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Welcome!



MOUNT ATHOS AREA
KOUZINA



MOUNT ATHOS AREA
ORGANIZATION

The Mount Athos Area Kouzina 2014

It will as always last a whole month: from 15 May 2014 until 15 June 2014 and will focus on local tradition, which wants the people of the Athos region to honour their land at every chance, thanking it for the gifts it offers.

However, it will marry this tradition with gourmet creations, always based on local organic produce.

Celebrations of nature, the sea, the land and its products, contests and traditional cooking lessons, flavours that highlight our organic products and rich produce, flavours from Asia Minor, ancient, traditional, monastic, Mediterranean, and gourmet dishes - created by local and celebrity chefs.

Consult your activities program and arrange your vacation where you prefer, in the hotels that host kouzina activities or in those in the list attached to the program. Be assured that whatever you choose, you will be completely satisfied with our renowned hospitality.

Enjoy!



With the signature
of the Chef Ntina Nikolaou

Activities Program

S/N	Day	Time	Place / Reservations*	Subject / Menu Title
Ancient Greek Cuisine				
1	15.5	20:00	Mountainous area of Arnea, *Cholomontas info@rodamos.gr	A feast of mushrooms
2	16.5	20:00	Mountainous area of Arnea, Grove of Agia Paraskevi *info@mountathosarea.org	A Dionysian feast
3	17.5	20:00	Arnea, Restaurant Bakatsianos *info@bakatsianos.gr	The feast of the forest
4	18.5	20:00	Olympiada, restaurant Akroyali *hotel.liotopi@gmail.com	The feast of the Aristotelian Mountain

With The Blessing Of The Bay Of Mount Athos

5	19.5	20:00	Olympiada, central pier *info@mountathosarea.org	A feast of mussels
6	20.5	20:00	Olympiada, Capetan Manolis restaurant *nelis@windowslive.com	The feast of the Sea of Aristotle
7	21.5	20:00	Ouranopoli, Pyrgou Prosforiou Square *info@mountathosarea.org	The celebration of Saints Konstantinos and Eleni
8	22.5	20:00	Stratoni, main breakwater *info@mountathosarea.org	The feast of the port
9	23.5	20:00	Ammouliani, main port *info@mountathosarea.org	A fishing feast
10	24.5	20:00	Ammouliani, main port *info@mountathosarea.org	The feast of sea plants
11	25.5	20:00	Ammouliani, Megali Ammos fish restaurant *info@giota-studios.gr	The feast of the Athonite sea

Mount Athos Area Kouzina 2014

Description
Collection of mushrooms in the famous mushroom fields of Cholomontas, ending with an outdoors meal and mountain feast, in the lush gardens of the exquisite traditional lodgement "Rodamos".
An authentic wine feast, to be held by Voroina in the verdant grove of Agia Paraskevi. Plenty of wine, presentations, wine-tasting, feasting, dancing, music. Our own wine feast!
Local, mouth-watering meats from Varvara are cooked on spits and grills, under the shade of the oak grove of Agia Paraskevi. Chef Dimitris Polyzos will prepare a culinary feast reminiscent of ancient Greek symposia and highlighting local organic products: honey, cheese, yoghurt, mushrooms and doughs! Enjoy!
Using herbs, plants and fruits from the Aristotelian Mountain, chef Louloudia Alexiadou creates dishes that combine the fresh flavours of fruits of the forest with sea produce! A feast of flavours and colours that compose an ancient Greek menu, inspired by Aristotelian writings.
An unusual cooking lesson, delivered by French chefs and the ladies of the Cultural Association of the village. Title: Steamed Olympiada Mussels. These will be accompanied by dances and songs of Greece and Asia Minor. These are lovingly presented by the village youths, who give their best to perpetuate their gastronomic heritage.
A mad sea dance, an ode to the sea and its products: Smaro Andrioti's menu consists of fish and seafood dishes, creating unique culinary images and flavours that will leave your palate asking for more!
A street feast for all! A traditional feast, a culinary tour of the blessed bay's fish produce, organised on the occasion of the celebration of the Saints Konstantinos and Eleni!
A fishing feast in the port of Stratoni, a joyful festival of the sea. The people of this unique Athonic corner honour the gifts offered by the sea and the land and often organise such feasts. Feasting, dancing, local wine and liquor and plenty of fish offered to attendees make up a wonderful tourist experience that will fascinate you.
Ammouliani has the largest fishing fleet in central Macedonia. This means that the fish offered in the island's restaurants is caught on the same day. Besides, in Ammouliani if a fish was caught yesterday, it is not considered fresh! That's why residents welcome visitors to their fishing boats, where they teach them fishing techniques. The catch comes to the port, where it is grilled on the spot and, accompanied by Athonite tsipouro and wine, it becomes a joyful celebration of the sea!
A traditional cooking class titled: pie with thrift from Mount Athos Bay This special class is taught by the gentle housewives of the island, who, together with chef Dina Nikolaou, give Spring visitors lessons on love for culinary heritage and the products of the land and sea. Don't miss it!
All flavours of the Athonite sea mingle, creating incredible combinations and matching cooking techniques and uses of fresh produce. The smell of the sea, the view to Athos and the sandy islands of Drenia inspire chef Dena Nikolaou and Giota Tsakni, who create culinary works of art!

