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PAMELA ZOTAS prepares all food the same way she has prepared it in her family for the past 30 years, using fresh ingredients and recipes passed down by her Greek ancestors.

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Ancient Greek cuisine was characterized by its simple and rustic nature. It was abundant and varied, with a strong emphasis on the freshness of ingredients.

MEALS AND OCCASIONS

The Greeks had three meals a day: breakfast (πρωινόν pronon), lunch (μεσημεριακόν merikón) and dinner (πυρήνας pyrháns). Breakfast, usually light, consisted of fruit, cheese or honey. Lunch was the main meal of the day and dinner was often more casual.

FOODSTUFFS

Barley was the most common cereal grain in ancient Greece. Barley porridge was a staple dish, often served with figs or olives. A quick dish of barley, called akratamos, was sometimes used as an appetizer.

FRUIT AND VEGETABLES

In the cities, fresh vegetables were abundant. The most common vegetables included beans, lentils, peas, garlic, onions, and cabbage. However, in the countryside, vegetables were limited to what could be grown locally.

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Nestor Imports, Inc. 
The Source of Greek/Cypriot Wines & Spirits
Wishes the Greek-American Community Happy Holidays

Enjoy your meal with our highly recommended selection

Continued on page 4
MEAT AND FISH

The consumption of fish and meat varied in accordance with the wealth and location of the household; in the country, hunting (especially quail) and fishing provided a regular supply of game and fish. However, a Spartan’s diet was usually very poor, as the writer Aelian claims that Spartan Cooks were prohibited from cooking anything other than meat! Greek islanders and seacountrystrians and fishermen were common. They sold octopus, squid, swordfish, and shellfish which was eaten salted. Lake Copais, provides us with a list of fish prices. The cheapest was bluefin tuna was three times as expensive. Common salt water fish included yellowfin tuna, red mullet, and rotfish) whereas northern marine fish which was eaten salted. Lake Copais was famous in all Greece for its rich salmon, red mullet. Other marine fish included swordfish, swordfish, and red mullet. The Acharnis’s characters claimed that Socrates spoiled good fish by adding wine, honey or vegetables. It was also used as an ingredient in the preparation of many dishes, including fish dishes. The only certain recipe by the Sicilian cook Mithaecus was “kitchen got, and fish oil.” However, the addition of fish sauce was a common greek culinary trait of the Thracians of Thrace. Fresh fish were pike-fish, carp and the less appreciated catfish. Other fresh water fish were pike-fish, carp and the less appreciated catfish. EGGS AND DAIRY PRODUCTS

Greeks bred quails and hens, partly for their eggs. Some authors also praise pheasant eggs and Egyptian Green eggs, which were presumably hat eggs. Egg was considered a famine food. Fruits, fresh or dried, and nuts, were eaten as dessert. Important fruits were figs, raisins and pomegranates. Grapes were eaten as an appetizer or when drinking wine. In the latter case, they were often accompanied by pistachios, chestnuts, and beechnuts.

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The Greeks often enjoyed their food and beverages in a communal setting, with specific practices and beliefs surrounding the consumption of food and drink. This is evident in the establishment of specific diets and practices, such as vegetarianism, in an attempt to align with their philosophical and social ideologies. The concept of asceticism, or the practice of severe self-discipline, was common among some Greek philosophers and religious groups. Pythagoras, for example, was known for his vegetarianism, which he practiced as a form of asceticism to align with his philosophical and religious beliefs.

Vegetarianism was a common practice among Greeks during the Classical period, particularly among philosophers and religious groups. Pythagoras, as mentioned earlier, was one of the most prominent figures associated with vegetarianism. He believed in the philosophy of non-violence and considered all living beings to be sacred, leading him to abstain from eating meat. This belief was not unique to Pythagoras; other philosophers and religious leaders also practiced vegetarianism as a form of asceticism.

In consequence of this cult of asceticism, it was common to find Greeks practicing vegetarianism, especially among philosophers and religious leaders. However, it is important to note that vegetarianism was not a common practice among all Greeks, and meat consumption was still prevalent in certain social and cultural contexts.

The Greek authors took pleasure in describing the table of the Eleusinian Mysteries, a ritual meal that was central to the Eleusinian Mysteries. The Mysteries were a religious and philosophical movement that originated in Eleusis, a city in Attica, and spread throughout the Greek world and beyond. The Mysteries were a important rite of passage for initiates, and the table of the Mysteries was a central element of the ritual.

In the Homeric Hymn to Demeter, the goddess of agriculture and harvest, the table of the Mysteries is described in detail. The table was set with various foods and beverages, and the guests were instructed to eat and drink in a specific way. The table was arranged in a circular pattern, with the guests seated in a clockwise order. The food and beverages were arranged in a specific way, with the most valuable items placed in the center of the table.

The table of the Mysteries was not only a ritual meal, but also an expression of the Greeks' reverence for the mysteries of life and death. It was a time for reflection, meditation, and the pursuit of knowledge. The Mysteries were a symbol of the Greeks' search for understanding and wisdom, and the table of the Mysteries was a central element in this quest.

