



# Aegean Secrets

*The recipes you are about to try have been passed on to modern Aegean Island Cuisine by countless generations, with secrets and recipes exchanged from mother to daughter since the Neolithic era.*

*Please take the time to use all of your senses while enjoying the unique, ancient flavors and aromas of the Aegean Islands that we are sharing with you today.*

*Καλή Όρεξη,*

*Chef Argiro Barbarigou.*

## Welcome

### ~ SALATOURI ~

Fish salad with a lemon and herb sauce

*Upon returning from a long fishing trip, fishermen would rest in a traditional «Καφενίωv» (Traditional Mezze establishment) and would regale their comrades over a plate of «Σαλατούρι».*

### ~ FAVA (VEGAN) ~

Fava bean puree served with caramelized onions, capers, olives and e.v.olive oil

*One of the oldest dishes served in the Aegean, Fava beans have been uncovered in Santorini excavations dating as far back as 3000 B.C. Greek families consider it a staple food and serve it at least once a week.*

### ~ HTYPITI (LACTO VEGETARIAN) ~

Spicy Feta cheese spread with sun-dried peppers served on pita bread with e.v.o oil.

*Feta cheese, has been manufactured in Greece since before the ancient Greeks with its creation attributed in the Odyssey to Polyphemus the famous cyclops that Odysseus tricks! This same meal without the peppers can be made with a variety of herbs.*

Wine Pairing: Kir Yianni Sparkling Rose 2016





# Aegean Heritage Flavors

## ~ NTOMATOSALATA & FOUSKOTI (LACTO VEGETARIAN) ~

Tomato salad with black eyed beans, caper leaves, «Κρίταμο» (samphire), Cycladic fresh cheese, E.V. olive oil and oregano. Served with FOUSKOTI a traditional island bread with mastic, saffron, anise and flax seeds.

*Fouskoti is a beloved recipe by children all over the Aegean Islands, mothers while kneading the family's daily bread would cut a piece of dough, add any cheese or vegetables that were at hand and bake it as a snack. One of the healthiest bread recipes, filled with ancient grains, mastic and island saffron.*

## ~ KAKAVIA ~

Fisherman's soup, the most Ancient Greek fish soup, prepared with all my secrets.

*Dating back to prehistoric times, a meal traditionally cooked and served on the fisherman's boat with the catch of the day.*

Wine Pairing: Santo Assyrtiko 2016





# Taste The Seasons

## ~ CYCLADIC REVYTHADA (VEGAN – GLUTEN FREE) ~

Chickpeas mellowed to perfection by my secret cooking method. Served with a side of «Ταραμοσαλάτα» (Fish Roe) and spicy saffron shrimp

*Legumes are the very cornerstone of South Aegean Cuisine, a vegan heritage meal used in our cuisine since the Neolithic era. This variation is the go-to Sunday meal in every South Aegean island home and it is famous for its organic, farm-fresh, back to roots flavors and as being the origin of island slow cooking.*

Wine Pairing: Douloufakis Vidiano 2016

## ~ OCTOPUS STYFADO (GLUTEN FREE) ~

Octopus stew with caramelized onions, thyme honey and Santorini Vin Santo wine. Served with my special thin & crispy potato fries.

*Octopus and honey are two of the oldest ingredients used in Aegean Island Cuisine, honey being the only known food source that never loses its nutritional value. This recipe is an innovative variation of the traditional recipe.*

Wine Pairing: Vassaltis Assyrtiko 2016

## ~ LAMB FRICASSEE ~

Herb Lamb cooked with greens in a dill (avgolemono) sauce  
+VEGAN OPTION Vegetable Fricassee with egg-free avgolemono sauce.

*A staple in island cuisine, it's flavor and aromas are instantly reminiscent of comfort, family and evoke the very essence of Greek Cuisine. It is our traditional Easter meal and it captures all the aromas and flavors of springtime in the Aegean.*

Wine Pairing: Sigalas M/M "Mavrotragano-Mandilaria" 2014





# Island Feast

~ GIOUVETSI BRUSCO ~

Braised veal cheeks Giouvetsi, slow cooked in red island wine that is made from sun dried red grapes. Served with traditional island egg-free pasta (*Μυρμιτζέλι*) and mature goat cheese (*Ανθότυρο*).

*Every summer Greeks seek out every opportunity for a "Γλέντι" (Traditional Island Feast and Party) and BrouSCO is the meal served. It has countless variations, it can be made with Beef, Lamb or Goat, however it is always served with traditional homemade "Μυρμιτζέλι or Κριθαράκι" (Small Egg-Free Orzo Pasta).*

Wine Pairing: Santo "Aspa" 2015

# Tratatrisma

~ BAKLAVA MILLEFEUILLE ~

My secret Baklava recipe contains caramelized fyllo, and a cream made of thyme scented honey, mastic, walnuts and Greek Yogurt.

*Known in Pre-Minoan times as «Γάστριν» this recipe for Baklava has been mentioned countless times in classical literature with notable examples being 'Αιγιμος' (one of the first Physicians whose works are still available), referring to it as food for the soul. The cream is entirely comprised of Greek Super Foods such as yoghurt, thyme honey, walnuts and mastic. The secret recipe you are about to try, has been named "La Grec Millefeuille" by the one and only French foodie, fashion designer Jean Paul Gaultier and was inspired by my interpretation of the ancient Greek text «Δειπνοσοφιστές» (Dipnosofistes – The original foodie text dating to the starts of the 3<sup>rd</sup> century B.C).*

Wine Pairing: Vin Santo 2011

