Greek FOOD & WINE 2019

The National Herald
www.thenationalherald.com
Welcome to The National Herald’s annual Greek Food & Wine special issue! As another holiday season is getting underway, we look forward each year to bringing you this particular issue because food connects us in a powerful way to our family and friends, to our traditions and culture, and we share it with everyone in a spirit of love and fellowship that we hope will continue not only throughout the holiday season, but all through the year.

While the passion for food is something that transcends culture, Greeks take that passion to another level thanks to our traditions and values: our world-renowned hospitality, philoxenia, and philotimo. With so many Greeks in the restaurant business and the food industry, we must be doing something right.

A new generation is continuing the tradition while finding ways to adapt, expand, and make Greek cuisine even more accessible and well-known than it already is. The Greek diet with its emphasis on greens, extra virgin olive oil, fish, poultry, beans, and grains reduces inflammation and the risk of certain diseases, and helps with maintaining a healthy weight. The traditional way of eating, avoiding processed foods, cutting back on red meat, and having sweets only on special occasions, is a recipe for health that is relatively easy to follow. If your great-grandmother wouldn’t recognize it as food, you probably shouldn’t eat it.

The chefs, restaurateurs, and leaders in the food industry who appear in the pages of TNH are all a part of this great tradition of Greek cuisine that we share with the world. It is something we take very seriously because it is rooted in our homeland, in the land itself and the sea that surrounds it with all the amazing natural resources and products of Greece we all know and love. A simple salad is a transcendent experience with the right ingredients, the fresh, seasonal fruits and vegetables, the highest quality extra virgin olive oil. A meal becomes a symphony of taste and sharing it with family and friends makes it even better.

As we invite our loved ones to celebrate the holidays with us, it can be easy to get stressed out and lose sight of what is truly important. If we slow things down, take it easy, we might even enjoy the holidays a bit more, in this old-fashioned way, actually spending time with family and friends in real life, switching off phones and other devices, giving back to the less fortunate, and being present in the moment.

Gratitude for all the blessings in our lives should not only occur to us as we go around the Thanksgiving table saying what we’re thankful for, but should be a part of our daily lives. Thankfulness, every day can make a difference in the way we see ourselves and the world around us.

In the spirit of the season, take a moment to say thank you to those who mean the most to you as we say thank you to our readers for their continuing support.

Best wishes for the upcoming holidays!
Happy Thanksgiving!

By Eleni Sakellis

The Season of Giving, the Season of Hope

Food connects us to friends, family, traditions, and culture.
IT’S WHAT’S BEHIND THE TRUCK THAT COUNTS

OUR OWN REFINERY AND MULTIPLE TERMINALS
ONE OF THE LARGEST FLEET OF TRUCKS
WE’RE HERE FOR YOU 24/7/365

HUNDREDS OF EMPLOYEES

And what’s behind the truck?
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Serving The 5 Boroughs, Nassau, Suffolk & Westchester
By Christos Sourligas

I am nothing without my Greek mother. It’s the reason why I created a cookbook based on all my mama’s Greek food recipes. My Big Fat Greek Cookbook is my love letter to her for the sacrifices she made to give us siblings the life she never had. “I love you, my son,” never rolled off my mother’s tongue because she just wasn’t brought up to express herself that way. But her succulent comfort food, prepared with such unwavering focus, speaks volumes. The cookbook is a testament to the notion of food as love: feeding her family – my father, my three siblings, and me, the youngest – is the most meaningful way for mama to convey her devotion to us.

The cookbook is a love letter to my mother for her sacrifices she made to give us the life she never had.

So for one year I braved a series of intense hands-on cooking demos with her, my baba and my sister, to capture an oral history of her gastronomical treasure trove, and I took some abuse along the way. “Teaspoon? What teaspoon? I go with my gut! Back off and just watch me, kiddo!”