In conclusion, the practice of vegetarianism and the ritual table of the Eleusinian Mysteries were two important aspects of Greek food and drink culture. These practices were not only a reflection of the Greeks' philosophical and religious beliefs, but also an expression of their cultural and social values. The Greeks took great pleasure in the preparation and consumption of food and beverages, and these practices played a significant role in their daily lives and in their search for wisdom and understanding.
Greece has an ancient culin ary tradition. The cuisine of the island of Crete is known for its rich flavors and unique ingredients. Some dishes are preserved from the ancient Minoan civilization, while others are influenced by the Venetian, Ottoman, and Italian cuisines. The country is famous for its grilled meats, fresh vegetables, and seafood. Greece is also known for its delicious cheeses, such as feta, Kasseri, and Kefalotyri, and its robust wines, which range from the sweet Moscatel to the dry Ouzo.

Some dishes are influenced by the Venetian, Ottoman, and Italian cuisines, and some are unique to Greece. The national dish of Greece is moussaka, a layered dish of eggplant and potatoes with a meat sauce. Another popular dish is the traditional Greek salad, which is made with tomatoes, cucumbers, red onions, and feta cheese. Greek soups, such as the creamy Avgolemono soup, are also a staple of the cuisine. The country is also famous for its desserts, such as the rich and creamy Baklava.

Greece is known for its fresh, seasonal ingredients, which are used in a variety of dishes, from simple grilled meats to complex stews. The cuisine of Greece is also influenced by the country's history, with many dishes reflecting the country's ancient heritage.

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**History and Greek Dishes**

**Fresh Greek food and Wine 2008**

**The National Herald, November 29, 2008**

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**Greek Wine & Food Week 2008**
Wines & spirits from Greece

We at HEPO realize that sharing our table was only the first step; it’s time now to share our lifestyle.

Food and wine are indelibly linked to the quality of life in the Mediterranean. We’ve always known that here in Greece. In an effort to share our sun-filled, healthful, delicious treasures with the world, we’ve moved even beyond the notion of Kerasma, of Greek treats. Kerasma is our gastronomic proposal “Greek Living, Great Living” is our recently launched communication campaign.

We hope to entice you to live like the Greeks, by eating healthy foods, drinking delicious wines and spirits in moderation, and savoring life itself.

Kerasma Activities

Kerasma encompasses a whole range of educational, trade, and consumer activities to promote Greek food, wine, and spirits:

Top Greek and International Chefs Inspire the Table. HEPO has enlisted a brigade of top Greek chefs to create contemporary Greek recipes using Greek ingredients such as olives and olive oil, feta cheese, Greek yogurt, Chios masti, Greek honey, salmon, wines, fresh fruits, vegetables, seafood, and more. We’ve also worked with top international chefs, introducing them to Greek artisanal products and watching them create a whole new vanguard of culinary delights using ancient, time-honored, healthful foods.

Communications par excellence. We’re on the ninth issue of our much-praised, gorgeous English-language magazine, the GreekGourmetTraveler, which is distributed to international food and beverage professionals. We’ve produced award-winning publications, such as Simply Plated!, which garnered international design awards in Europe. We’ve worked with chefs in Greek restaurants all over the world and published a book that illustrates the evolution of our cuisine, called Classic, Iconoclastic, Kerasma!

Online access. We’ve set up a website, www.kerasma.com with information on Greek products: events, Kerasma news as well as a growing archive of Kerasma recipes, with pictures so that chefs, journalists, and other food and wine professionals have an active source to tap into for ideas.

Commerce & education. We’re organizing trade and retail campaigns, conferences and more to share the great tastes and flavors of Greece with the rest of the world.
Foods from Greece

Treat Your Taste

Three years have passed since we here at the Hellenic Foreign Trade Board (HEPO) initiated the Kerasma campaign to bring Greek foods, wines, and spirits to consumers and culinary professionals around the world. In that time, we’ve done much and learned much. We’ve enjoyed a frenzy of activity, all centered around the concept of Kerasma and the goal of sharing Greek treats far and wide. Kerasma, as we hope you’ve learned, means ‘treat’ in Greek.

From trade shows like Anuga in Germany, STAL in France, Fancy Food Shows in USA etc. to special festivals like the ‘Taste of Greece’ in New York, London etc. we’ve shared our table and our wines and spirits with thousands of enthusiastic new and long-standing friends. In the process, we’ve seen our exports grow by leaps and bounds. Greek food and wine is definitely in the limelight.

Now, we’ve crossed yet another bridge on the road to conveying the message that Greek foods and wines are delicious, high-quality, and, perhaps above all else, healthful.

Blessed with wonderful fertile land, Greece produces, with the assistance of state-of-the-art production facilities and traditional expertise, excellent raw material, food, wines and beverages of unchallenged quality and high nutritional value, all ready to be shared.

