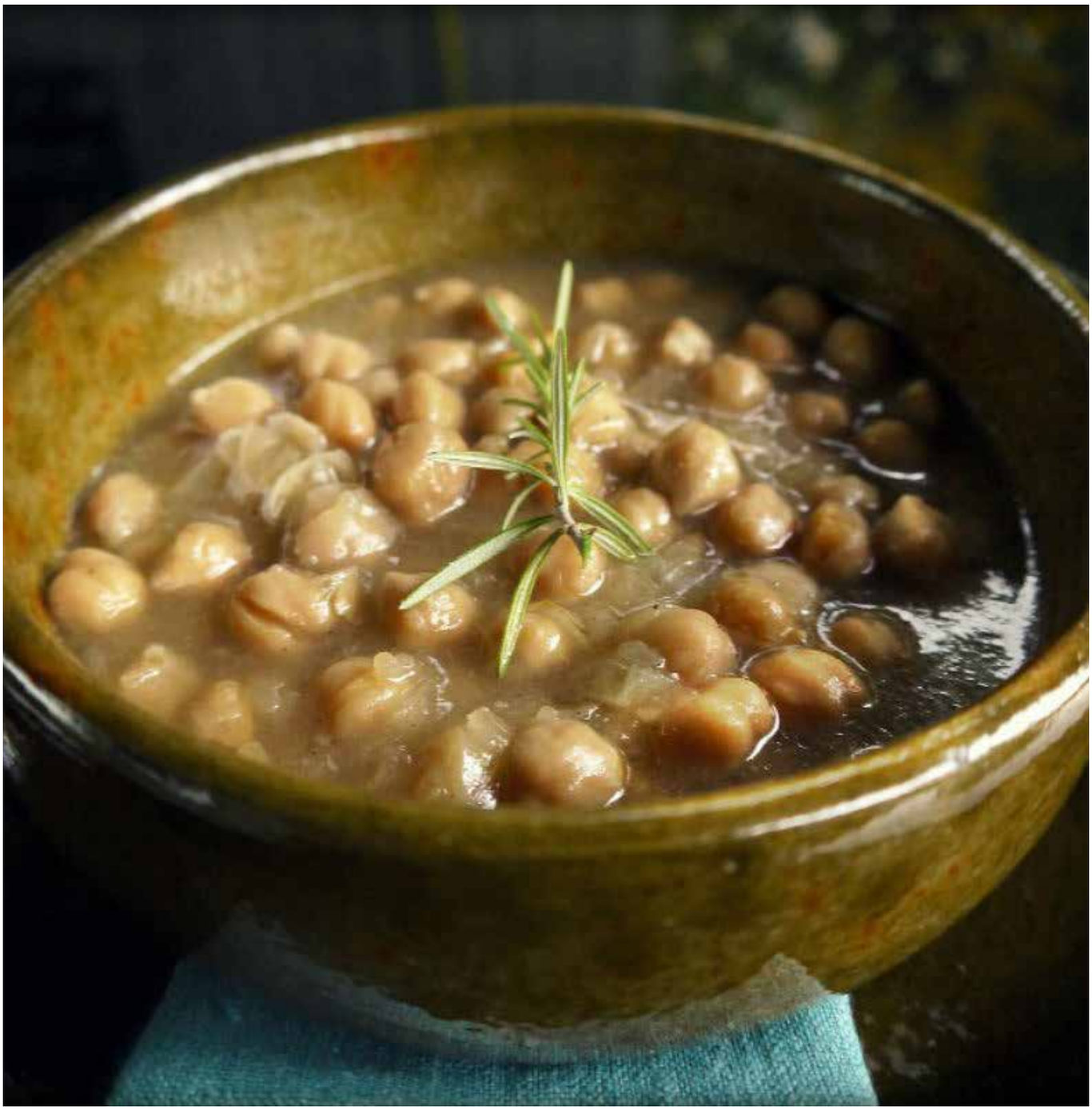
If you are a cheese lover then you definitely have to taste the variety of local cheeses. Here, feta is no longer the protagonist and manoura & xinomizithra take its place rightfully. In the beginning of summer you can taste fresh manoura, well as the summer evolves you will find xinomizithra and spicy manoura easier. A fresh salad with xinomizithra on top makes a great quick local lunch.

Apart from “revithada” that is slowly cooked in wood fired oven for hours, there are more delicious dishes such as “mastelo” kid or lamb slow cooked with red wine and dill in a traditional ceramic pot. Caper salad, another famous recipe for those who prefer extra salty and intense flavors cooked with a lot of onions in the oven.

"Revithokeftedes", small fried cheek pea balls come as a starter in order to begin your gastronomical trip in Sifnos island.

However, every lunch or dinner needs something sweet in order to end well and Sifnos has a strong tradition in the art of pastry. Lukumi is a kind of Turkish delight found in most islands of the Cyclades and in many places in Greece in general. "Amigdaloto" the Greek marzipan has three different versions in Sifnos and is always baked in the oven. There are a few old fashioned pastry shops that have mastered the art of marzipan throughout the years and really worth visiting them in order to taste those bites of heaven.

The island has to offer many gastronomical experiences; traditional or not, sweet or savory, simple or sophisticated will finally meet your expectations.



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MAGIO DOORZ

Where to go

Apollonia

Apollonia is situated in the heart of the island and is the capital of Sifnos. It is ideal for strolls around its narrow pedestrian streets and it is rather lively during the night. Many bars, cafes, clubs and restaurants are found in “steno”, the main street of Apollonia.

You will admire the beautiful traditional local architecture and you shall get charmed by the amazing churches with frescos & artistic icon screens.

Kastro village

Situated on a rock right under Apollonia, Kastro is one of the most charming villages of the island. The village has been inhabited from the pre historic era and till today it maintains its medieval character with narrow roads, very little communal areas, small wooden balconies and picturesque architecture.

Artemonas

At the north of Apollonia, just a few minutes away, you will meet an astonishing village. Family oriented since it is less noisy and more spacious – it makes the perfect place for an afternoon walk. The gorgeous mansions, the small traditional pastry shops, the few restaurants and cafes will invite you in for a more relaxed time.

Every year in the beginning of September, the Festival of Cycladic Gastronomy “Nicolaos Tselementes” takes place in the central square of Artemonas. Traditional dances and local recipes are only a few of the things that you can enjoy if you happen to be there.

Chrissopigi

When you will set your eyes on the sacred rock of Chrissopigi you will understand what makes Sifnos such a great island. The monastery of Chrissopigi is situated right on the very end of the cape since 1650 and is the protector of

Sifnos island according to locals. From both sides of the rock you can swim to the crystal clear waters of the Aegean Sea and taste local dishes on the restaurants across the beach.

Cheronissos

This is where time stops and you feel that you have travelled through time to find yourself in another decade, in a fishermen picturesque village. Cheronissos is protected in a small golf and has two restaurants where you can try fresh fish caught by the fishermen of the village.

“Every year in the beginning of September, the Festival of Cycladic Gastronomy “Nicolaos Tselementes” takes place in the central square of Artemonas. Traditional dances and local recipes are only a few of the things that you can enjoy if you happen to be there.

What to do

Definitely visit one of the many ceramic workshops. Sifnos has a great history in the art of ceramics. The climate, the sea, the sun & the element of clay within the Sifnian ground had made it easier for such an art to evolve in this very island.

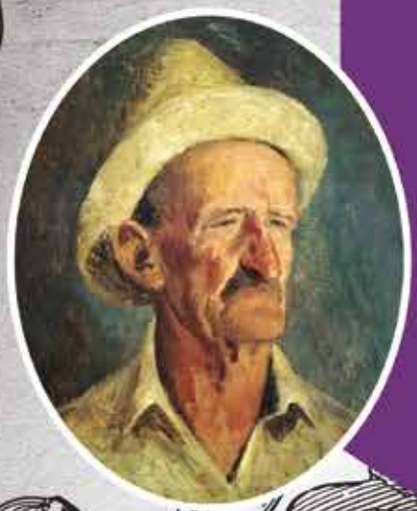
Cooking pots, jars, jugs, dishes are only a few of the creations that one can meet in ceramic workshop. Try baking with the casserole ceramic pot and make the most delicious dinner.

On the beach of Platis Gialos you will meet Frazeskos Lemonis, a ceramic artist that tries to preserve the old art of Sifnian pottery & the family business.

Ceramic workshop
Frazeskos Lemonis, Platis Gialos, Sifnos.
Tel. + 30 22840 – 71203
www.flemonis.gr

To fulfill your gastronomical experience, visit Narlis Farm at Kato Petali, just a stone throw away from Apollonia, the capital of Sifnos. Narlis Farm is a 100% traditional farm of Sifnos where you can taste vegetables, herbs and fruits of aged varieties that have survived throughout the years. At Narlis Farm apart from tasting local products & goods you can also participate in private cooking lessons that end up in great feasts accompanied by local organic wine.

Narlis Farm
Kato Petali, Sifnos
Tel. +30 6979778283
sifnos-farm-narlis.com



from grandpa's garden

The firm E. & D. KONTOS S.A. was founded in 1986 in Vasiliko Evia, trading dried and fresh products mainly, such as the famous white figs of the island! Following the steps of their grandpa, his children continue the tradition producing the best, tastiest traditional products, reminding us of past times.

E. & D. KONTOS S.A. adopts systems of quality control, such as IFS FOOD, ISO 22000:2005 and has created a modern, sophisticated assembly line with carefully selected first matter, responding with success to market demands.

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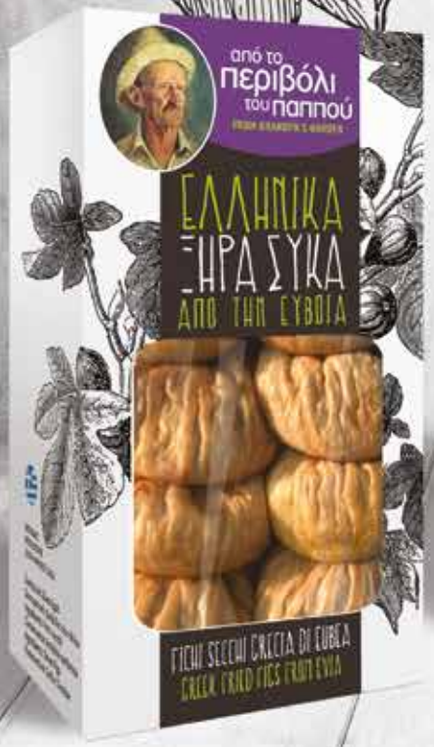


E. & D. KONTOS S.A

12th km National Road Chalkida-Eretria, Vasiliko Evia – Greece, 34002 / T. +30 22210 54750 / www.kontosgreece.com

Where to eat

Restaurants

Omega 3

At Platis Gialos you will not only enjoy the fantastic beach but you will also have the most refined dining experience during your holiday. A fish & wine bar right on the beach where you can try fresh raw fish with fresh local materials and cooking techniques coming all the way from South America where Chef George Samoilis lives half of the year. «Omega 3» is absolutely the "must" eat of Sifnos.

Omega 3
Platis Gialos, Sifnos.
Tel. +30 2284 072014

Drakakis

For a local food experience, try the café of Drakakis with bites & tapas from Sifnos & Cyclades in general. It is right in the center of Apollonia and you can start in the afternoon with a Greek coffee and finish up with delicious meatballs, eggplant with feta cheese, local cheese selection and a lot of "tsipouro".

Kafeneio Drakakis
Apollonia, Sifnos
Tel. +30 22840 31233

Mamma Mia

To eat something different than local cuisine try Mamma Mia Italian restaurant either in Apollonia or in Platis Gialos. The restaurant goes back to 1988 when it first opened its doors. Today Filippo & his son will prepare authentic Italian dishes with style just for you.