Despite growing up in abject poverty, mama developed a wickeely beautiful and unusual connection to food. During the Nazi occupation of Greece from 1941 to 1944, she and her birth family assisted the local Greek resistance fighters by delivering home-cooked meals to their mountain hideouts. And after the war, she and her younger sister Dina traveled the country toiling on factory farms, sending all their earnings back home to feed her destitute family. My mother grew up fast into a bold and sly woman, dubbed “the Spitfire” by friends and family alike. My father on the other hand, being the loveable conservative man that he is, always tried to bust my mama’s bubble by quickly sending their dinner guests on their way well before dessert was even served. Unlike her, who always thrives on entertaining, my baba just doesn’t like investing the effort to cook for others, nor the noise and laughter that goes with it. Probably because he owned a couple of restaurants himself, so that really zapped any real love for cooking he ever had. And I can’t blame him. They simply couldn’t be a more mismatched couple. But it worked. She was always a funny bird, my mama. One of a kind. Matter of fact, my siblings and I learned our mischievous ways from my Greek mama. Like the time on Devil’s Night (Montreal, October 30, 1982) when she bought us dozens of fresh eggs from the local grocer so we can toss them on our neighbor’s (house) that she despised so much. A liberal at heart, she’s extremely open-minded, which completely contrasts her Greek Orthodox religious fervor. So no matter what color, creed, or size.
Over 60 Varieties of Flatbreads
Mediterranean Pastries

TH E N ATIO N AL H ERALD

sexual orientation, she welcomed strangers into her home from all walks of life, and more importantly, she never judged anyone. Why? She simply lived for kitchen-table visits from hungry guests – big, hearty, simple meals from ingredients that my mama grew or raised herself. Freshness and intense flavor are key in this working class recipes. My Big Fat Greek Cookbook is bigger than my mama and the world. This is exactly the feeling and emotion my family and I have reached a touch of both oils on top. Pre-cut the pie, taking care not to reach the bottom; this will allow the pie to breathe and brown evenly.

Flatten the dough with a rolling pin; use flour to avoid sticking. Shape out two (2) crusts: one to line the baking dish, and one for the top-crust. Grease a round clay baking dish (ideally, a round 15-inch baking dish, and carefully position in the bottom crust, spreading out evenly. Add in the filling ingredients into a mixing bowl. Mix by hand.

Kali Orexi!
ION Chocolate: 90 Years of Sustained Success

For almost 80 years ION is the company that comes to mind when it comes to chocolate in Greece – indeed it was the generic name for chocolate in the country due to the company’s devotion to quality, respect for traditional values and without missing new opportunities. ION is a living example that entrepreneurship, employees, and a turnover of production plants in Greece, 1000 cated to quality products and consumer satisfaction, while also making contributions to the local community. This philosophy has established ION a leader in chocolates and related products in the Greek market.

ION S.A. was founded on September 23, 1930 in Neo Faliro and since great taste knows no boundary, 1991. MABEL S.A., manufactures of chocolate pralines and seasonal chocolate products in 1999. ION products are distributed through a wide and efficient distribution network. With fully owned distribution centers, the company is able to reach the whole Greek market. The traditional and modern Greek restaurant is owned and operated by the Arvanitis family. The family’s patriarch, John Arvanitis an immigrant from Greece, opened the now iconic Omonia Coll in the 1970S. The family also owns Omonia Food Dock, and Omonia in Bay Ridge, Brooklyn. A restaurant seemed logical step for the family, with the next generation, son John, daughter Anne Osi- nont, and son-in-law Fedon taking the lead of Amylos.

The cocktail menu features Greek flavors in a variety of refreshing and delicious options, including Amylos signature cocktails with Greek names like Logos made with Psychis Mastiha liqueur and Ode made with blanched-toasted. The Dirty Greek, a new twist on a dirty martini replaces traditional olives with kalamata olives in the olive juice and the garnish. The drink is pink due to the kalamata influence and features a cheese stuffed trio of olives to adorn the rim. The options for moas include a delicious grilled squid-stuffed octopus served with fava beans and pickled onions, athenia, kobilokthokates, saganaki, and fried kalamata-almond octopus croquettes, crab cakes, salmon tartare, and fresh ahi tuna.

For those looking for more traditional dishes, the Koutsoukou Mou Grill features all the classics, chicken, pork, and lamb, while the Slow Roasted Lamb served with lemony potatoes is on the menu as a weekend special. Fresh whole fish, including lavraki, tsipoura, barbounia, and black sea bass, is also sold by the pound for seafood lovers. The cocktail menu features Greek flavors in a variety of refreshing and delicious options, including Amylos signature cocktails with Greek names like Logos made with Psychis Mastiha liqueur and Ode made with blanched-toasted. The Dirty Greek, a new twist on a dirty martini replaces traditional olives with kalamata olives in the olive juice and the garnish. The drink is pink due to the kalamata influence and features a cheese stuffed trio of olives to adorn the rim.

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The options for meze include a delicious grilled sushi-grade octopus served with fava puree and ouzo, kobilokthokates, saganaki, and fried kalamata-almond octopus croquettes, crab cakes, salmon tartare, and fresh ahi tuna.