Kerasma
Greek Mediterranean Gastronomy

www.kerasma.com

HEPO

Hellenic Foreign Trade Board (HEPO)
Tel: 00 30 210 986 2100 | Fax: 00 30 210 986 9100
Email: kerasma@hepo.gr
Winemaking in Greece

A BRIEF HISTORY

A proper history of winemaking in Greece would require hundreds of pages to establish the plausibility of any scheme of classification of vast sums of data from many descriptions, the description of a dish and the patience of a saint. It would still not be complete. It is hoped that someone possessing all or some of these attributes will attempt such a history, as it is one of the most interesting ever to be attempted.

It will surprise few that many Greek commentators, faced with the obligation to revive the name of Greek wine, while this could hardly be described as a specific goal, in a country surrounded by reminders of its past, it is, understandably, an additional matter to the larger question of origins of WINES.

It is widely believed that winemaking began in the Neolithic period (8500-4000 BC). The first evidence of pottery, an important step toward the vinification and storage of wine, dates around 6000 BC. The wild grape, Vitis vinifera, is native to Greece, which, along with the Black Sea, the Cauc
coran, and the southern coast of the

Caspian and much of the Mediterranean, including Greece. The earliest evidence of the existence of vineyards is located at an archeological site in Mesopotamia, of which the earliest settlements were around 3000 BC. The land where the grapes were cultivated is now the region between the Euphrates and Tigris rivers, which make up the country of Iraq.

Winemaking in Greece

The earliest evidence of wine in Greece is located at an archaeological site east of the city of Athens. The first evidence of pottery, including written references, dates from the sixth millennium BC. It is likely that winemaking started in Greece, then spread to the Aegean and the Mediterranean Sea, and later to Egypt and Asia Minor. From there, it spread throughout the Mediterranean and beyond.

The ancient Greeks were among the first to recognize the importance of wine in their culture. They believed that wine was a gift from the gods and was associated with various deities. Wine was also used for medicinal purposes and was believed to have magical properties. The Greeks believed that wine could help to heal illnesses and was used in various religious ceremonies.

The ancient Greeks were also known for their love of wine and their ability to produce high-quality wines. They were skilled in the art of viticulture and knew how to select the best grapes for making wine. They also had a deep understanding of the science of winemaking and knew how to control the fermentation process to produce the best possible wine.

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To the north of Greece, in the region of Thrace, the first evidence of wine production dates from the fifth millennium BC. Thrace was a hub of trade and was connected to the rest of the Mediterranean world through the Danube River. The ancient Greeks were also known for their love of wine and their ability to produce high-quality wines. They were skilled in the art of viticulture and knew how to select the best grapes for making wine. They also had a deep understanding of the science of winemaking and knew how to control the fermentation process to produce the best possible wine.

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Enjoy our indigenous grapes

Moschofilero, Assyrtiko, Agiorgitiko, Xinomavro...

From fresh, “food-friendly”, aromatic to complex, full-bodied wines, our indigenous grapes produce a full range of styles and unique flavours.

Wonderful Wines

National Interprofessional Organization of Vine and Wine of Greece
Winemaking in Greece

Continued from page 9

Those threads, both continuous and discontinuous, that led the Greeks on their way in and out again through the centuries winemaking history, create a legitimate and exciting fabric in which to breathe the current of Greece’s wine industry today. The gaps between the islands of knowledge provided by the written record can be filled in with oceans of information—written and oral, old and new, life does, with expression—but accurate—accurate—accurate—on the migratory trails that surviving culture traces reveal in their genetic structure. In oppo-

site—specific marks with impromptu—buyers in which the Cilician is king, this story, which is only now beginning to be written and read in its entirety, is the tale of Greece, for they will, at times, bring achievements of dubious public re-

One of the main reasons, most scholars believe, that wine was so widely enjoyed was because it was widely available. Indeed, wine was so much a part of life in ancient Greece that it is often referred to as “the drink of the gods.” The ancient Greeks believed that wine had magical properties, and it was used in various religious rituals and celebrations. In fact, wine was so important to the Greeks that they even had a god of wine, Dionysos, who was associated with fertility, theater, and fertility. Today, wine remains an important part of Greek culture, and it continues to be enjoyed by people all over the world. The ancient Greeks believed that wine had magical properties, and it was used in various religious rituals and celebrations. In fact, wine was so important to the Greeks that they even had a god of wine, Dionysos, who was associated with fertility, theater, and fertility. Today, wine remains an important part of Greek culture, and it continues to be enjoyed by people all over the world.

Winemaking in Greece

Continued on page 12

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Continued on page 10

Greek Wine & Food Week

November 2008

11
Winegrowing in Greece

As the 19th and 20th centuries advanced, the collapse of Ottoman power, the unification of Greece, and the modernization of industry and agriculture helped Greece develop into one of the leading wine-producing countries in Europe. The new Greek state had a wealth of wine-growing potential at its disposal. Greece’s vineyards benefited from conditions that were favourable to the cultivation of grapes. These included a long, relatively mild growing season and high levels of sunshine.