Mamma Mia
Apollonia, Sifnos
Tel. +30 22840 33086
Platis Gialos, Sifnos
Tel. +30 22840 71219

Pastry shops

Theodorou Pastry Shop

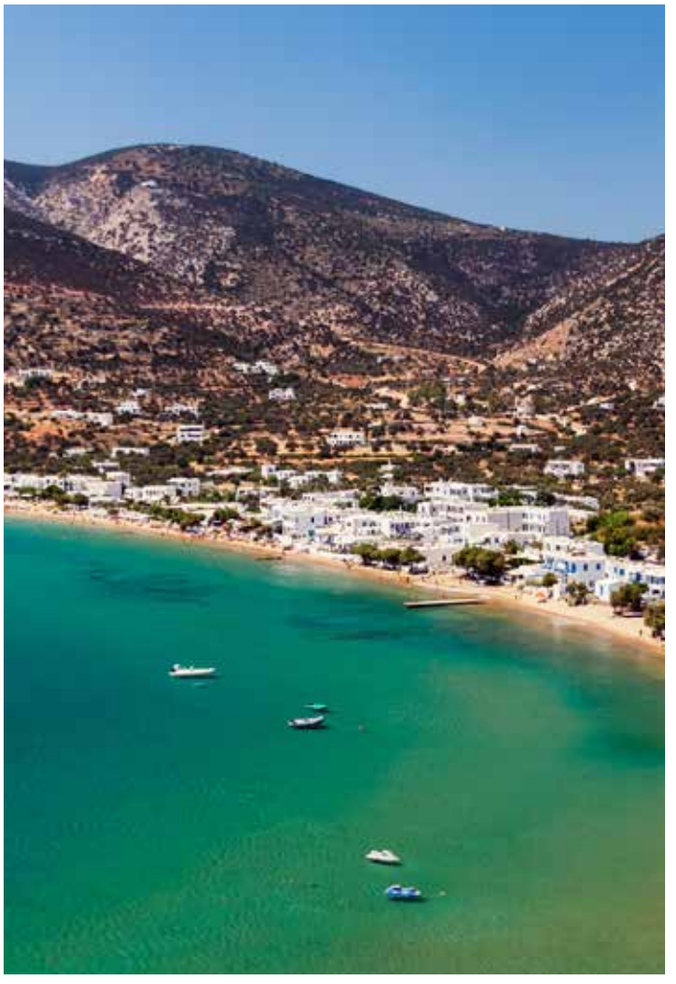
The Pastry Shop of Theodorou family goes back to 1933. Traditional local sweets made with extra love & care in the most retro pastry shop of the island. Try "Pasteli" a kind of sesame bar which is made with aromatic local honey and don't miss Chalvadopita the most almondie bite you had ever had.

Theodorou Pastry Shop
Artemonas, Sifnos
Tel. +30 22840 31370

Kitrino Podilato

During the afternoon, a stop at "Kitrino Podilato" (yellow bicycle) is ideal to enjoy your coffee along with a delicious cake or sweet made by the hands of George Psaraftis, a Sifnian Pastry Chef influenced by Sifnos & France.

Kitrino Podilato
Artemonas, Sifnos
Tel. +30 22840 31244



Where to stay

Elies Resorts

If you imagine a luxurious holiday with all comforts available, then Elies resorts is the right pick. The hotel complex is based in the area of Vathi, in Sifnos, and was designed with total respect to the local architecture and landscape. Elies resorts have become a point of reference on a national & international level.

Beauty & simplicity are two of the words that can describe it best. It is made up of 32 dwellings of different types: the superior rooms, the suites and the pool villas.

The hotel's restaurant will offer you the opportunity to taste Mediterranean cuisine with local ingredients. An exceptional menu, a carefully selected wine list combined with the excellent service & the unique atmosphere will fulfill the amazing experience.

For more information visit
www.eliesresorts.com

Elies Resorts, Vathi, Sifnos
Tel. +033 22840 3400

Verina Astra

Situated at Poulati, only 3 km away from the picturesque village of Artemonas, on the side of a steep hill you will find Verina Astra hotel.

It is a complex of villas with the most breathtaking view of the deep blue Aegean Sea. Verina Astra offers you two different types of accommodation: the suites & the double rooms.

Breakfast is based on local products and local delicacies – an excellent way to begin your day in Sifnos Island.

During the day, don't forget to try a light meal around the infinity pool or in the lounge area.

For more information visit
www.verinahotelsifnos.com

Verina Astra, Poulati, Sifnos
Tel. +30 6976867641

Dina Nikolaou

The Greek Chef that conquered Paris!

Dina Nikolaou is a Greek celebrity Chef with years of experience in the restaurant business and in the TV industry. Warm hearted, classy, always with a huge smile on her face, she is surely one of the most loveable TV Chefs in the country. Dina welcomed us at “Yoleni’s”, in the center of Athens, where she gives the most interesting seminars on Greek cuisine, in order to tell us her own success story.

The Greek Chef that conquered Paris!

When was your first cooking experience?

"My first cooking attempt was when I was six years old. I remember my grandmother was making bread and I took bits of the dough - filled them with cheese and gave them different shapes. I was standing in front of the wood burning oven really impatiently to try my very own first creation. I will never forget how full and happy I felt. However, my first professional cooking experience was during my work placement in a two star restaurant in Paris when I finished my studies."

When did your TV career started?

"It started 13 years ago totally out of the blue. It was the time that I had returned to Greece after many years of absence. I had then released a cooking book about recipes with fruits and was invited in a TV morning show for its promotion. The next day I received a phone call to go to an audition regarding the cooking section of a daily show. I was immediately chosen and everything else came naturally."

How did Paris come into your life?

"When I finished primary school, my parents bought me a ticket to Paris as a present. My uncle and his family were living there permanently and I always wanted to visit them. This trip changed my life, I immediately felt in love with Paris. It was all strangely familiar, like I had been there for all of my life. Passionate as I was, I promised myself that one day I would conquer Paris somehow. I was a teenager thirsty for life & success that used to dream big."

When did you start your own restaurant in Paris? Was it difficult?

"I owe my first restaurant to my sister Maria Nikolaou. It was a brave decision that we took. Maria was already in the industry and she was managing the Greek restaurant of her husband's family, in Paris. We decided to take this restaurant a step further and make a statement in the Parisian food scene. "Evi evane" was something new, we needed to prove to the French audience that Greece has a strong gastronomical background and it has nothing to do with the touristic food of their holidays in our country. We brought Greek local dishes and products into light. We wanted to cook real Greek food with real Greek products. We refused to be just another commercial Greek restaurant. We wanted "Evi evane" to be a gate pass to Greece. We introduced Greek wines to the French. We wanted everything to be fresh and homemade and welcome everyone as if they were coming to our home. They appreciated our truth and kept coming back. Slowly the clients became friends and this has given us strength to carry on."

I know that the family of "Evi evane" has expanded. Tell us a little bit about the new members of the 'family'.

"In 2011, we opened a Greek deli in the heart of Paris called "Evi Evane Traiteur". More than 180 traditional Greek products are available to customers; Products that we have carefully selected from local producers of the Greek land. Kalamata olives, olive oil from the Peloponnese & Crete, many kinds of Greek cheeses, honey & wine are only a few of the products that one can come across. You can also pick up your lunch and choose from Greek pies to mousaka and tarama.

We took another step in 2014 and opened the first Greek meze (tapas) restaurant in Paris. Mezes is a part of our culture and we wanted to honor our heritage and introduce mezes to the French. Seafood tapas, meatballs of all kinds, Greek cheeses, olives, ouzo & tsipouro are always on the front line. We have chosen every recipe and every product with love and care in order to offer a full Greek meze experience to our customers."

Do French love the Greek cuisine and its products?

"For a long time the French were not aware of the authentic Greek cuisine and its long history. I dare to say that "Evi Evane" played a crucial role in promoting Greek cuisine and Greek products in France. However, I believe we still have a long way to go in terms of promoting Greek products in such a competitive market. "

Do you believe that you have contributed in promoting Greek gastronomy abroad?

"I want to believe that after years of endless efforts we managed to promote Greek gastronomy by taking part in numerous food festivals worldwide, by organizing cooking seminars regarding the Greek cuisine in many large cooking schools, by taking part in TV shows in order to promote Greece and by releasing Greek cooking books in order to educate the audience. More or less all these actions have made their contribution in the promotion of our gastronomy abroad."

You are always between Athens & Paris. What do you love about those two cities?

"In Paris, I love walking around in the streets of my neighborhood, on the left side of the Seine River; it immediately makes me travel through time in different eras, places & time.

I also love French bistro's, they are so nostalgic

& romantic without being dated at all. This is the place where all I need to be happy is a glass of wine and a piece of cheese.

On the other hand, the street markets of Athens never stop to fascinate me; so many colours, so much variety and so much noise makes you really feel alive.

The Acropolis always casts a spell on me. I dream of having a place where I could cook to people overlooking the sacred rock of Athens.

The local taverns are another favorite thing that one can find in the city, with real honest Greek food that doesn't need any shiny wrapping paper to stand out from the crowd."

Do you have any particular habit when you cook?

"When I cook at home for friends or family, I always listen to music and enjoy a glass of good wine. This is not so easy when I cook professionally where the stress and the environment do not give you space and time to relax; however, I never go anywhere without my knives and my bamboo tongs, they are the "must have" in my kitchen.

Dina you have been in the TV industry for quite long, do you have any new plans at the moment?

"I have been many years non- stop on TV programmes. This season I decided to keep my distance for a while in order to think clear and study well all ideas and proposals. I am preparing something new, something fresh that I am sure you are all going to love it; till then I 'll keep you posted through my website dinanikolaou.gr and my social media. Cooking shows play an important role in educating people nutrition wise. We carry a big responsibility and we need to be careful on every step of the way." We are at "Yoleni's", a great place of Greek gastronomy situated in Kolonaki. Here you have your very own cooking seminar space. Tell us a little bit about it?

"I like to call it "school"; it is my brand new baby and I love it so much. This is the place where I can communicate my love of cooking and I can share my knowledge and experience with people. In every lesson I invite a different producer or a wine maker – his product becomes the protagonist of my cooking lesson. People have loved the whole experience; we taste different recipes, we share thoughts, we communicate through food."

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What do you believe has made you so popular throughout the years?

"The TV has played an important role. People saw my truth through TV; they saw love and care though my TV travel & cooking experiences. I want to tell them all about real food and take them with me in this amazing journey. Viewers always understand and appreciate what is being given with love."

Do you believe that love can be communicated through food?

"Of course it can! It also grows through food and takes different shapes. Food has our energy, the one we have given it when we were making it. People receive our energy through food. At the end of the day, it is all about love."

Do you believe that Greek products are gaining more ground nowadays?