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Even the ice is beautiful at Sugar Monk

Sugar Monk Enchants with Cocktails and Style

By Vanessa Vloudos

Sugar Monk Lounge, 2292 Frederick Douglass Boulevard in Manhattan, is one of those places that make life in New York worth living. It is a speakeasy bar inspired entirely by the Harlem Renaissance era, a place that adorns the heart where the alchemy of drinks is transformed.

The existence of Sugar Monk is no means accidental. It is a result of a thoughtful move by its Greek creators. Ektoras Binikos, a visual artist and mixologist, and Simon Jutras, a photographer and interior designer with two decades of international experience, joined forces and Harlem homes.

As I enter, Binikos and Jutras greet me at the same time, their hands open as if they are the space is where how my eyes are and how much attention has been paid to detail.

“Everyone is welcomed and accepted but you will not see people standing. We only accept as many as eight at a time in the speakeasy where they can enjoy their drinks. The nature of our program is that cocktail mixology is complicated. It takes about two to three minutes for a cocktail and the bartender needs to concentrate,” Binikos said.

The windows at the speakeasy face west and the space is quickly flooded with the last sunlight of the day while a piano so subtle that it fills the room with the sounds of romance.

Binikos explained: “We are also working together on a book where inspiration comes from artists whose work is important and essential to our lives. Our goal is to ‘translate’ an artist’s vision into a cocktail and photograph it without copying the original work of the artist but expressing our own vision of how we perceive these works of art.” Simon Jutras explained.

When asked which cocktail is their favorite and which they would offer to a guest they would like to impress, Jutras answered, “Potter’s Field,” modestly because it is visually perfect, served with a nosegay encased in the ice cube in the glass.

After finishing with a second cocktail (Blind, $19), I decide it’s time to head home. I have concluded that places like Sugar Monk are here to refresh and stimulate our faith and interest in New York. If you are looking for the same, Harlem and Sugar Monk is where you should go.

In the illustrated menu all cocktails are separated according to their theme and divided into eight different chapters.

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In the illustrated menu all cocktails are separated according to their theme and divided into eight different chapters. What can someone say about a menu with literary, musical, and artistic titles such as ‘Thelonious, Monk’s Dream’, ‘Sticky Fingers’, ‘Between the Devil and the Deep Blue Sea’, and William Blake?”

Between the Devil and the Deep Blue Sea, and William Blake?

“The community here is thrilled with Sugar Monk and proud of its uniqueness and its being an open, warm, and hospitable place,” said Binikos. In Sugar Monk’s illustrated menu all cocktails are separated according to their theme and divided into eight different chapters.
The company has envisioned and achieved the ideal combination of tradition and innovation.
LOUX
like home!
#1greeksoftdrink

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Directions
Begin the syrup with the sugar. In a saucepan, add the sugar and water to a boil and cook for about 3 minutes until the sugar has dissolved. Stir in the honey. Keep the syrup on low heat.

Bake the cookies:
In a large bowl, combine the vegetable oil and vegetable shortening. Beat together with a hand mixer until smooth. This should take about 10 minutes to get a smooth consistency. Then, while still mixing, add the flour, sugar, orange juice, cinnamon, baking powder, sugar, eggs and salt and mix until well combined. Gradually fold in as much flour as needed until the dough is soft but not sticky.

Mold cookie dough into small rounds or ovals. Place each on a cookie sheet and bake. Place the first cookie sheet in the oven and bake for 17-20 minutes. Repeat this process until all cookies have been baked, soaked in the syrup and soaked for about 10-20 minutes.

Once your first batch of cookies has cooled, place the cookies (using a slotted spoon) in the syrup and soak them for about 10-20 minutes. Be sure to do these in batches. Remove the cookies and place them back on the parchment paper or cooling rack and sprinkle with chopped walnuts immediately while the cookies are still warm.