Today, the Greek vineyard is one of the most diverse in the world, with more than 60 different grape varieties grown. The most popular are the local indigenous varieties, such as Xinomavro, Syrah, Moschofilero, and Moscatel. These grapes are prized for their ability to produce wines with a rich and complex flavour profile.

In recent years, the Greek wine industry has undergone a transformation. A new generation of winemakers has emerged, bringing a fresh perspective and modern techniques to the production of Greek wine.

Apples, Amalon, and Calabrese (which is a traditional, indigenous variety) are among the most popular grapes in Greece. These grapes are often blended with other varieties to create a unique flavour.

Overall, the Greek wine industry is in a strong position to meet the demands of consumers worldwide. With a rich history and a diverse range of grape varieties, Greece is well placed to produce wines that cater to a wide range of tastes.

The future of the Greek wine industry looks bright. With a focus on sustainability and traditional methods, Greece is well positioned to become a major player in the global wine market.

The desire for a better future is driving Greece to become a leading player in the global wine market. The country’s wine industry is a testament to its rich history and cultural heritage. With a focus on sustainability and traditional methods, Greece is well positioned to become a major player in the global wine market.
D" It is time existing varieties were replaced with new ones with better yields and a wider range of goodness. Russia was previously known as the "land of black earth," but today, its history is often described as the "land of red earth." Russia's culture is rich in traditions and customs, inherited from its past. It is the birthplace of Didier Rousseaux, a researcher at the University of Crete. They have created a series of IPR-registered germplasm management of Vitis reversionary of Crete. They have created a series of IPR-registered germplasm management of Vitis reversionary of Crete. They have created a series of IPR-registered germplasm management of Vitis reversionary of Crete.

In addition to helping understand the variety of grapes that have played in the transformation of traditional viticulture, the field of viticulture and the role of the Greek hand is evident in the transformation of the vineyard. The vineyards have been transformed into a more tourist-friendly environment, with a focus on preserving the diversity of grapes.

Nectar of the Gods

By Tim Atkin

Dry styles prevail in Greece (1971-1972), more foreign varieties based on historical and ambelonic. Other varieties have been the subject of considerable research by Didier Rousset and Francois Lefort and others (most the American collection in line with the USDA-ARS). However, the use of Western species has had a positive impact on the quality of Greek wine. The presence of noble grapes such as Chardonnay and Cabernet Sauvignon among consumers has contributed to the increasing popularity of Greek wine. These varieties seem, on one level, incongruous. Likewise, the trend toward cosmopolitan wine in the New World calls for a reassessment of the traditional varieties. The process of sorting out the most suitable cultivars will reveal its true potential. It will take time, but small steps - we have already begun to take - will lead inevitably to success. The development of new (disease-resistant) grape varieties and a domestic consensus on growing tobacco to grapes. The very process of identifying suitable or climate-appropriate, for instance, on Santorini) and Greece (1971-1972), more foreign varieties has been the subject of considerable research by Didier Rousset and Francois Lefort and others (most the American collection in line with the USDA-ARS).

Didier Rousset has been involved in his research at the University of Crete. In the early 1960s, the first systematic work was begun on the variety of grapes that have played in the transformation of traditional viticulture. The vineyards have been transformed into a more tourist-friendly environment, with a focus on preserving the diversity of grapes.

In addition, Didier Rousset's work has been recognized with an award for a lifetime's hard work. This recognition is a testament to his dedication to the field of viticulture and the role of the Greek hand in the transformation of viticulture.

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In addition, Didier Rousset's work has been recognized with an award for a lifetime's hard work. This recognition is a testament to his dedication to the field of viticulture and the role of the Greek hand in the transformation of viticulture.

That is a wine industry to rival in nature varieties; on the verge of reestablishing its place in world markets, it will take years to understand the best and worst varieties. Yet we know little about suitable or climate-appropriate, for instance, on Santorini) and Greece (1971-1972), more foreign varieties has been the subject of considerable research by Didier Rousset and Francois Lefort and others (most the American collection in line with the USDA-ARS).

Having risen to the technical challenge, the wine industry so familiar with indigenous cultivars will have to learn a new language to produce great wine; we need to develop the wine styles of our region and experiment with different grapes in different regions. We need to find a new balance between the landscape and the climate, and the wine industry is best placed to do this. In the absence of suitable or climate-appropriate, for instance, on Santorini) and Greece (1971-1972), more foreign varieties has been the subject of considerable research by Didier Rousset and Francois Lefort and others (most the American collection in line with the USDA-ARS).
Greek Coffee

By Mala Matina

Greek coffee is an important part of Greek culture. It is a small glass filled with a strong, dark beverage made from coffee grounds and hot water. This coffee is served in a traditional Greek coffee cup, called a "kavouki" or "kyparo". The coffee is typically served in the morning or afternoon, and is often accompanied by ouzo or tsipouro.

GREEK COFFEE

Greek coffee is a traditional beverage that is enjoyed across Greece. It is made by boiling coffee grounds in hot water, and it is typically served in a small glass. The coffee is strong and black, with a distinctive flavor that is different from other coffee beverages.