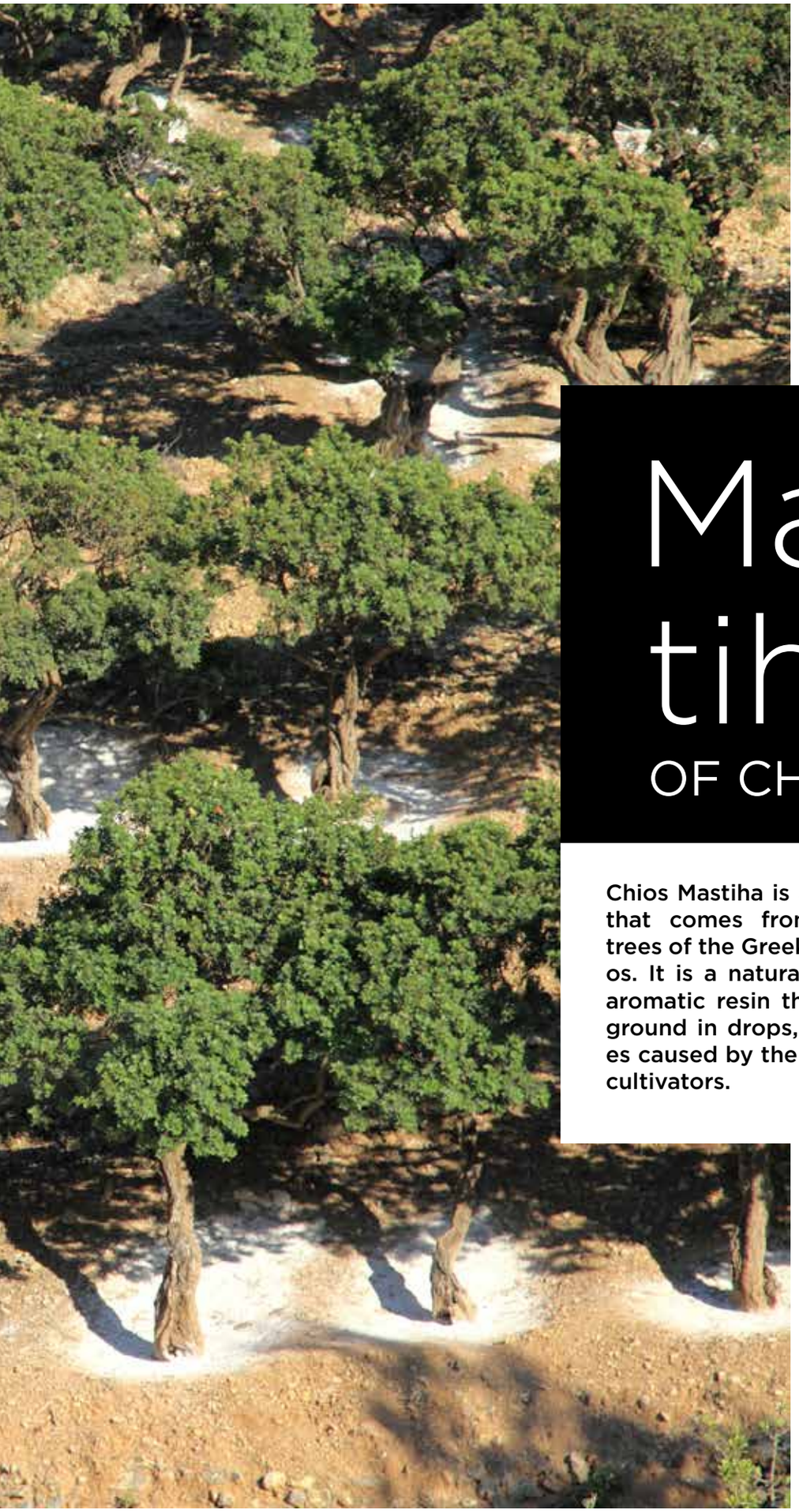
"We have made a small progress by exporting more Greek products abroad; this begun in the middle of the financial crisis and never before. However, I believe that this is only the beginning and we still have a long way to go. We need favorable legislation, education, strategic marketing and slow but solid steps each time in order to establish ourselves in the global market."

Do you think that Greece is a gastronomical destination?

"It certainly deserves to be. The variety of local dishes is amazing. Fruits & vegetables are delicious. The natural beauty of Greece is breathtaking, the climate is simply fantastic and the hospitality is something that we are famous of. Greece is the place where you can really taste life."

Finally, tell us what one should taste when coming to Greece?

"It really depends on the season. I strongly support seasonality in cooking. Our olive oil is our treasure, the fish of the Aegean Sea are superficially tasty, and our summer vegetables are a tasting experience. Do not miss the tomatoes that grow in August with a piece of real buttery feta, a drizzle of extra virgin olive oil and aromatic oregano coming from our mountains; a complete bite of Greece."



Mastiha
OF CHIOS

Chios Mastiha is a resinous sap that comes from the mastic trees of the Greek island of Chios. It is a natural and a rather aromatic resin that falls in the ground in drops, from scratches caused by the sharp tools of cultivators.

Mastiha OF CHIOS

The mastic tree is a shrub 2 – 3 meters high and it has a very slow development. Only when it reaches 40 – 50 years of life is ready for cultivation. Mastic trees are mainly found in the Mediterranean. However, the island of Chios is the only place that has such a supreme quality of resin. The characteristics of the ground, the climate and the traditional techniques of cultivation make Chios Mastiha a unique product. Any attempt to extend the cultivation of mastic trees outside the borders of Chios has failed.

According to folk tradition and religion, Saint Isidore was condemned to death by Romans because of his Christian identity. He became a martyr in front of the mastic trees that started weeping at the event of his death. The tears of the mastic trees became the resin drops of mastiha.

Mastiha has been widely known since ancient Greece. Its therapeutic properties are supported by the contemporary scientific society. Its antioxidant, antimicrobial and anti – inflammatory action make it exceptionally beneficial in disorders of the peptic system and oral hygiene. Its skin regeneration and wound healing power have made mastiha a protagonist in cosmetology, especially in producing soaps, facial and body creams.

Mastiha is also an important cooking ingredient for Greeks. Mostly used in baking and in pastry, mastiha is synonymous to the Greek tsoureki – the Easter festive sweet bread- and Kaimaki ice cream – an aromatic and chewy summer delight. Today mastiha is also commonly used in the contemporary Greek modern cuisine as a unique aromatic spice. The key to success is to use only a small portion of mastiha in order to maintain balance and avoid bitterness.

In sweets or in savory, in drinks or in gum, mastiha is the aroma of the Aegean mixing flavors and memories from the past and bringing them up to date.

great taste 2016
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www.citrus-chios.gr | info@citrus-chios.gr | www.facebook.com/CitrusChios

Dimitris Pamporis

EXECUTIVE CHEF DIMITRIS PAMPORIS SUGGESTS A MOUTHWATERING RECIPE

Dimitris Pamporis is an acclaimed and multitalented Greek Chef. He counts numerous awards and distinctions in cooking and is dedicated in promoting Greek gastronomy and its products in the form of “haute cuisine”.

Today he is the executive Chef of Ekies All Senses Resort in Chalkidiki, Greece.

A 5 star hotel with two exquisite awarded restaurants: “Treehouse restaurant” & “Greek Cuisine Bubo Fine Greek Dinning Restaurant”.

He has also a parallel career in teaching as a cooking professor in the capital of Northern Greece, Thessaloniki.

Executive Chef Dimitris Pamporis suggests a more sophisticated version of slow cooked lamb, a real favorite of the Greek cuisine.

Slow cooked lamb with smoked aubergines purée, tomato jelly, Greek yoghurt & roast sauce

Ingredients

- 300gr lamb
- Fresh butter
- Rosemary

Method

Seal the lamb inside a vacuum bag with butter and rosemary. Put it in sous vide at 65°C for 12hrs.

Ingredients for the smoked aubergines purée

- 500gr aubergines
- 50gr olive oil
- 10gr white vinegar
- 10gr garlic
- 20gr milk cream
- Salt – Pepper

Xanthan gum

Method

Grill the aubergines till brown. When they are cooked remove the skin and put them in a thermomix. Add all the other ingredients and work the thermomix in high speed, until it becomes a smooth purée. Place the purée through a strainer to become even smoother.

Ingredients for yoghurt foam

- 500gr Greek yoghurt
- 200gr milk
- 200gr milk cream
- Salt – Pepper
- 20gr Proespuma cold

Method

Mix all the ingredients and add proespuma cold in the fridge.Leave the mixture inside the fridge for 3hrs. Then put the mixture in a siphon and arm with 2 compressed air ampoules.

Ingredients for gravy sauce

- 2 kg lamb bones
- 500gr onion
- 200gr carrots
- 200gr celery
- 2 sticks thyme 1 lt red wine

Method

Roast the bones in the oven until they become red. Sauté the vegetables in a pot. Add the roasted bones and the red wine. Add water and slowly cook for 3 hrs. Put the mix through a strainer. Add the spices.

Ingredients for tomato jelly

- 100gr onion
- 50gr tomato paste
- 300gr fresh graded tomato
- 30gr olive oilSalt – Pepper
- 100gr red wine
- Cinnamon – clove –allspice
- 4gr agar-agar5gr gelatin

Method

Sauté the onion in a pot. Add the tomato paste and the red wine. Add fresh tomato, water and spices. Cook for 30min and then put the mix through a strainer. Let the mix cool. Add agar-agar, gelatin and put the casserole back on fire until the mixture boils. Put the mixture in the fridge. After it cools you can cut it in any shape you want.

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Ultimate quality
for the ultimate tradition

Halal Certification Services
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Meat Processing Company

Pyrgou & Prespas Str • 183 46 Moschato, Athens, Greece
Tel: + 30 210-4839200 • Fax: + 30 210-4839206
e-mail : info@floridissa.gr • web : www.floridis.com.gr

Food Safety System Certification 22000

IFS Food

ISO 22000:2005

Agricultural University of Athens

Every grain of rice and every handful of pulses that we collect and distribute is a carrier of our values. KANAKAS LTD, based in Halastra, Greece, the largest rice producing area of the country, is dedicated to selecting and exporting Greek rice and pulses of superior quality.

The KANAKAS products are appreciated today as some of the finest choices available. For their production, we work together with independent Greek producers, with a mission to spread the great Greek quality all around the world.

In all our practices we stay responsible towards producers and collaborators. What distinguishes us from competition is the know-how and

KANAKAS
Greek Rice & Pulses

65% of its production is exported to Europeand 35% to the Middle East.

our readiness and ability to answer to the differentiated needs of our clients at any given time.

The acquisition of Macedonian Rice Mills has boosted the company's capacity for storage, processing and packing of rice. This great investment expresses our faith to the superior quality of the Greek agricultural production. The MR Mills are certified according to ISO 22000, ISO 9001 and ISO 14000.

The story of KANAKAS LTD

The Kanakas brothers, Dimitris and Thodoris, are the successors of a long standing family tradition in rice farming. They grew up with the stories of their father's and their grandfather's about the world of rice and its people. In 2008 they create their own company, under the name KANAKAS LTD.

Today, the company manages the 20% of the Greek production in rice and pulses.

65% of its production is exported to Europeand 35% to the Middle East.

At the same time, the company is creating a dynamic network of sales points all over Greece, in collaboration with independent Greek producers that share the same passion for the high quality of the Greek agricultural products.

An impressive step forward for KANAKAS LTD has been the collaboration with Macedonian Rice Mills, the biggest mills in Greece.

This has significantly upgraded the level of services towards our customers, adding storage capacity and production speed.

Kanakas Bros Ltd
Sotiriou Troupkou 21 str
Chalastra Po 57 300,
Thessaloniki, Greece
Tel: +30 2310 794 774,
Fax: +30 2310 794 786
info@kanakas.gr

Krocus Kozanis

In the north west of Macedonia, in Greece, there is a small town called Krokos near the city of Kozani, where Krocus Kozanis – the Greek saffron flourishes.

For over 300 years Krocus Kozanis – the Greek saffron – is exclusively cultivated in the area of Kozani. The micro-climate of the area, make Greek saffr on a unique product worldwide in terms of quality. If you want to witness the procedure of harvesting you should visit the area in the middle of October when the purplish flowers create a magical picture within the fields of Kozani.

Krocus is a grassy plant reproduced with bulbs planted mostly at the end of the summer or in the beginning of fall. Saffron is obtained methodically by the three stigmas that each Krocus flower has. Collecting Krocus is demanding & means hard work - with people having to bend on their knees for hours in order to collect Krocus.