Eleni’s Gift Box: Melomakarona
Ingredients
For the syrup:
• 1 1/2 cups sugar
• 1 1/2 cups orange juice
• 2 shots of whiskey
• 2 shots of vanilla
• 1 heaping teaspoon baking soda

For the dough:
• 1 cup vegetable oil
• 1 cup vegetable shortening
• 1 1/2 cups sugar
• 1 1/2 cups orange juice
• 2 shots of vanilla
• 2 teaspoons cinnamon
• 2 teaspoons honey
• 2 teaspoons baking powder

For the topping:
• 2 tablespoons, finely ground walnuts

For the filling:
• 1 cup sugar
• 1 1/2 cups flour
• 1 1/2 cups orange juice
• 2 shots of whiskey
• 2 shots of vanilla
• 1 heaping teaspoon baking soda
• 2 teaspoons honey
• 2 eggs, beaten
• 2 cups sugar
• 22-25 Jackson Avenue at 46th Avenue

Eleni Saltas’ Melomakarona Recipe
Chef and cookbook author Eleni Saltas shared her recipe for melomakarona with *The National Herald* for this year’s Greek Food Week. All You Can Greek by Eleni Saltas is available on Amazon.

For more information about Eleni Saltas or her book All You Can Greek, visit [www.amazon.com](http://www.amazon.com). For catering inquiries email: info@minas.nyc.

Mina’s Greek-inspired items on Mina’s menu to enjoy

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NEW YORK – Seven celebrity chefs participated in the Loukoumi Foundation’s Mediterranean Tasting event at the New York Athletic Club in Manhattan on October 29. The event capped off a week of events celebrating the release of Inspiring Stories: That Make a Difference by 75 young authors, the latest book in the Loukoumi series by Nick Katsoris, founder and President of the Loukoumi Make A Difference Foundation.

Proceeds from the event benefit the new program Loukoumi Feeds the Hungry in which Celebs cooked up Mediterranean specialties attended by 75 young authors of the book and Loukoumi were invited to attend a performance of Come From Away, doing good deeds at the 9/11 Tribute Room at St. Jude Children’s Research Hospital. As part of an event to benefit this project, a bus tour through Manhattan with stops including a visit with Evie Evans Manatos who brought their three children, Sienna, Andrea, and Lucas, up to the stage to accept the award. “When we started ten years ago we had 200 kids participating in one year. This year, we have reached 100,000 children across America participating in our programs,” Katsoris said of the Loukoumi Foundation’s decade of making a difference.

Loukoumi Foundation’s Mediterranean Tasting Event for a Good Cause

By Eleni Sakellis and Matina Demelis

The American Coney Island is one of the oldest, if not the oldest, businesses in the downtown area (and perhaps in the entire city of Detroit) that is family-owned and operated. The restaurant has remained at the same location for 102 years.

The American Coney Island was founded in 1917 by Constantine “Gust” Keros

No wonder the American Coney Island Hot Dog has been such a tantalizing treat to the palate that’s still hard to beat after all these years!

Send a Taste of Detroit for the Holidays... Ship-A-Kit!

The restaurant is available online: www.loukoumifoundation.org.

Proceeds from the event benefit the new program Loukoumi Feeds The Hungry

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Christina Xenos

Talks to TNH about Food and Her Greek Heritage

By Elmi Salakos

OS ANGELES – Christina Xenos is a professional chef, cookbook author, recipe developer, and journalist based in Los Angeles. Her company, Sweet Greek Personal Chef Services, offers full personal chef and culinary services, cooking classes, and Greek-themed pop-up dining experiences, which have been featured in Food & Wine magazine among other media outlets. Xenos took some time to catch up with TNH during a busy schedule to talk about her National heritage about food, her Greek heritage, and her upcoming projects.

TNH: Did you always have an interest in food and cooking? Christina Xenos: I’ve always been interested in food and cooking, and as an adult have found myself in all kinds of cooking from a young age.

TNH: Tell us a bit about your background, where in Greece is your family from? Christina Xenos: My family is from Corfu, Monios, and Sparti. My grandparents ended up in Chicago after they immigrated to the United States. My parents met there, and I grew up in Claypool, Ohio. I graduated with a degree in journalism from Ohio University’s Scripps School of Journalism and worked as both a book editor and as an online editor for a magazine for 15 years before I was able to finally find my way to culinary school and launch my personal chef business. I love that I have the background in food production and publishing because it really helped when my partner and I started to plan and run The Healthy Grecian Cookbook.

TNH: How long did it take to put together Sweet Greek Personal Chef Services and what were some of the challenges you faced? Christina Xenos: When I was in culinary school one of my friends told me to check out Edible Indy.com. It’s a website that offers culinary experiences all over the world. I signed on as a chef with them and started throwing Greek-themed pop-up dinners for anyone who wanted to buy a ticket. After a few years, I decided that I really enjoyed cooking for people, so I started my business, Sweet Greek Personal Chef Services. I look for types of cuisine for my clientele on a weekly basis. I also look for private parties and offer cooking classes both in my clients’ homes and in larger spaces for bigger groups.