HISTORY OF COFFEE

Greek coffee is a tradition that dates back to the 15th century. The legend of coffee is attributed to an Abbot in a monastery near the town of Mazaricio. The Abbot noticed that wandering tribesmen in the area would drink coffee to keep themselves awake and to stay alert. The Abbot decided to copy this practice and grow coffee beans in his monastery.

The legend goes on to say that the Abbot roasted and ground the coffee beans, and ground the grains to prepare the coffee. He then boiled the coffee grounds in hot water and served it to the monks. They drank the coffee and felt energized.

In the 17th century, coffee began to be served in coffee houses throughout Greece. These coffee houses became popular places for people to gather and talk. Coffee was also used as a medicine, and it was believed to have medicinal properties.

The Ottoman Empire took control of Constantinople in 1669, and this led to a decline in the use of coffee in Greece. However, coffee continued to be enjoyed in the Ottoman Empire and in the rest of the Islamic world.

In the 19th century, coffee began to be served in Greece again. The Ottoman Empire was weakening, and coffeehouses were once again becoming popular.

In the 20th century, coffee became a more mainstream beverage in Greece. Coffee shops became common in urban areas, and coffee became a part of daily life for many Greeks.

GREEK COFFEE HOUSES

Greek coffee is typically served in a coffee house, called a "kafenio". These coffee houses are often small and cozy, and they are typically located in urban areas. The coffee is typically served in a small glass, and it is often served with a slice of lemon or a sugar cube.

Greek coffee is often served with ouzo, a flavored alcoholic drink made from anise. The ouzo is typically served in a small glass with a slice of lemon or a sugar cube.

GREEK COFFEE HOUSES AND COFFEE MAKING

Greek coffee is typically made by boiling coffee grounds in hot water. The coffee is then strained and poured into a small glass. The coffee is typically served with a slice of lemon or a sugar cube.

Greek coffee is often served with ouzo or tsipouro, a flavored alcoholic drink made from anise. The ouzo or tsipouro is typically served in a small glass with a slice of lemon or a sugar cube.

GREEK COFFEE AND HEALTH

Greek coffee is a healthy beverage that is enjoyed by many Greeks. It is a good source of caffeine, which can help to improve alertness and concentration.

Greek coffee is also a good source of antioxidants, which can help to protect the body against disease.

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GREEK COFFEE AND SOCIETY

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Greek coffee is a symbol of Greek culture and is enjoyed by people of all ages. It is a part of daily life for many Greeks, and it is a way to relax and enjoy time with friends and family.

GREEK COFFEE AND TRAVEL

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Macedonia & Thrace

Macedonia, located in northern Greece, produces wines of great elegance. Drama and Kavala are possibly two of the most exciting regions in Greece. Drama produces more avant-garde and elegant wines, whilst the wines of Kavala are巡 and soft due to its proximity to the sea. Sauvignon Blanc and Cabernet Sauvignon have a distinct character. Plantings of Syrah, Viognier and Chardonnay are particularly interesting and wine to watch. The resilience of quality wines in Greece emanates from the three varieties of Himark, Athiri, Ciloe de Malvasia and Eponemini. Cabernet Sauvignon, Syrah, Merlot and Limnio are all used to produce powerful, concentrated reds with distinct regional character. Himark is dominant in Amyndeon, Gezerminissa and Nussios producing completely different styles of wines in each appellation. In Amyndeon, the wines are complex, in Gezerminissa, powerful with the ability to age up to 15 years, and in Nussios the wines can taste like a Bandol or Barbaresco.

Thessaly

This is an area of mixed agriculture with excellent terroir for developing vineyard sites on the surrounding mountain slopes. In Kozani, Xynomavro is blended with Dhavoutsas and Idriani to give very rich, forested but full red wines. Dry whites are produced from Savatiano and Roditis in Avthoulas and in Maseseio. The local black Mavroinos is blended with Carignano and Syrah. Some excellent Rionteau blends are produced in Kozakia.

Epirus

This is one of the most remote regions in Greece with limited viticulture. In Zithes, the local Delika grape produces light wines with a floral character. Mavro produces almost exclusively dry reds using Cabernet Sauvignon and Neroth which are noteworthy.

Central Greece

The wines around Athens are dedicated to the production of high quality wines. White wines dominate in Attica with the Savatiano grape being the most popular. In northern Attica, Thesee and Alazkeni are the most important regions where red grapes give good results. Whites are mostly produced from Savatiano and Roditis. This region produces almost every style of dry still wine—from light or oak-aged Chardonnay to powerful Cabernet and Merlot.

Peloponnese

This region is known for producing very characteristics wines. While predominantly with Roditis as its most important variety, particularly in the northeastern Patras, Nemea, in contrast, produces red wines dominated by the Agiorgitiko grape. It can arguably claim to be the heart of Greek red production. The light red unskinned Muscatelike wines from Patras and Nemea is now widely consumed locally. Historically, Patras is associated with one of the best Greek sweet wines, Moselosporum. It can also produce very aromatic and full, dry red wines. Sweet fortified Muscats from Patras or nellys Ria can be impressive as well as dry whites made with Roditis. Cabernet Sauvignon seems to thrive in Patras producing wines with “New World” character. In Lucania, a group of dedicated wine growers are trying to re-establish select varieties like the white aromatic, Kikidima. In Pargano, Italian Naccolo is blended superbly with the local Moselosporum and in Gortell, results from Agiorgitiko and Cabernet are very promising.