Its name comes from the Greek mythology; Krocus was a mortal friend of Hermes, the God of thieves & commerce and the messenger of the holly mountain Olympus. During a game of discus throwing, Krocus was fatally injured by Hermes when he accidently hit his head with

the discus. Three drops of his blood fell right in the center of a flower that transformed into the three stigmas of the ever since homonymous flower. However there are many stories claiming the origin of Krocus name.

Krocus is an excellent ingredient for cooking or for producing beverages. Only a small quantity is enough to add a great taste, colour and aroma.

Apart from its use as a cooking element, Krocus has a therapeutic dimension known from Ancient Greece. Its profound antioxidant and anti-inflammatory properties are long proven. Researches for its cancer preventive properties still carry on.

It has rather beneficial effects for human health due to the number of vitamins and minerals that contains. Consuming Krocus often will not only benefit your health but also your shape, since it has the attribute to limit appetite.

Krocus is a spice that should definitely gain its place on our cupboard and become one with our everyday eating routine.

Spotted by locals "Athens food & culture guide"

**Athens is the capital of democracy, culture, gastronomy and hospitality;
An atmospheric city that finds itself between ancient monuments and industrial buildings, amazing retro mansions and grey blocks of flats, small street food corners and high end restaurants.
Foodie or not, Athens will offer you a fascinating experience.**

Take a walk of the food side of life

TO KREAS

If you are a meat lover then you definitely need to visit "To kreas" (Meat). Based in a retro neighborhood of Athens, Petralona, just under the shadow of Acropolis rock, in an amazing 30's house, "To Kreas" is a real meat-loving restaurant.

The roof is ideal for outdoor lunch or dinner with pastel colours & modern atmosphere that will surely fascinate you.

The freshly baked bread, the cheesy bites with tomato marmalade, the juicy picanha served with roasted sweet potatoes & mushrooms, the tender brisket or the half roast chicken served with greens & lemon juice are only a few of the tasty choices given to you. The menu changes frequently due to seasonality but always maintains the quality of the meat in a high standard.

Before you go, indulge yourself with a piece of chocolate cheese cake that will melt in your mouth.

To Kreas
96 Dimofontos street, Petralona
Tel. +30 2103247028
Athens

ALERIA

For a fine dining experience book a table at Aleria restaurant. Multi talented Chef Gikas Xenakis has created a creative menu based on Greek products. An awarded restaurant where you will have the opportunity to taste Modern Greek cuisine at its best. Situated in the center of Athens, in a very elegant & aristocratic mansion, Aleria is a cozy and welcoming restaurant making you feel at home.

The recipes take Greek cuisine a step further, slow cooked lamb with cream made of giant beans, piglet with fennel mash, roast peaches, olives & fennel sauce and old school Greek "pastitsio" goes on a different level when is made of beef tail, shitake mushrooms & rich cream.

The wine list is rather updated with a selection from the Greek vineyards and a satisfying number from abroad.

Aleria
57 Meg. Alexandrou street, Keramikos, Athens
Tel. +30 2105222633

GARBI RESTAURANT

When you come to Greece, the first thing that pops into your mind is the deep blue sea, the sandy beaches and the sun. This is exactly the setting of Garbi restaurant in the area of Kavouri, in the southern suburbs of Athens.

A fish restaurant that started working way back in 1924, and continuously adopts new ideas and cooking techniques bringing it always in the front line. Amazing view in a very modern environment with excellent food and service. Fish comes in everyday fresh from the fishermen boats as well as octopus and seafood. Try the extra tasty fish soup, the sea bass ceviche, Symi's prawns and don't miss the variety of grilled fresh fish with olive oil & lemon dressing.

The hostess, Aggeliki Garbi, is a rather hospitable and inviting woman that will welcome you as if you are family. Garbi's restaurant will end up being your favorite fish spot.

Garbi restaurant
21 iliou street, Kavouri, Vouliagmeni ,Athens
Tel. +302108963480

KOSTAS SOUVLAKI

Street food has been a massive food trend for the past few years. For Greeks the favorite old time classic street food cannot be other than souvlaki. It doesn't have to do anything with trends, is just a big part of the local food culture. "Kostas" is one of the best souvlaki places in Athens. It has a history that goes back to the 50's when Grandfather Kostas started making delicious souvlaki in the heart of Plaka. Today his grandson Kostas has kept the same recipe and quality that made granddad's souvlaki that special. The secret ingredients till today were always yoghurt and parsley.

Kostas,
5 Pentelis street, Syntagma, Athens
Tel. +30 210 3228502

Just wanna have fun

GALAXY BAR (HILTON)

For a romantic evening visit one of the most elegant bars in the city “Galaxy bar”.

It is located on the 13th floor of the Hilton hotel, in the center of Athens.

The views of Acropolis, Mount Lycabettus and of the glowing busy city will most certainly cast a spell on you. The premium cocktail menu is promising & delicious with excellent choices such as Orange & Lychee Caipiroska and Bronx Terrace.

Lounge, soul and mainstream music will keep you company whilst enjoying your drink.

For those who want to enjoy a fine meal just before the beginning of the night there is the Galaxy restaurant. Book a table in order to enjoy creations of the Mediterranean cuisine or Asian style bites that will accompany your cocktail.

Galaxy Bar & Restaurant
Hilton, Athens
Tel.+30 210 7281402

BABA AU RUM

If you want to enjoy Athens’ finest cocktails then you should definitely visit awarded “Baba Au Rum” that has rightfully won a place amongst the world’s best bars.

Potions made of organic local herbs, spices and selected spirits from all over the world will offer you a sophisticated experience of fine drinking.

Baba Au Rum has researched the history of cocktails in order to share it with the people and bring it up to date by constantly evolving techniques & combinations.

It is situated in the heart of Athens, near Syntagma, in one of the most hip areas of the city.

Make a choice from the Avant Garde list of cocktails and let flavor overwhelm you.

Baba Au Rum
6 Klitiou Street, Athens
Tel.+30 2117109140

Go Culture

Athens is synonymous to culture; each stone, each corner and each street have a story to tell.

The places to visit are innumerous: Acropolis, The Temple of Olympian Zeus, Ancient Agora, Poseidon Temple, The National Archeological Museum of Athens, The National Gardens, The Roman Agora, Kerameikos and Lycabettus hill are only a few sites that will surely make you travel through time and look history in the eye.

Here are three options you should definitely take in account when visiting the capital of Greece:

THE ACROPOLIS MUSEUM

Located across the sacred rock of acropolis, in the most picturesque & historic area of Greece, the New Acropolis Museum is an architectural treasure and is completely balanced between the ancient & the modern. The Museum has a total area of 25,000 square meters with exhibition space of over 14,000 square meters. It is ten times bigger than the old Museum of Acropolis. The Museum is divided into three different levels. The first one has a glass floor where you can see the ancient urban settlement below; it also houses finds from the settlement & sanctuaries on the slopes of Acropolis. The second floor displays all the archaic finds and all artefacts from the Erectheion, the Temple of Athena Nike & the Propylaea.

The third level is the Parthenon hall which displays the Parthenon sculptures. All exhibits can be seen in natural light during the day time and visitors can also see the Parthenon from the glass gallery.

On the second floor there is an amazing café & restaurant where you can try real Greek dishes and the best pastry & savory Greek treats.

To full fill the experience visit the sacred rock of Acropolis, the Herodion ancient theatre, walk around the pedestrian street of Dionysiou Areopagitou and stop to see the old neighborhood of Athens, Plaka.

For more information visit
www.theacropolismuseum.gr

STAVROS NIARCHOS FOUNDATION CULTURAL CENTRE

The Cultural Centre of Stavros Niarchos Foundation has opened its doors to the public in 2016. It is an astonishing complex in the bay of Phaliron, in Athens, with 210,000 square meters of green. The Center is an architectural gem designed by architect Renzo Piano. The artificial channel designed in the park adds to the peaceful image of the Center. Outdoor yoga & pilates lessons are frequently organized for free.

The Cultural center hosts many music & art festivals and has numerous monthly events from pottery classes to yachting lessons.

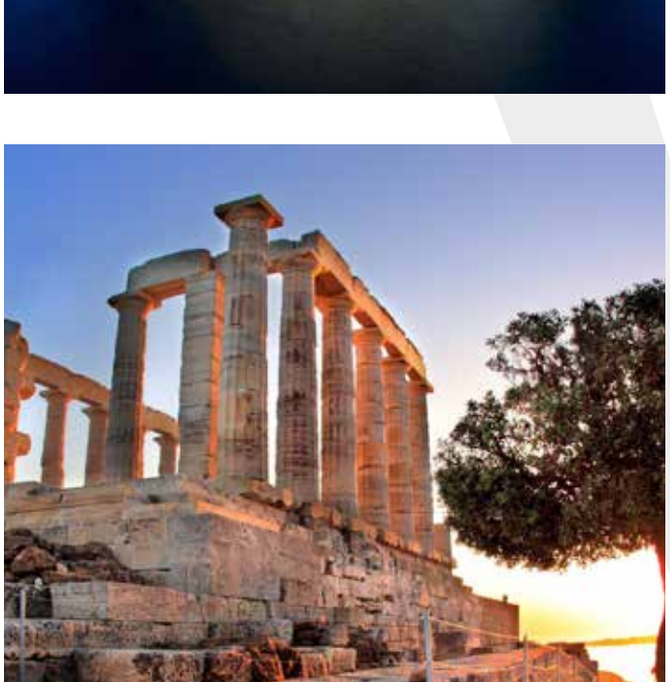
The Cultural Center is the new home of the National Opera – a multi use venue that can host opera, ballet, theatre, and concert productions. The new Opera house is a real architectural jewel that will enhance the Greek National Opera to its core.

Whether you want to participate to a particular event or enjoy a music festival, do not undermine the Sunday morning stroll in the most charming park of the city.

For more information visit www.snfcc.org

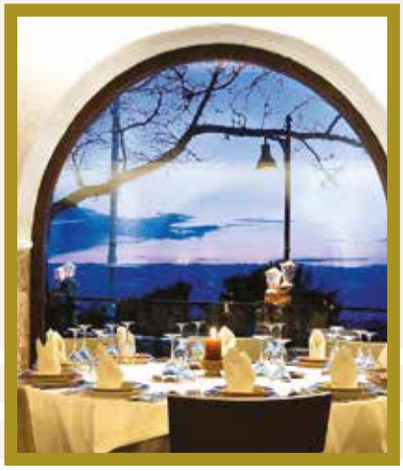
THE TEMPLE OF POSEIDON

70 km away from the center of Athens, in the southern suburbs of the capital, you will find one of the most charming monuments of the country “The Temple of Poseidon”.



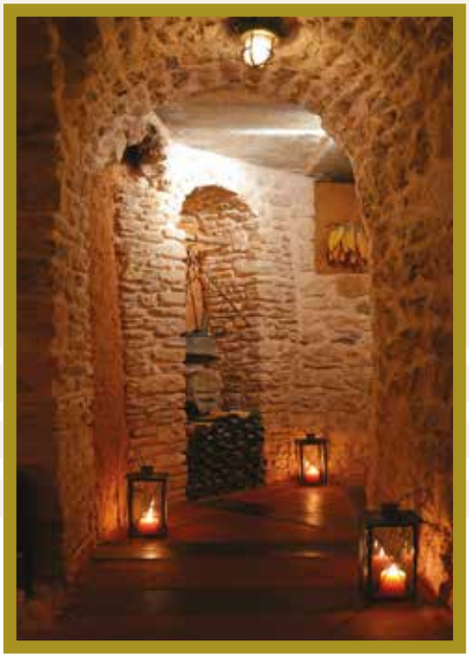
It is situated at Cape Sounion, on a breathtaking location overlooking the Greek Deep Blue Sea from above.