TNH: What do you think is the most rewarding aspect of your work? Christina Xenos: I love sharing traditional and contemporary Greek flavors and dishes with people. In Los Angeles, we have a fraction of the Greek restaurants that New York and Chicago have. So I love being in a city with a Greek food community in the city. I was also invited to be a member of Les Clefs d’or, an international club that recognizes the best cooks at the James Beard House with Chef Argiro Barbarigou for a dinner featuring cuisine from the southern Aegean Islands. It was such an honor to work with her.

TNH: Your Greek heritage clearly influences your work, what are some of your favorite family and food memories? Christina Xenos: As a kid, we would stop by and more food would appear and the whole “parea” would laugh and talk into the night.

Christina Xenos Shares Her Spanakopita Recipe with TNH

Chef Christina Xenos graciously shared her spanakopita recipe with The National Herald. The recipe includes Greek feta cheese and real Greek feta cheese as well as tips to ensure your spanakopita turns out delightfully:

1. Phyllo crust/assembling the pie:

- 1/2 cup chopped scallions

- 2 egg yolks

- 1 cup (2 sticks) butter, or 1 1/2 cup extra virgin olive oil

- 3/4 pound (12 oz.) feta cheese

- 3 bunches scallions

- 2 tablespoons Cream of Wheat or Farina (optional)

- 3/4 to 1 stick of butter (or 1/2 cup extra virgin olive oil for brushing phyllo)

- 2 teaspoons extra virgin olive oil

- black pepper (a few shakes)

Instructions:

1. Make the filling:

- Melt 1 stick of butter in a pan or in the microwave. If using olive oil instead of butter, or a mix, you may need to add a little more oil so it’s not too dry. (The mix should be stable across the pan. Then start making your top crust by adding a

2. Preheat oven to 400 degrees.

3. Melt 1 stick of butter in a pan in the microwave. (Use olive oil instead of butter, or a mix, you may need to add a little more oil so it’s not too dry. (The mix should be stable across the pan. Then start making your top crust by adding a

4. Melt the remaining 1 stick of butter in a pan. (Use olive oil instead of butter, or a mix, you may need to add a little more oil so it’s not too dry. (The mix should be stable across the pan. Then start making your top crust by adding a

5. Dip your pastry brush in the melted butter or extra virgin oil and brush a 9 x 13-inch baking pan with butter or olive oil. Put up

6. Freeze it. Once you are ready to bake it, take it out of the freezer and proceed with the recipe.

7. Baking the pie:

- Brush pie with extra virgin olive oil (or butter if you prefer)

- Bake pie until top is brown, about 45 minutes, to an hour.

- Cool before slicing.
farmers market in Hollywood every Sunday to shop all the fresh produce. I always pick up a few varieties of vegetables, and then pick up some fish from our fishmonger. We always have a nice dinner together them during the first few months after, or have autoimmune disorders on Sundays. Then the rest of the week I'm usually recipe developing and testing, so I'm always making something different. However, some of my favorite dishes to make so far for us and my clients are kolokithokeftedes, chicken kapama, spanakopita, keftedes, youvetsi, zani.

The Extra Virgin Olive Oil extraction process takes place at a low temperature and the storage is in air-free and temperature-controlled conditions. The bottling is done with nitrogen, ensuring maximum quality.

Yanni’s Olive Grove produces a series of innovative olive snack which consists of Greek olives mixed with dried fruits. These products were recently launched in the North America market and are distinguished by a natural sweet taste combined with the ultimate healthiness because of the absence of sugar, preservatives, and salt. It is also liquid free and has high energy value but low calorie count from fat. It has a shelf-life of 12 months. It is ideal for diabetics, vegetarians, and people with heart diseases.

**PRACTICES AND BELIEFS:**

The fundamental belief of Yanni’s Olive Grove is their dedication to the restority of the highest quality olive food products, which is ensured by the continuous improvement of the production process, which is under the care of the renowned American Farm School.

Yanni’s produces the Protected Designation of Origin Chalkidiki Extra Virgin Olive Oil, which is the only Greek Extra Virgin Olive Oil certified as early harvest. Production entails a green integrated management system, a unique high-tech cultivation system named Gaia Sense which was supported by the European Commission for the greening and controlled a pilot olive tree cultivator and with a unique QR Code trace-ability system.

The company achieves maximum environmental protection through packaging, recycling, and waste management in combination with the production of products of the highest quality grade.