Ionian Islands

Historically, these islands have enjoyed a different political structure to the rest of Greece as it never came under Ottoman occupation. The local Robola grape on the island of Cephalonia has been improved and is enjoying a revival. This dry wines can be elegant, almost austere, floral and complex. The best examples show remarkable concentration and the ability to develop for two or three years in bottle. The majority of wines produced in the rest of the Ionian Islands are only available domestically. In Zakynthos, there have been recent attempts to update the image of Vendos wines. Lefkada, the local Veriani grape is of interest in new-yielding vineyards.

Aegean Islands & Crete

The Aegean Islands have been raiders in the production of quality wine since ancient Greece. Sweet Moscats of the northeast can compete with top international sweet wines. Muscat of Alexandria in Leros and Muscat de Petris in Samos have traditionally been used for making rich, unskinned and very complex whites. Muscat produce the civilised Greek wines—pre World War I jottas are still delicious and fresh today. Rhodes boasts one of the best climates for vine production in Greece. Here Mandelasa (called Amyrona) and Assyriko can produce vibrant dry wines. The rare sweet Moscats of Rhodes are noteworthy and the island’s melon can be among the best in Greece.

Crete is extremely important for wine production. Viners is almost the only white variety produced. Blends of local varieties in Arkhernes or Peza can have great character and longevity. Another top variety is the red Laliska which is believed to be the same as the Agiorgitiko grape of southern Italy. In twenty years, sweet Laliska wines could be a position to compete with top Ports, Sherry and Madeira.

The island of Fole is the only region of Greece where red and white grapes are permitted to be vinified together. Monemassia, a white grape, is a speciality of the island with a greater potential than Mandelasa, which produces red wines. Muscat try to survive in the volcanic ocul of Batiroul but the Assyriko produces magnificent white wines. Sweet Unrians, made from sun-dried grapes, is an exotic delicacy whilst oak aged Mavroinos prove that Rionteau is particularly talented.
white grape varieties

Aidani

Aidani is an ancient Greek grape variety found mainly on the Cyclades islands. It produces wines pleasantly aromatic with medium alcoholic content and acidity.

 Assyrtiko

Assyrtiko is one of the first Greek white varieties and arguably one of the best in the Mediterranean. It originates from the island of Santorini, where it's planted on volcanic soil and produces O.P.A.P. wines with body, mineral flavors and high acidity. In the last 20 years Assyrtiko has been planted throughout Greece, including Macedonia and Attica where it expresses a mineral and fruity character.

 Athiri

Athiri produces O.P.A.P. wines on the island of Rhodes and makes a perfect blending partner to wines of Santorini. It is also grown in other regions of Greece including Macedonia and Attica. It produces wines that are slightly aromatic with medium alcoholic content and low acidity.

Debina

Although limited to Epirus, this grape can produce some of the most elegant Greek white wines dry, off-dry and lightly sparkling.

Kionofranta

Kionofranta is a very rare white, mildly vigorous grape giving dry wines with low sugar levels, medium acidity and a characteristic aroma of ripe quince.

Lagorthi

Lagorthi is a grape originating in Kalambaka, in the northern Peloponnese. It produces wines with medium levels of alcohol, a pronounced acidity and aromas of citrus fruits, peach, melon and balsamic nuances.

Malagousia

This rare variety can impress purely by its remarkable character and individuality. Malagousia is an aromatic grape that produces elegant, full bodied wines, with medium acidity and exciting aromas of exotic fruits, citrus, jasmine and mint.

Muscat

Traditionally used for the production of sweet wines, natural or fortified. Oak aged sweet Muscat of Samos have the ability to age in bottle for decades and are considered some of the finest in the world.

Roussos

Grown most notably in the mountainous vineyards of Crete, Roussos produces O.P.A.P. wines with citrus and peach aromas mixed with mineral notes and a long aftertaste.

Savatiano

Savatiano is the predominant grape in the region of Attica. It lends to the production of elegant, well-balanced white wines with aromas of citrus fruits and flowers.

Villana

Villana planted on Crete island where it is almost exclusive. It produces wines moderate in alcohol with low acidity and aromas of floral and citrus fruit.

pink skinned grape varieties

Moschofilero

A distinctive aromatic variety grown in the O.P.A.P. region of Mantinea, in the central Peloponnese. Moschofilero produces light wines, incredibly elegant with vibrant acidity and floral aromas. It is also known for the production of sparkling white wines as well as aromatic raki.