The temple was built exactly the same period as the Parthenon and it is made of local marble. If you decide taking a day trip to the site, combine it with a swim at the nearby beach and visit the monument later on, in order to enjoy the most amazing sunset.



Treating you to Greece

Through a delicate travel in time, the Greek land and its products, the customs and its habits, but also through creative interventions in our traditional cuisine, which have as a priority to freshen, underline and highlight even more our taste references to the Greek traditional cooking, we serve you dishes with the finest seasonal ingredients available combined with a variety of excellent flavours so that you can enjoy nothing but the very best.



Eleas Gi Restaurant

Dexamenis & Olympionikon 4,
Politia – Kifisia Tel: +30 210 6200005 Tel: +30 210 6206433

SNOB DUCK: A GREEK SUCCESS STORY

I met Vasilis Douros in Tripolis, the capital of Arcadia, situated in the very heart of the Peloponnese. The first impression is that he is a very relaxed, stress - free and sophisticated young man with ambition, dreams and energy.

In 2012, Vasilis left his job in the extreme sports industry and moved from Athens to his father's hometown, in order to start his own business and make a new turn to his life.

Everything started from a casual chat in a coffee shop regarding his grandmother and the way she used to make handmade soaps for the family. Vasilis was very curious in soap making and started immediately experimenting. Experiments were successful and the first handmade soap by Vasilis was soon born.

The brand's name was inspired by a bunch of yelling ducks that followed him on his way to his previous job which was soon repeated while he was working to his father's olive grove: «I have had enough, they are so snobbish that I have to make them famous» Vasilis said. Being a vegetarian, he always admired animals and wanted his ducks to be elegant and posh that's why he gave them bow ties and since then he has his very own "Snob ducks". , a life style that follows him in every aspect of his life: "I didn't want to make another product in a fancy package. Instead I use virgin olive oil from our olive groves, fresh fruit & vegetable juices & purees, Greek herbs and anything else edible and tasty coming from the Greek Land."

Snob duck soaps are 100% handmade from making to packaging and have earned their place in pharmacies pop up shops, cosmetic & perfume stores.

Vasilis believes that the key to success is to be open to new challenges and have faith in you.

Snob duck is a one man job and its reputation is taking more ground abroad in countries such as USA, Sweden, Cyprus, Switzerland & Germany.

This is the effort of solemnly one man that made it happen in a quite difficult time for the development of businesses in Greece. The thing that makes his business successful is best described in one of his sentences: "Be original love what I do, put the same effort and attention from the smallest snob duck fan to the biggest trading company." This says it all.

Soap making for him is a whole philosophy

THEONI®

Natural Mineral Water

Evangelos Trogadis

MSc Chemical Engineer, Quality Expert

Theoni water is bottled right at the source, in a unique area with very special geological formations. The source lies at 1100 meters altitude, right inside the virgin nature, that is why the water is crystal clear and does not need any admixture, input or process. The virgin forest and land of the surrounding environment ensures a special natural mineral water of **superior quality and unique flavor**, enriched with exceptional natural characteristics. This is the reason why **it is awarded with the Gold Award** by the Berkeley Springs International Water Tasting Organization based in West Virginia, USA, for the best taste and quality of bottled water worldwide. It is the only Greek Mineral Water that has received 13 International Quality Awards overall.

Theoni water has an alkaline pH 8, a feature which according to "Trends in Food Science & Technology" it is expected to have preventive and positive effects on oxidative stress-related diseases such as diabetes, cancer, arteriosclerosis, neurodegenerative diseases, and side effects of hemodialysis. It also detoxifies, neutralizes, hydrates and alkalizes the human body.

The balanced hardness (113 mg/L) and the low Sodium content (1,2 mg/L), which is one of the lowest ever recorded, strongly contribute to the maintenance of a good human health. According to the World Health Organization (WHO), there is a relationship between elevated sodium intake and hypertension, which has also been the subject of considerable scientific researches. Moreover, hard water with high sodium concentrations has been proved to be dangerous for infants, while low sodium contributes to lower blood pressure, better hydration, no water retention and better operation of stomach and kidneys.

The presence of Calcium (47,7 mg/L) may assist in strengthening bones and teeth and may also decrease the risk of heart conditions. It is well known that calcium is also present in muscle tissue and in the blood as it is required for cell membrane development and cell division, and it is partially responsible for muscle contractions and blood clotting. Calcium regulates membrane activity, it assists nerve impulse transfer and hormone release, stabilizes the pH of the body, and is an essential part of conception.

www.theoniwater.gr

The only Greek Mineral Water with **13 International** Quality Awards

Not only Theoni water benefits the human health but also its complex concentration of mineral salts offers a unique flavor.

Drinking water with Total Dissolved Solids in the range of 100-400 ppm results better in sensorial tests as it results in good-tasting water and Theoni water with a value of 130 ppm has an exceptional neutral and fresh flavor, a fact that agrees with several findings of the Sensory science.
The maintenance of the hygiene in all the parts of the factory is certified through the continuing Cleaning in Place cycles that are performed daily and are set according to the instructions of Food and Beverage experts. **This ensures that the water from the source** all the way to the consumer maintains its natural benefits and excellent quality.

It is worth mentioning, **the low rates in Nitrite** (<0,05 mg/L), Nitrate (1,5 mg/L) and Chloride (<5 mg/L), which according to the U.S. maximum contaminant level and World Health Organization guidelines for nitrate in drinking water they were promulgated to protect infants from developing methemoglobinemia, an acute condition. The few epidemiologic studies that have evaluated intake of nitrosation precursors and/or nitrosation inhibitors have observed elevated risks for colon cancer and neural tube defects associated with drinking-water nitrate concentrations below the regulatory limit.

The role of drinking-water nitrate exposure could be a risk factor for specific cancers, reproductive outcomes and other chronic health effects.
Finally, WHO suggests that there is an increased risk of bladder cancer which appears to be associated with the consumption of chlorinated tap water in a population-based, case–control study of adults consuming chlorinated or non-chlorinated water for half of their lifetimes.

ARACHOVA
ARE YOU
PLANNING YOUR
FORTHCOMING
SKI TRIP?
TO GREECE?
OH YES!

Go on winter vacations to Arachova, a mountainous village nestled picturesquely on the foot of Mt. Parnassos, the most cosmopolitan winter destination in Greece a great favorite for passionate ski lovers and celebrities, or just first-time visitors who wish to relax in a dreamy mountainous setting with modern tourism facilities. Its modern ski resort, its close proximity to the navel of the world and to the archeological place of Delphi (just 10 km) , and its breathtaking mountainous landscape are the strongest reason why visitors want to come and enjoy the mountains and lots of activities during the whole year!

In and around Arachova and Livadi area, a mountain paradise is waiting for you to experience it: Lush nature, awe inspiring mountains, beautiful architecture all around the village, fun, adrenaline pumping activities and relaxed, stress-free ones. Whatever your definition of an ideal vacation is, no matter the time of year, here is the place to be all year around. In Arachova and Livadi, the mountain and the sea become one! If there is one mountain in Greece that combines so many things during the summer period, that is Parnassos.

Due to its proximity to Athens (just 168 km northwest) Arachova and Livadi area, welcomes every year (from early November till late April) more than 150,000 visitors to its snow-covered slopes.

Discover the traditional character of the village by taking leisurely walks through its narrow cobblestone streets. Enjoy hot and sweet, or soft and fruity drinks in the most beautiful cafes in the area, or traditional kafeneia (coffee shops).

The locals also produce their own food products, which you can taste in gourmet shops, or fine restaurants. Share with your loved ones a memorable gourmet experience, and taste local specialties: kontosouvli (big hunks of pork skewered and put on a rotisserie with onions, tomatoes, peppers, and seasoned with salt and pepper, garlic and oregano), kokoretsi (the intestines of the lamb stuffed with organ meat), sarmades (stuffed grape leaves), traditional pies, handmade trahanas (pasta soup, can be sweet or sour), and hilopites (fettuccine-style pasta - egg noodles made in linguine-sized strips, cut into small pieces).

Lathouri is a legume grown in Greece almost 7000 BC, which is also the source known to all of us. There are still some families in Livadi area who cultivate Lathouri without the addition of fertilizers and pesticides, on a plateau over 1,200m, in dry fields that are flooded in the winter.

Continuous seed grading gives a product with a short cooking time of high nutritional value as it does not bark. The latte has a high protein content and edible fiber and also a very low sodium / salt content. You can buy our days Lathouri in some fruit and delicatessen shops in Arachova.

Arachova also produces the famous cheese "formaela",

a sweet smelling hard rind cheese of relatively mild flavor that you should definitely taste! It is impossible for a Parnassos visitor to not have tasted the Arachova formaela. This traditional cheese with a protected designation of origin is produced by goat or sheep milk or from a mixture of those that comes from animals that graze on Parnassos. It has a particular cylindrical shape due to the knit molds in which it is placed to age. In every tavern in Arachova and in the wider area, one can taste the delicious formaela grilled, saganaki as well as in other alterations. Another excellent choice of cheese is the world famous feta cheese and here in Mount Parnassos you can find one of the very tasty ones. You can also buy it from stores with traditional products. Formaella and feta cheese is accompanied excellently by red wine and especially with brousko Arachovian wine.

Have a sip of the divine Parnassos local wine the red "Mavroudi", the appellation of which was officially designated in 2006. The "black Arachova wine" is a full-bodied and prolific variety that produces wines of a deep red hue with high alcohol content. If you like greek grappa then taste 'tsipouro vasilia'

Treat yourself with local yoghurt and honey

from Parnassos with the varieties of fir honey and floral honey at the first place. Honey is collected from beehives located at the slopes of Parnassos, from fir trees as well as from the rich variety of the mountain plants. Due to its low glucose content fir honey does not crystallize, no matter how many years will pass.I

If you want something sweet then go to one of the three "Papastathi Sweets". Everything you will see at the shops are produced by the family in Arachova most of them with old traditional recipes from the grandmothers only with fresh ingredients! Here you will find a selection of sweets that can only be described as "mouth-watering". Be are sure that you will find something here which will cover your tastebuds tingling.

If you are a gourmet specialist, or simply a food lover, you will certainly agree with us: Arachova is a gastronomic treasure-trove!

Before you leave Arachova, pick up some hand-made beautifully colored woven carpets (flocati rugs) and textiles to take with you as a going-away present. One of the most typical traditional products of Arachova is its famous wefts. The weaving art is widespread to the women of Arachova who, from a very young age, learn to create true pieces of art. In every household, there were broadlooms where the women of the house would weave everything each household needed as well as their girls' dowries. Rugs, flokati, pouches, crewels, blankets and many more. Through the years though, this art started fainting away, until the women from the associations of Arachova undertook the work of continuing the tradition. With a great pleasure they create colorful masterpieces with natural dyes, which stand at a prominent place at the stores that sell products of popular art.

Sport Activities :

- Skiing, snow board, sledging as well as other winter sports at the ski resorts of mountain Parnassos at "Gerontovrachos" (17 km N), "Kelaria" (23 km N) and "Fterolakka" (26 km N).
- Hiking from the archaeological site of Delphi (which is located at the borders of the Prefecture of Fokida) to the cave of Korykeio Andro. There are more then 50 hiking routes available which cover the whole Mount Parnassos
- Mountain tours (jeep, enduro, mountain bike) at the mountain of Parnassos.

