

## GASTRONOMIC ACTIVITIES



### Outdoors Cooking and traditional gastronomy of Epirus

- **Preparation of two pies (greens & cheese pie and flour pie)**

*Traditional greens and cheese pie in the gastra (traditional baking utensil) – making of "phyllo" dough, gastra technique and lunch.*

*Traditional flour pie in the gastra (recipe teaching and meal)*

#### MENU

- *Welcome drink: Tsipouro with tomato, olives, onion.*
- *First course: Mushrooms fried in vinegar on the fire.*
- *Main course: Lamb with wild herbs and/or seasonal fruits (quinces, plums, apples, etc.) in the gastra*
- *Dessert: Milk pie*



### Fest food of Epirus

- **Making of fest dish (lamb in Gastra with greens)**

*Baking in a gastra. Preparation and making of lamb in gastra with greens. The traditional way of baking.*

#### MENU

- *Welcome drink: Tsipouro accompanied by tomato, olives, and onion.*
- *Main course: Pies accompanied by yoghurt*
- *Dessert: Spoon Dessert*



#### **An ancient ice cream**

- Teaching and preparation of "sherbet", the ancestor of the sorbet ice cream.

*How to make ancient ice cream with fruit juices without the use of a freezer*

#### **MENU**

- *Sherbet*
- *Accompanied by sweet wine*
- *Soft drinks and water will also be available*



#### **A very ancient oven**

##### **Tanur Oven (Construction, technique, and meal)**

Construction of an ancient Mesopotamian oven (3,000 BCE) with simple materials and demonstration of use.

##### **Farewell BBQ (BRING YOUR MUSIC!!!)**

#### **MENU**

- *Welcome drink: Tsipouro accompanied by tomato, olives, and onion.*
- *First course: Traditional orange salad.*
- *Main course: Meats kontosouvli in tanour*
- *Dessert: Milk Pie – Kopton (Ancient Byzantine ancestor of baklava)*



### **Ancient Greek and Byzantine dinner**

**Six-course dinner with authentic, documented ancient Greek recipes.**

- Kykeon (Type of drink they drank mainly for breakfast in ancient Greece; it contains semolina, sweet wine, honey, and sweet fresh cheese)
- Ancient Greek Salad with Bulgur, Feta and Pomegranates (Approach of an ancient Greek recipe as mentioned in Athenaeus)
- Toroneos shark (roasted galeos - a species of shark - with green vegetables and a special blend of spices made of cumin, coriander, dill, parsley, and oregano)
- Lamb chops with pomegranate sauce and herbs, sprinkled with sesame seeds
- Staititas plakus made of staiti and honey (Ancient Greek – Byzantine pie)
- Kopton with Dry Fruits and Nuts, drizzled with fig molasses (Dessert, Byzantine ancestor of baklava)

*The dinner is accompanied by semi-dry wine "Paliokairisio – Glinvos Estate".*

Soft drinks and water will also be available.

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*PS: You can see a detailed presentation of the dishes in the article – VICE's tribute [HERE](#)*

- ❖ The participants are awarded a commemorative diploma "Ambassador of the Epirus Gastronomy" at the end of all activities!