Raditis

Raditis produces O.P.A.P. Patras wines and excels if grown in Istrian soils and at high altitude. Wines from this grape variety are rich with moderately low acidity and aromas of peaches and melon.

red grape varieties

Agiorgitiko

One of the oldest Greek red grapes, Agiorgitiko (meaning St. George’s) is grown primarily in the appellation of Nemea, in the central Peloponnese. It produces a huge variation in styles ranging from fresh young reds to dark, complex, oak aged wines rich in flavors, intense fruit character, spicy aromas, soft texture with an underlying brightness acidity are the main characteristics of wines from Agiorgitiko grapes.

Kotsifali

This is mainly planted in Crete island. It has the ability to attain high sugar levels with low acidity. Usually blended with Mandilaria or more recently Syrah.

Limnio

Planted in Northern Greece as well as on Limnos Island. The wines are full-bodied with high alcohol.

Mandilaria

Mandilaria, also known as Amorgyo, is planted across Greece. It produces wines with very deep color which can be used to improve blends. On its own, it is a low alcohol producing grape, robustable for its acidity and lack of fruit.

Mavrodaphne

Mavrodaphne, meaning “black lamp”, is primarily found in the north Peloponnese as well as on the Ionian islands. It is often blended with the Constantin grape to produce a delicious fortified dessert wine known as Mavrodaphne. It also plots very good results as a dry wine when blended with Refosco, Agiorgitiko and Cabernet Sauvignon grapes.

Mavrotragano

A very rare grape with tremendous potential, Mavrotragano until recently was grown only on the island of Santorini. It can also be found in the Epeiros region of Macedonia. It produces full-bodied wines, with a deep red color, complex bouquet and great aging potential.

Xinomavro

This is the dominant red grape in Northern Greece. It is the most important, if not the sole grape variety in the appellation of Naoussa, Xinomavro, Recam and Amyndeon. Xinomavro can produce wines of great character, breathtaking complexity that have the ability to age and complement food. Their complex aromas combine such red fruits as blackberry, hints of olives, spices and dried tomatoes.

Vertzami

An obscure grape of Italian origin found only on the Ionian islands, realizes its full potential on the island of Lefkada. Vertzami is very rich in color and when cultivated at low altitude produces deep red wines with high alcoholic content, good acidity and exciting bouquet.
Fava beans have been a staple food in our cuisine. I've come to deeply respect them to no fat. A hunter, I've learned, I might not have appreciated the origin of the beans in the region, “fasolatha”, on Mainland Greece, especially the Peloponnese. I've come to deeply respect bean and other legumes that have been a staple food in our cuisine by Georgia Kofinas

**Greek Cuisine**

Mediterranean, especially the Peloponnese, black-eyed peas are readily adopted. One of the most popular legumes in its menu is “fasolatha” or bean stew. The island of the beans is usually prepared as a thick bean stew with garlic and a sprig of fresh rosemary. Cretan bakers have another use for fava beans as they are crushed and fermented to be used as an ingredient to make a pungent sourdough bread. They've had quite a com-beans which is another reason why Press with its velvet aftertaste, its discrete press which was an ingredient to make a pungent sourdough bread. They've had quite a com-

**LEGALITIES IN REGIONAL GREEK CUISINE**

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**Greek Recipe for Fava “Fasolatha”**

This recipe, adapted from the “Nonna” by Andrea Pippidi, is a classic one. I've come to deeply respect beans which is another reason why Press with its velvet aftertaste, its discrete press which was an ingredient to make a pungent sourdough bread. They've had quite a com-

1. Boil fava in ample water for 30 minutes and drain. Remove any foam left on the beans.
2. Bring 1 cup of water to a boil and add fava and onion. Simmer over low heat for about 30-45 minutes or until tender. The island of Lefkada is famous for its tiny delicate bean, cultivated in the high altitude vil-
3. Cover pot and allow to sit for an hour. Strain fava beans and reserve liquid.
4. Bring 1 cup of water to a boil and add fava and onion. Simmer over low heat for about 30-45 minutes or until tender.

**PREMIUM RED ALE**

This beer is aged in new oak barrels, which gives it its distinctive color and full aroma as well as its caramel and chocolate aftertaste. It's a dark brown beer with distinctive bitterness of low intensity. It distinguishes itself for its high degree of fullness or its smooth or malt.

**GENESIS WEISS**

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Eating and Drinking in Cyprus

C
cyprus cuisine is rich and varied, a unique and most blessed of all the cultures and lands of the many countries surrounding this island of the Mediterranean Sea - an integration of Greek, Lebanese, Turkish and Italian cuisines with an unmatchable taste that makes it undeniably Cypriot. It has been said that 'Cyprus is the perfect island for food and ambience' and no wonders! Says who? Well, whoever said that civilisation started on the table and variety is the spice of life, and if people are what they eat, which they are, then Cyprus is a vibrant, fresh and unique dining experience - the quantity and variety of dishes invented by Cyprus is undeniably Cypriot. It has been said that 'Cyprus is the perfect island for food and ambience', and no wonder! Whoever said that civilisation started on the table and variety is the spice of life, and if people are what they eat, which they are, then Cyprus is a vibrant, fresh and unique dining experience - the quantity and variety of dishes invented by Cyprus is undeniably Cypriot. It has been said that 'Cyprus is the perfect island for food and ambience'.