Must visit:

1. The Byzantine churches of the village with their well preserved frescos.
2. The clock, towering on the Tiria rock, it becomes even more impressive at night when it is illuminated.
3. A walk in Arachova, reveals the charming combining of the old with the new. All of the above, at the holy grounds of the mountain of Apollo.
4. The most impressive cave of Parnassos unfolds its secrets. Pan's Cave or Corycian Cave, at an altitude of 1.360 m. at the south west part of Parnassos, within a beautiful forest with firs and a great view, was dedicated to the God Pana and the Corycian Nymphs. It has a global reputation, not only for its natural beauty but also for the magic created by the ancient myth, where according to Aeschylus the cave was a place that was visited by divine spirits.
5. The Ethnographic Museum is located in the centre of the village and just a few minutes away from the famous Arachova's Clock and it aims to the preservation, study, enhancement and projecting of the local traditional culture and the historical and cultural heritage of the area.
6. Lanka Square: The most central part in Arachova and a meeting point for the citizens and visitors is Lakka square. In the heart of Arachova, a square filled with tables for coffee, desserts and drinks, all year long. During the winter months numerous people enjoy their coffee in the sun, whenever the weather allows it next to the lit heaters. And during summer the visitors seek the coolness under the shadow of the trees. At night, the ambiance becomes warm and romantic, by the lights that decorate the tree of the square and they are left there all year long.
7. Egarsios: The 264 steps in Arachova. This great "staircase" is the way that leads to the Holy Church of Agios Georgios. It consists of 264 steps and it was created in 1927 by the thief Karathanasis. It is considered a must when one visits Arachova, since its ascent rewards you with a panoramic view.
8. Lake Pnigoura in Livadi (10 km from Arachova) is a majestic image that appears in the winter and in spring and it disappears during summer, and it is formed by the rains and the melting of the snow in Livadi, Arachova. The lake makes the scenery heavenly and it offers to its guests the opportunity of canoeing, hiking, cycling or driving a 4X4, as it is a lake with a small depth which appears only when the weather conditions allow it, meaning when there is heavy rain and snowfall.

Where to eat

Karaouli:

Just 1o km from Arachova in Livadi area where the owner George put a lot in decoration and ambience of the place which offers a superb view to the valley and to the lake Pnigoura during the winter and spring months! For starters try the carrot soup with a homemade sausage and then order a Karaouli with grilled meats and casseroles as also the wild boar stew which is perfect. Huge Parking! Non smoking area available!

Kalivia Livadi, Arachova 320 04,
Tel: +30-2267031001
www.karaouli.com

To Fasouli:

Located just above the village of Arachova , this restaurant features easy parking and an absolutely royal view of the valley. The food in focus is Greek food with extra attention on certain regional dishes. The menu features mostly vegetable and meat dishes. Huge Parking!

Kalanaki Arachova 32004,
Tel: +30 2267 029227

Kaplanis:

This friendly, atmospheric eatery has tasteful rustic decoration, from where you can enjoy a view of the street below over daily mayirefta (ready-cooked) specials such as 'lamb in the pan'. Go also for local egg noodles prepared in a clay piece of stoneware which are delicious.

Arachova 320 04,
Tel: +30-22670-31891
www.kaplanis-taverna.gr

Panagiota:

The place is behind the main village church St Geeroge. Inside you have a small dining room nicely decorated in red table cloth with the requisite fireplace for the winter time. A tricolor salad called 'melomeni' is a must, Sausages are excellent with proper fries, as also the veggie soup. Finally, try the 'rooster in wine sauce'.

Arachova 320 04,
Tel: +30-2267 032735

Paramount Cafe

At Paramount in Livadi area just 12 km from Arachova village, with its characteristic fireplace in the center, you will experience cozy and humorous moments. It is open from early and serves a rich, hearty breakfast (with omelets, croissants, homemade cakes, freshly squeezed juices) along with hot coffee, while at lunchtime and in the evening it also serves as a restaurant.

Livadi Area
Arachova 32004,
Tel: +30 2267 03240

Where to stay

Almondhouse Arachova

New dreamy apart suites with fireplace and breathtaking views to Pleistos Valley, Corinthian sea and to Delphi archeological area! By nightfall one can hear the sound of the wind blowing through the surrounding mountains of the village as the thin beams of the moon in the brightness of the stars caress the endless sky.

Gorgeous country-style accommodation at walking distance from Arachova's centre (just 300 meters) . Fantastic suites offering a tasteful blend of country style design, aesthetics and comfort. It is a small place: a beautiful stone with some suites on it which are set amidst almond trees and greenery. The accommodation is done in a contemporary country style, an inspiring match of tradition and creativity, crisp-

ness and cosiness, and aesthetics and functionality. Earthy colours, natural fabrics, charming details, comfy beds, light and space – all with fireplace. Free onsite Parking

For more information visit
www.almondhouse.gr
Almond House Arachova
Pleistou Potamou, Arachova 32004,
Tel. +30-6932457666, +30-2267031927

Alpen House

Alpen house is a four star hotel built at an altitude of 1060m and just 1km away from the cosmopolitan Arachova. All of our spaces are meticulously decorated and equipped with up-to-date amenities offering a stunning view to the Delphic landscape.

Luxury and style make Alpen House Hotel an unforgettable destination. For more information visit www.alpenhouse.gr
Provincial Road Arachova - Eptalophos
Tel. +30-22670 31068 , +30-22670 31970

"Alexandros" Guest House

The "Alexandros" Guest House offers a unique combination of the Old Arachova Mansion with the today's luxury and comforts, perfectly combined in harmony, creating a perfect setting for your holidays in Arachova.

For more information visit
www.alexandrosgr.com
Arachova - Parnassos - Greece
Tel: (+ 30) 22670 32884 | Mobile: (+ 30) 6974 901820

Arahova Inn

The hotel is located on your right just barely entering the village.The central location helps the hotel guests to enjoy the activities that they

are available in the village and the surrounding areas, including the skiing center of Parnassos and Delphi.

It offers free WiFi, a 24-hour front desk, a TV/ lounge area and a breakfast room.

The hotel has 42 twin or queen bedded rooms with balconies. Each has a TV and telephone. Rooms are cleaned daily, while breakfast is also included.

A games room is available as well as a conference room.

For more information visit www.arahova-inn.gr
32004 Arachova
Tel: +302267031497

Boutique Hotel SKAMNOS (in Livadi area)

Situated at the heart of Parnassos, at an altitude of 1200 meters, and 12 km from the picturesque Arachova, this charming 4 star hotel with its 22 rooms, offers excellent leisure facilities combined with outstanding mountain views.

Part ski hotel, part mountain lodge, this cozy retreat offers some of the best views plus such luxurious perks as a heated indoor pool with breathtaking views to Mount Parnassos, outdoor Jacuzzi, and a spa (sauna , steam-bath). The family-run hotel has been around since the mid-1980s, but many of its nooks are renovated and fresh.

The guest rooms feature wood ceilings, darkly hued furniture, and fabrics ranging in tone from peach to rust. Alluring accents include antique mirrors and fireplaces. For

Breakfast, the owners whip up delicious omelets—and wait until you try the homemade bread! For an extra fee, treat your muscles to a massage at the in-house spa. Alternatively guests can just relax at the bar and take in the wonderful scenery.

Guests enjoy free WiFi and free parking. Parnassos Ski Centre is very close by, while the archaeological site Delphi is 23 km away, and Eptalofos Ski Centre is 10 km away.

For small companies which would like to organize meetings there is also place!

For more information visit www.skamnos.com

Boutique Hotel SKAMNOS
Skamnos Arachova 32004,
Tel. +30-6932457666, +30-226703192

www.epsa.gr

facebook.com/epsa.gr

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Almond House

A wonderful place to stay in Arachova for visitors who want to be away from the mass tourism in Delphi with superb views to the mountains and to the Corinthian sea and a refreshing quite atmosphere.
Beautiful self-catering huge rooms with fireplace, warm hospitality, where the style and comfort of the interiors are a hidden gem and show the extraordinary care of the detail.
You, dear guest, could live here!

Almond House
32004 Arachova Viotia Greece
Reservations & Information:
T. +30 22670 31927
+30 6932 457666
F. + 3022670 29109
info@almondhouse.gr

The Hotel Archontiko Anyfanti is situated in the beautiful village of Zatouna in Arcadia, just a stone throw away from the Historical Town of Dimitsana. The mountainous village is built at an altitude of 1050m and it has preserved its authenticity throughout the years.
The hotel is situated on the ex-Anyfanti residence. It used to be a typical wealthy Arcadian mansion of the 1840's and it sets itself as an example of the local architecture. The building has been fully restored according to its original plans and has been converted into a hotel by the Greek architect Giannis Kizis. Elements such as the well designed quoins, the fortress-like windows, the stone dome on the ground floor, the wooden balconies and the wooden ceilings with local patterns and designs will most definitely introduce you to the Arcadian architectural style.

The building is regarded as a local treasure.

RESTAURANT

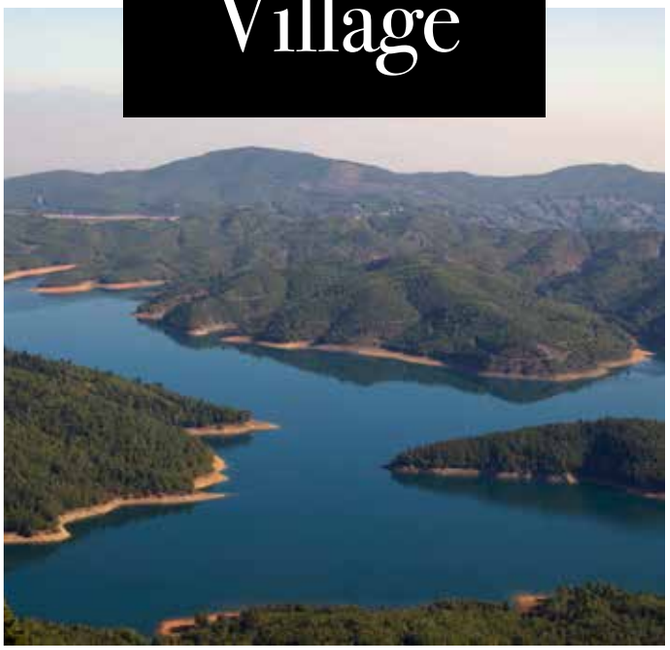
Pure ingredients, local flavours and recipes, excellent quality, real comfort food with respect to our Peloponnesian heritage and a passion for gastronomy are only a few of the elements that we have combined together with Chef Vasilis Kafaloukos in order to create a fresh and honest menu. Select a Greek wine from the list that we have created especially for our visitors.

COOKING & PASTRY SEMINARS

Learn the secrets for a successful Greek pie, get introduced to the art of baking the Arcadian Bogatsa and let Pasta Flora teach you how to make desserts and sweets with local ingredients. Until food is ready you will be given a short tour on our beautiful village, meet the people, feel the energy, get charmed by its nature and finally get hungry.

Archontiko Anyfanti
Zatouna Gortynias
22007 Arcadia, Greece
+30 279.502.9202
+30 694.652.9470, +30 694.087.2409
contact@archontikoanyfanti.com

Oreiades Village



"At Oreiades Village you will enjoy the unique view of Plastira's lake and the great hospitality of local professionals and people. The warm and cosy rooms, the pool and all our facilities can guarantee the comfort you desire."

COOKING CLASSES IN NATURE
Meet the area through our flavors. Enjoy local dishes prepared by you in outdoor cooking classes with local chefs.
The lessons are arranged upon request and are made at local farms, at our hotel or in a traditional agrotourist tavern.

Oreiades Village
Lake Plastiras, Karditsa
T. +30 2441092896 +306944399541
E. palmosd@gmail.com

Eumelia Organic Agrotourism Farm & Guesthouse

Eumelia is located in the Peloponnese, in the prefecture of Laconia near the village of Gouves. A diverse holiday destination and region that includes a vast range of ancient sites, historical monuments, museums, beaches, and picturesque villages on the mountains or by the sea side.