Yanni’s Olive Grove supports pioneering scientific research on the benefits of Extra Virgin Olive on humans. The scientists evaluate the effects of different kinds of Extra Virgin Olive Oil on amnestics patients diagnosed with ICD, which leads to Alzheimer’s diseases. In collaboration with Prof. M. Tzidi (Alzheimer Helenio Association) and the 1st Department of Neurology, AHEPA University Hospital Medical School, Aristotle University, Prof. A. Pantazi and E. Tzani M.Sc. (Laboratory of Biochemistry, Aristotle University of Thessaloniki), and Prof. Th. Magdes (Department of Pharmacy and Natural Products Chemistry of National and Kapodistrian University of Athens). The first Extra Virgin Olive Oil product based on this study’s results is named YANNI’S MIC-OIL and will be launched in January 2020.

For more information visit www.yannisolivegrove.gr.

Sophia Xenos, BS in Food Chemistry and Oenology at Aristotle University of Thessaloniki, represents the Proudromos Family, owner of Yanni’s Olive Grove Company.
Trump’s Tariffs

Not Peachy for Greek Fruit Producers

By Constantine S. Sirigos

Entrepreneurship is a variety of human creativity, as much engendered by imagination as it is art and music. That is why it is not surprising that two of the three principals of Greek Wine Asia, Giorgos and his wife Christine Travlopoulou, are distinguished classical pianists.

Along with Maria Tzanidi, who joined them after a career in banking, the three have been working in high-growth industries for years before turning back from EU sanctions in Russia five years ago that took another tilt. Trump, they said, could be the one who buries them. "With the tariffs from the United States, it will be a very big hit, it will be a catastrophe," said Halkidis.

The Greek companies have tailored their products, right down to 3-kilogram (6.61 pound) tins, especially in Japan and China. Attending events, taking classes with the London-based Wine and Spirit Education Trust and visiting many veterans, his en- thusiasm in promoting Asian styles has helped him to succeed, he added. "We have both wines to share and stories to tell," said Travlopoulou. "We believe that once they taste our wines, we will also sell them, the fascination with Hellenic civilization that exists in Asia, especially in Japan and China. Greek wine makers – who are very excited about the idea – and Nagano and Travlopoulou are cultural bridge builders too. We met at the Austin Music Festival when she was in London and close when both worked to bring Greek wine to Japan. We have both wines to share and stories to tell," said Travlopoulou. 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Cafés across the Northeast as well as other parts of the United States and Canada through distributors and direct pick-up.

Foods’ customers a variety of its small batch, handcrafted yogurts including a 10LB 10% milk fat plain, vanilla. Each of these offerings are perfectly crafted to be included in delicious entrees, desserts, and sauces. Belesis and Ioannou spoke to The National Herald about the company and about their heritage.

We had to learn on the fly and on our own. Growing up in a Greek family our lives revolved around it. That’s how we grew up, with all kinds of food and family you would like to share with us and today we employ more than 20 people. We started with five stores and now you can find out products in over 2000 retail locations nationwide. It’s very rewarding to see that growth before our eyes, but the most rewarding part is seeing how proud our parents are that we were able to achieve this on our own.

The best reputation in the business and we are extremely excited to have partnered with them.

We are minutes away from one of the largest markets in the world. We had the best reputation in the business and we are extremely excited to have partnered with them.

Together with our customers, we bootstrap our business. It was a wise decision. Nothing better than a plain yogurt, with a little bit of sugar on top.

Our families have always been involved in the food industry but more on the retail side. Growing up in a Greek family our lives revolved around it. That’s how we grew up.

Everything your heart desires, all kinds of olive oils, olives, cheese from Greece and many, many more products. Everything your heart desires, all kinds of olive oils, olives, cheese from Greece and many, many more products. Everything your heart desires, all kinds of olive oils, olives, cheese from Greece and many, many more products.

The brand known for having the only FDA approved cheesecloth strained Greek yogurt in the U.S., recently announced a partnership with Loumidis Foods.

Talking to TNH about the only FDA approved cheesecloth strained Greek yogurt in the United States and Canada through distributors and direct pick-up.

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Everything your heart desires, all kinds of olive oils, olives, cheese from Greece and many, many more products.
**Krinos Foods** is the largest importer, distributor and manufacturer of Greek specialty foods in North America.

Krinos offers only the finest foods to both the retail and food service trades through our plants in New York, Atlanta, Chicago and Santa Barbara in the United States, and Montreal, Toronto and Vancouver in Canada.

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