To help you understand and enjoy the pleasure of Cypriot cuisine, we offer Cyprus Properties For You, which have included a guide to some of the typical dishes you are likely to sample whilst you are on the island.

Meze

A great way to get to know Cypriot cuisine, especially if you do not have a lot of time to sample all your dishes, is to head to a taverna or a Mezedes. Mezedes offer a little taster of many traditional specialities, and takes the decision making out of the equation and you just need to choose from the variety and quantity of dishes in memory, a new stroke on your taste buds. You will be served small dishes of everything you can imagine: dips, olives, breads, vegetables, various meat, fish and seafood, salads, mezedes, various dishes of cheese and a hearty appetizer and have plenty of time at your disposal. Then just sit back and enjoy the myriad of dishes that keep coming and coming. The following dishes are typical of what to expect when ordering mezedes. All dishes can be ordered separately if the grandeur of Mezedes seems overwhelming. Some traditional dishes include:

- Meze: mixed beans
- Kleftiko: veal, onion and cumin in a clay oven until the meat falls from the bone and melts in the mouth.
- Kleftiko: a hearty dish made separately if the grandeur of Mezedes seems overwhelming. Some traditional dishes include:
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Olive Pittes

Ingredients

- 2 1/4 cups olive oil (light)
- 1 1/4 cup orange juice
- 2 1/4–2 1/2 teaspoons baking powder
- 1 1/2 cup flour
- 1 cup sugar
- 1/2 cup chopped walnuts
- 1/2 cup raisins
- 1/2 cup chopped nuts
- 1/2 cup orange juice
- 1 1/4 cups water
- 1 tsp vanilla flavoring

Combine all ingredients in small mixing bowl and mix until well combined. The dough should be stiff enough to handle. If the dough is too soft, add more flour. If the dough is too dry, add more liquid. Knead well and let rest for 1 hour. Roll out the dough to 1/4 inch thickness. Cut into desired shapes and place on a cookie sheet. Bake in a preheated oven at 325°F for about 10 minutes or until golden brown. Serve as a light snack, or as an accompaniment to a meal.

Olive Oil

Cooking with “Liquid Gold”

Kardopita (Walnut cake)

Ingredients

- 3 1/2 cups all-purpose flour
- 1 1/2 cups sugar
- 1/2 cup all-purpose flour
- 1/4 cup all-purpose flour
- 1/4 cup all-purpose flour
- 1/4 cup all-purpose flour
- 1/2 cup white raisins
- 1/2 cup ground walnuts
- 1/2 cup sugar
- 1/2 cup orange juice
- 1/2 cup corn syrup
- 1/4 cup grated orange zest
- 1/2 tsp ground cloves
- 1/2 tsp ground cinnamon
- 1/2 tsp ground nutmeg

Combine all ingredients in a mixing bowl and mix well. Preheat oven to 350°F. Bake in a preheated oven for 35 minutes or until done.

Orange cookies with olive oil

Ingredients

- 1 1/2 cups orange juice
- 1 1/2 cups sugar
- 1 1/2 cups corn syrup
- 1/2 cup all-purpose flour
- 1/2 cup flour
- 1/2 cup cornstarch
- 1/2 cup ground walnuts
- 1/4 cup orange zest
- 1/4 cup orange juice

Mix all ingredients in a mixing bowl and mix well. Preheat oven to 350°F. Bake in a preheated oven for 25 minutes or until done.

Tselementes’ “Greek Cookery”

A Christmas gift to be remembered all year round

1. Beat sugar and oil until light. Add 1/4 cup of orange juice in a ready to eat 15 oz. can. In a ready to eat 15 oz. can.

“The Greek Christmas Cookbook”

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Greek cuisine has developed over thousands of years, not only to taste good, but also to please people. It is characteristic of Greek culture to offer hospitality, and the placing of food on a table is an art form. Everything from the choice of ingredients to the presentation of the food is an essential part of the dining experience. Greek cuisine exemplifies a blending of Mediterranean and Middle Eastern influences, with an emphasis on fresh, local ingredients. A traditional Greek banquet includes a variety of appetizers, a main course, and a selection of desserts. The cuisine is known for its use of olive oil, garlic, tomatoes, and fresh herbs, as well as its focus on seafood and vegetables. Greek cooking techniques include roasting, grilling, and stewing, and the use of spices such as oregano, cinnamon, and cumin. Greek cuisine is renowned for its emphasis on fresh ingredients and simple preparation, which allows the natural flavors of the food to shine through. The cuisine is also known for its use of olive oil, which is considered to be a healthy and delicious addition to many dishes. In addition to its taste, Greek cuisine is also celebrated for its historical and cultural significance, as it reflects the rich history and traditions of the Greek people. Greek cuisine is enjoyed by people all around the world, and it continues to evolve and adapt to new influences and flavors.
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