Our ecological cottages at the heart of the organic farm, as well as the other hotel facilities use environmentally-friendly material and have been designed to utilize nature's forces. Built in the traditional Greek farmhouse architecture with modern elegance each of the houses has its own private garden and a large veranda with great view of the farm and the surrounding mountains.

Eumelia Organic Agrotourism
Farm & Guesthouse
Contact Telephone: +306947151400
Reservations,
Groups & Directions: reserve@eumelia.com
All other inquiries: info@eumelia.com
Skype name: homeodynamic.development.s.a

Kalamata Olives

Since ancient Greece the olive tree has had a sacred meaning. It was the symbol of the Olympic Games representing the Olympic ideals, piece, wisdom & victory. This is why athletes used to be crowned with olive leaves as a winning prize.
Olives were and are the protagonist of the Greek culinary art & have been a part of Greeks' nutritional routine for hundreds of years.
From one border to another, olives vary; they grow under different conditions and develop different characteristics. There are many varieties being cultivated around the country, others are mostly used to produce olive oil and others simply to be eaten just the way they are.
Kalamata is the land of Kalamata Olives, a kind of table olives, quite large that look similar to grapes with purplish colour and meaty texture. Each olive weighs more or less 5 – 6 grams and it grows at the end of November to early December.

However, olives cannot be consumed just after they are harvested since they have an exceptionally bitter taste. They need to go through a certain procedure in order to avoid bitterness. First you leave olives into water for 10 – 15 days whilst change water daily. Then, you preserve olives in wine vinegar or olive oil.
Kalamata olives go ideally with fresh bread and extra virgin olive oil; they make the perfect side dish for lentils or bean soup and are definitely the "must" eat during the fasting period. Today, Kalamata Olives have become famous throughout the world. From New York to Australia, high end restaurants have incorporated Kalamata olives in their menus and recipes.

Going back to our roots, searching for the truth beneath natural products is the answer to nutritional do's and don'ts.

Kalamata olives, wine & bread have been the corner stone of the Peloponnesian diet for many years.

Marinated Feta Cheese & Kalamata Olives

Ingredients

- 1 cup cubed Feta cheese
- 1 cup Kalamata olives, drained
- Greek olive oil
- ½ teaspoon dried oregano
- ½ teaspoon red pepper flakes
- ½ teaspoon whole black peppercorns
- 2 large garlic cloves, crushed

Instructions

In a large bowl, gently combine all ingredients; fill with olive oil until it covers the olives and feta so they are fully submerged.
Cover and refrigerate for at least 8 hours and up to 24 hours, return to room temperature before serving to let the olive oil liquefy.

Enjoy!

KOPOS®

EXTRA VIRGIN OLIVE OIL

Kopos® extra virgin olive oil is a high quality product, carefully selected from locations around Greece. Its name, the Greek word for "toil", reflects the hard work behind all production stages (cultivation, harvesting, extraction, collection, testing and processing), resulting in an olive oil that the consumers can trust and select both for its premium quality and it's reasonable price.

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T +971 588526717

Head office
T +30 26610 42210

E info@andriotis.co
www.andriotis.co

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AGRONUTRITIONAL COOPERATION
REGION OF CRETE

The "Agronutritional Cooperation of the Region of Crete" is a non profit corporation. The main purpose is to support the production, processing, packing, dissemination and general marketing of the local products of Crete, not only in the local and regional market of Greece, but also in the international community. Through this initiative, the main objective is to highlight the high commercial and nutritional value of local agricultural products of the island of Crete.

Agronutritional Cooperation of the Region of Crete, with particular emphasis on cretan products and cretan cuisine, promotes cooperation with organizations such as universities, chambers, associations companies etc, all over the world.

Create Products Labeled "crete"

Since 2012, the Region of Crete along with the Agronutritional Cooperation have been pioneers in implementing the labeling of standardized local products with the label "crete". Our goal is for the products labeled "crete" to become all the more recognizable and competitive, as well as to have a strong commercial identity in the national and international markets.

The label "crete" was created in order to enable agricultural products, which are distinguished by their quality standards as far as production, standardization and distribution, to be properly presented and promoted to buyers.

They are products manufactured and produced in Crete, showcasing the culinary traditions of the island to the world. For more information, please visit our website at www.agrocrete.com where you will find:

- The Cretan products labeled "crete"
- The various eating establishments, restaurants, Greek taverns, restaurants in hotels or agro-tourism complexes with the label "cretan cuisine".
- All retail shops in Greece with the label "cretan grocery store".

It Is A Cretan Cheese!!!!!

Dairy products:

The Cretan livestock farming tradition has resulted in a vatiety of dairy products, among which excellent cheeses, yogurt, and a sort of crumb- like pasta called ksinochondros, all made from goat and sheep's milk.

Cretans are particularly fond of dairy products and no meal is complete without at least one kind of cheese. Cheese is even popular as a dessert when combined with honey. Cheese can always fit into variations of traditional pie recipes – sweet or savory (they go by names like kaltsounia, mizithra pies, sfakianes, lichnarakia, anevata etc.).

Apart from high – quality milk, the defining which makes Cretan cheese a top – notch gourmet product is – and will never cease to be- the human factor, ie. , the producer. Cheese makers have preserved traditional cheese- making methods, even in the context of modern, safer facilities to offer unique traditional cheeses to present generations.

Cretan Graviera (gra-vee-AIR-a) PDO

It is pale yellow with small, irregular holes and a mild, nutty, buttery flavor. It is made from unpasteurized sheep's milk or a combination of sheep's and goat's milk. Once the curds are set, they are cut on a table to the size of corn kernels, then reheated so that as much moisture as possible dissipates. These reheated curds are placed in round drum-like molds, pressed, then lightly salted. Eventually, the cheese is aged for at least thee months. Cretan graviera is made almost exclusively with unpasteurized sheep's milk, and sometimes with a combination of sheep's and goat's milk.

Traditionally this cheese was aged in mountain caves, a custom that still survives among some local cheesemakers. Cretan graviera has a dense, natural rind and few holes. It is sweet and mellow, with a faint aftertaste of almonds, although aged Cretan graviera can be very sharp and peppery. The cheese goes exceptionally well with the island's famed thyme

honey, with which it is often paired. Graviera is usually served as a table cheese and used in some cooked dishes. It is an excellent accompaniment to red wine.

Xynomizithra (xee-no-mee-ZEE-thra)

of Crete differs from the other soft cheeses mainly because it is a whey cheese quite sour and sharp, but low in butterfat. Its name means sour mizithra, after the classic, sweet and mild whey cheese of Crete and elsewhere. It is produced from either sheep's or goat's whey in much the same way that traditional mizithra is made. The whey is enriched with whole milk, heated, and the curds collected, strained, salted, and kneaded. At that point, the cheese is placed in cheesecloths or muslin bags to strain even further, for about a week. It turns acidic and sharp during that time and then is pressed into small barrels or clay jugs to ripen and sharpen even more. Although it is a soft, spreadable cheese, served with a spoon, its texture is not creamy but rather dry and grainy. It is sometimes used in some of the island's many savory pies and is the main cheese in many of Crete's honey-drizzled cheese pies.

advertorial

Mr. Dimitris Stamoulakis graduated with a Bachelor Degree of International and European Studies from Panteion University of Social and Political Studies in Athens and then got an MBA in Marketing and International Business from Pace University in New York. Afterwards he spent one year as a research and teaching fellow at Baruch College, City University of New York. He is a Member of BGS, Honor Business Society, and ODE, Honor Society of Economics.

In early 2010 he started working for TYRAS Group SA and he was sent as an expatriate to the new subsidiary of the company in New York, USA, where he spent the next 3 years of his life. In 2014 he started working with the leading export company, Septona SA.

But the dream in the eyes of Dimitri was to create his own company with main focus and orientation the sales outside Greece. He had a long time before realized that Exports have become for Greek companies the "key" to ensure sustainability, growth and profitability. The right choice of markets - targets is for businesses and their executives, the first "headache." USA or China? Russia or the United Arab Emirates? Japan or Germany? By what criteria should they choose the destination countries? How important is the knowledge of each market and the culture of each country for the selection of branding? How do companies ensure that they are going to get paid by their international customers?

All the above questions were in the minds of a lot of small and medium-sized Greek companies and Dimitris with his company World Emporio and its network of associates, specialized export and marketing consultants, tried to answer these questions and promote the Greek products to the most attractive foreign markets, offering services such as: Export Marketing and Consulting, Representation to International Trade Shows, Pursuit of the best and most appropriate export sales partners, World Market Research, Certifications (Bio-Kosher-Halal-ISO), Shipping Worldwide, Strategic Planning and Communication, Analysis of Opportunities and Needs, Branding and Identity Creation, and Marketing Research.

> The company carries more than 700 SKUs, both food and non-food, and has an export activity in several countries

In a few words Dimitris, with the help of his associates, created a one-stop shop, where a company could build itself up to become ready to export its products, to export its products, and of course to develop its presence in every market.

Soon World Emporio expanded with partnerships such as Bingo-Tottis, Green Cola, Karayiannis Dairy, Threpsi, Vivartia Group, etc, and opened offices in Germany and the USA. Currently the company carries more than 700 SKUs, both food and non-food, and has an export activity in several countries: USA, Canada, Morocco, Germany, Italy, Switzerland, Poland, Sweden, Uganda, Bulgaria, Cyprus, Sri-Lanka, and China. The next goal for World Emporio is the market of Middle East, with its eyes in the product categories the company already carries, but also identifying gaps in the market.

The companies and the products we represent are selected on strict criteria as to the organization of the company, as well as to the quality of the products. The working relationship we build together in order to be effective requires satisfaction by all three parties: the business - customer, the foreign or domestic buyer and World Emporio. None of the links in this chain should be disturbed, if we really want to build a long-term and successful cooperation.

www.worldemporio.com | 23 Marathonos st, 16673, Voula, Athens, Greece | tel: +30-211-0199331

Karayiannis Dairy SA

Karagiannis Dairy with respect to tradition, trust in the local production and passion for quality, produces traditional feta cheese from sheep and goat milk of the Chalkidiki and the broader region. These products stand out for their taste, texture and aroma!

Mediterranean Threpsi SA

Family owned olive groves, mill and production facility gives Threpsi the advantage of 100% control over the whole production chain. With 4 generations Olive Oil Know How, over 20 years' experience with international food production and exports, and an established network, are all criteria for you to choose Threpsi as your trusted producer.

Bingo-Tottis SA

The mission of Bingo-Tottis is To satisfy consumer needs for new, safe and high-quality products.

Wafers are its main product, while its portfolio includes some of the most timeless and popular Greek brands, such as the Serenata, Amaretti and Koukouroukou product ranges.

1st Exclusive Greek Products Forum “Helliniko”

Ellines In Emirates as a multi - dimensional mean in collaboration with the company “Consider Consultancy and the importing company “GnD” have created and organized The 1st Exclusive Greek Products Forum “ Helliniko “ on April 30th at the Palace Hotel Downtown Dubai.

Specifically the Peloponnese region, the Agrodiatrofiki Crete, the Chamber of Karditsa and 15 Greek Companies participated displaying their products with the support of the Foodosophy Club the opportunity was given to all the attendees to taste the one of kind Greek products.

The Forum aimed to promote the Greek companies and through the planned B2B business meetings to achieve agreements and partnerships.

my bee

Natural Medicated
Cosmetics
based on Propolis

www.mybee.gr

Mybee is a Greek company involved in the creation of natural medicated cosmetics with propolis. Building on the family's tradition of bee keeping and specializing in the production and processing of propolis, our company was founded by people with great love for bees and nature.

Our ingredients come from organic cultivations and are chosen through an evaluation process by our research & development department so as to ensure the high quality of our products.

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Mybee implements accredited control systems of national and international organizations (National Organization for Medicines, CPNP Notification, dermatological tests) and uses recycled materials and water based inks for the packaging.

Morfovouni Karditsas, Lake Plastiras - Greece **Tel.-Fax:** +30 2441095474 **Mob.:** +30 6932731753 **www.mybee.gr**

Greek Products Forum

For this reason, more than 40 local buyers, as well as Greeks active in the United Arab Emirates market, have been invited to attend and have personally discussion with all the Greek companies.

Forum speakers were Mr. George Giannakis, editor of Ellines in Emirates, Explore Greece and Explore Greek Gastronomy, Mr. Christos Stamboulopoulos Commercial representative of the Greek Embassy in United Arab Emirates, Eva Vouraki CEO of Food & Beverages Trading, G & D Natural Products and Project Manager Foodosophy Club, as well as all participating companies which had the opportunity to present their products from the panel of speakers.

Coordinator of the Forum was Mr. Taxiarhis Giannakis, Head of Travel Sector, Explore Greece and Luxury Concierge by Ellines in Emirates, and the 1st Tourism Forum " Filoxenia " which will be held in Dubai in April.

Ellines in Emirates
Exclusive Greek Products
Forum
"Helliniko"
KANAKAS

GOURMED NUTRITION LTD

THE FUTURE IN HEALTHY NUTRITION

OUR FILOSOPHY

• OUR NAME DERIVES FROM GOURmet Foods & Drinks & MEDiterranean Foods with

NO PRESERAVTIVES for a HEALTHY & TASTY NUTRITION

• We acknowledge that it can hard for someone to maintain a healthy nutrition regime in the midst of a busy lifestyle, so we make it our priority to provide a -mainly- Mediterranean based- healthy diet to all our customers. However, our goal is not only to provide healthy-based solutions, but also a wide range of gourmet–orientated products.

• We quarantee that our products are made only of the purest of ingredients and have great taste, in order to blend satiation from a healthy nutrition.

• Why us? Because we offer a choice for a healthier way of eating for everyone and especially for children, young adults, hard working individuals & ageing people!!

• Because Nutrition can be GourMed & Healthy!!

• Website: www.gourmednutrition.com

OUR TEAM

• Alexandra Chalvatzakou
General Manager/Director

• Maria Lema-CFO/Director

• Andreas Koutros-Sales Manager

• Nikolaos Savvidis-Sales Manager

• Nikolaos Pertsemlidis-Personal Assistant

• Dorothea Perpera-Sales Assistant

OUR PRODUCTS

EXTRA VIRGIN OLIVE OIL

Try our Award winning Premium Extra Virgin Olive Oil!

Our Oil Products include: Extra Virgin Olive Oil, Sunflower Oil, Greek Salad Oil, Olive Oils with Spices, etc.

STUFFED OLIVES

All of our Stuffed Olives are made from the best Olives in Greece. It is well known that these are the best Olives for Taste and Health! Try each one of the 4 varieties : with Garlic, with Almond, with Spicy Red Pepper & with Spicy Green Pepper

CHUTNEYS

Chutney definition: a sauce or relish of East Indian origin, often compounded of both sweet and sour ingredients, as fruits and herbs, with spices, etc.

Our Chutneys are made of the purest ingredients –No Preservatives- and are both sweet and spicy and can be used on meat, fish, salads, bread, crackers, etc.

JAMS

Kinky Strawberry, Orange Bunny, Carrot Cake, Choco Passion, Guilty Adam, John Lemon are some of our unique Jams.

A combination of sweet and spice flavors –with No Preservatives!!!

STEVIA TEAS

Explosive, tonic mixture. “EROS” mixture of herbs with stevia consists of the following herbs: rose buds, ginseng, yohimbe, lemon balm, nettle, saw palmetto, cayenne pepper, caltrops, basil, orange peels and stevia.

• Boosting the human body by providing energy, as well as enhanced erotic mood is the desire of most people. The combination of the properties of the particular herbs assists towards these directions and the proper functioning of the body.

• The authentic taste, the aroma, the proportion and the beneficial properties of the herbs as well as the correct preparation of the beverage unfold the magic of senses and pleasure in your cup. If you want to live a wonderful taste experience, let EROS guide you in the paths of passion, intensity and energy!

ANGEL TEAS & Honey

A unique combination of White Tea with Honey from Superfoods.

Health benefits of white tea include reduced risk of cancer, cardiovascular disorder and improvement in oral health. It has antioxidant and anti-ageing properties which help in maintaining good health and healthy skin. It protects skin from the harmful effects of UV light.

In addition to that, our Honey is made of Super foods which further enhances the benefits of Healthy Nutrition

FIG SALAMI

This product has a wonderfully complex of tastes with the flavors of spices, orange, rosemary and black pepper.

Comes in a variety of Favors e.g. Orange, etc. and It’s great served with a bit of cheese and a piece of crusty bread

Contact

Web: www.gourmednutrition.com

Email: gourmednutrition@gmail.com &

info@gourmednutrition.com

Tel.: +306972274571, +306953012855

NATURAL PRODUCTS DWC, LLC
Food and Beverage Trading Company

Food and Beverage Trading Company

Global Trading G&D project, is a Leading Greek Food and Beverages Trading business concept in the Middle East.As an exclusive Food and Beverages Trading company for over 20 Greek Companies, we satisfy both our suppliers and customers by building successful business relationships at both ends.Our trading activity is exclusively dedicated to 100% Greek High-Quality products, produced by Famous Greek Brands, with a great reputation of quality in Europe and worldwide.

The consultancy services G&D, is providing through its partner's network, are as follows: • Halal certification for Products and factories approved by ESMA Authority, accredited by the government of UAE. • Emirates Quality Mark by ESMA Authority. (EQM) certification Issuance of License to use Emirates Quality Mark for Products and factories. • Trade Mark registration. Our Trade Mark attorneys have experience in all areas of Food and Beverage International Trademark classes.

THE COMPANY HISTORY

" Travelling for years all around Greece, we have discovered excellent foods and ingredients" Travelling for years all around Greece, we have discovered excellent foods and ingredients, made with passion by artisan producers. All our food categories and products discover Greece's gourmet treasures and surprise the senses. Our company represents selected, natural quality Greek food from sustainable farming which stands out for their unique flavor, richness in taste and their original packaging.

MISSION & VISION

" UAE and Greece are stronger together than they could be alone ...!!! "

Our mission is to deliver "Exclusive Greek Food Products" for the region, by providing a world-class business setup with integrated marketing and Importing services. By being the only Business Food Concept "Exclusive Made in Greece Importer in the UAE", we wish to bring Greek Products and Mediterranean Diet to your doorstep.Our success depends not only when we satisfy our customers, but when we exceed expectations and give them an unforgettable experience.

Our Vision is to bridge the divide between Greece and UAE by providing the most exclusive Greek food and beverages products to the Emirates. To be a leader in the trading industry by focusing on customers, our people, growth, innovation and efficiency. All of these elements will drive bottom line success and show that, Greece and UAE are stronger together than they could be alone.

Food and Beverage Trading Company

SERVICES OFFERED

The consultancy services G&D is providing through its partner's network are as follows:

- Halal certification for Products and factories approved by ESMA Authority, accredited by the government of UAE.
- Emirates Quality Mark by ESMA Authority. (EQM) certification Issuance of License to use Emirates Quality Mark for Products and factories.
- Trade Mark registration. Our Trade Mark attorneys have experience in all areas of Food and Beverage International Trademark classes.

PREMIUM PRODUCTS

Delicious products from the Greek Nature

Having more than 20 years of experience in selecting fine products, we represent Premium Greek FMCG brands, in the Gulf market, that are ideal for everyday nutrition. We distribute and continue to enrich our product range, by following the new trends and needs of our customers.

GOLDEN LINE

E-LA-WON - Extra Virgin Olive Oil Products with pure edible 24k Gold.

Cretan Harmony- Pure Honey Products with edible 24k Gold.

Golden Miracle by G&D, is a group of products with pure edible Gold 24k flakes together, constitute a Youth and Longevity Elixir, that should be present in all quality nutrition. Pure gold - apart from being a symbol of opulence and luxury - was known for its therapeutic properties and it has been widely used by the Minoan Kings. Extra Virgin Olive oil, and thyme honey combined with 24-carat pure gold, is an explosive mixture of rejuvenation, bodily well-being and prevention of different forms of cancer.

FOODOSOPHY CLUB- Mediterranean

Diet Education Club

Foodosophy Club is the first Greek Food &Culture , Education and Recreation work shop in UAE , it is our philosophy to teach people to cook simple dishes using ingredients that are grown using sustainable and respectable ways. We also teach the people how to live a long and healthy life by adopting Ancient wisdoms. It is a club for Lovers and foodies of Greek Food, eating Ancient Greek wisdoms on healing and all things related to Greek food. Foodosophy Club experience, offers an introduction to traditional and modern Greek cooking, the secret ingredients, the stories, the journeys, the culture and the history behind each dish. The new fresh idea in UAE, the best event in UAE, full of hope for the promotion of traditional Greek diet with an extensive range of influence, underneath one single philosophy!!! Aiming to the promotion of Greek products, by G&D NATURAL PRODUCT, the foreign entrepreneurs/members of Foodosophy Club, arriving from all over the world in UAE , will have the opportunity to taste original Greek diet foodstuff .Partnership Members of Foodosophy club in UAE are: Restaurants, Deli Markets, Hotels , Catering, Institutes of Culinary, Schools of Chef, Events Companies.This workshop will share the ancient Greek wisdom and philosophies practiced in ancient times on how to use our mind, herbs, therapies and other whole foods to build harmony in our life-force energy, regenerate our soul, spirit, body and prevent disease. The workshop will provide you with all the tools and know-how you need to live a happier and healthier life.Keeping to its promise, the most typical Greek, the most authentic and tasteful products will find their way to the consumers in UAE ! Foodosophy Club, offers cooking classes, workshops, food and health coaching, books, culinary tours to Greece food products, catering, seminars on healing philosophies and wisdoms on Greek food & eating that lead to a long and joyous life.

CERTIFICATIONS - The company is operating under the auspices of Khalifa Fund

The company is operating under the auspices of Khalifa Fund that gives to G&D a unique advantages including:

- priority in governmental purchases and national and international trade shows or events,
- advantageous positioning of the products in big retail chains and hypermarkets-members of khalifa fund,
- repeated contracts,
- preferential payment terms,
- access to awareness – raising activities and trainings and ongoing guidance and support towards accessing and penetrating new markets

CONTACT DETAILS

DUBAI
G&D NATURAL PRODUCTS, L.L.C.
FOOD AND BEVERAGE TRADING COMPANY
Business Center, Dubai World Central, PO Box 390667, Dubai, Uae, Licence No 3140
PHONE: (+971) 0523976286
PHONE: (+971) 044423774
info@gnd-natural-products.com
sales@gnd-natural-products.com

ABU DHABI
G&D Middle East, L.L.C
Glassqube Coworking Business Centre,Sky Tower, 35th Floor, Reem Island, Abu Dhabi, UAE
PHONE: (+971) 024956700
PHONE: (+971) 509858787
kassem@gnd-natural-products.com
sales@gnd-natural-products.com

Start Exploring Greece with

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Golden sandy beaches,
crystal clear waters,
imposing green mountains,
archaeological sites
and many more.

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Forum “Filoxenia”

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Greek Rice & Pulses

www.kanakas.gr

Exports

KANAKAS LTD exports its superior quality Greek rice and pulses in many European and Middle East countries.

55%
of our production
is exported to Europe

45%
of our production
is exported to the Middle East

20%
of the Greek rice production
is managed by KANAKAS LTD

GR High Quality Greek Rice

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