Activities Program

S/N	Day	Time	Place / Reservations*	Subject / Menu Title
Monastic Cuisine				
12	26.5	20:00	Ouranopoli, Eating & Wandering *info@mountathosarea.org	The feast of monastic products
13	27.5	20:00	Ouranoupoli, Eagles Palace Resort & Spa *info@eaglespalace.gr	The feast of monastic cuisine
14	28.5	20:00	Ouranoupoli, Skites Bungalows info@skites.gr	The feast of monastic cuisine
15	29.5	20:00	Ouranopoli, Pyrgou Prosforiou Square *info@mountathosarea.org	The feast of monastic recipes
16	30.5	20:00	Ammouliani, Ilianthis Guest House *info@helianthus.gr	The feast of monastic wine
17	31.5	20:00	Ouranoupoli, Kritikos Gallery & Restaurants *info@okritikos.com	The feast of monastic cuisine
18	1.6	20:00	Ouranoupoli, Antonakis Bio *info@mountathosarea.org	The feast of monastic products

The Cuisine Of The Unforgettable Homelands

19	2.6	20:00	Nea Roda, Central Pier *info@mountathosarea.org	The feast of new year's day for Asia Minor
20	3.6	20:00	Trepete, Alexandros Palace Suites & Hotel *iorch1@otenet.gr	The feast of Cappadocia flavours
21	4.6	20:00	Ouranopoli, Aristoteles Holidays Resort & Spa *manager@aristoteles.gr	The feast of eastern spicy flavours

Mount Athos Area Kouzina 2014

Description
A wandering among the blessed products of mount Athos, and Byzantine, religious monuments, that will leave you with the most beautiful gastro-cultural summer memory. An exceptional tour to the cultural monuments of Mount Athos and the culinary habits of its monks! Book your participation now! Your choice will prove you right!
The monastic cuisine expands its natural boundaries and is offered to visitors, mentally transferring them to the holy tables of the monasteries of Athos and introduce them to the culinary habits of the monks. The fire is lit very early and its blaze roasts fresh fish, served with organic vegetables and fine wine from mouth Athos. Don't miss it!
A "blessed" table of Athos dishes - simple but delicious - is set only a few metres away from the boundaries that separate the holy city from the region around Athos, to remind us all that the modest diet of Athos monks is connected to their ascetic life and is a model dietary habit.
Marianthi Milona presents her book "Recipes from the Garden of Virgin Mary". A tour in holy monasteries and a "selection out of thousands of recipes, tried and cooked by monks throughout the centuries in the kitchens of their monasteries".
The Dependency of Chromitsa presents authentic wines of Athos, made by the fruits of Mount Athos vineyards and the hands of its monks. Among the many varieties, "Kormilitsa", the official wine of the Kremlin, stands out!
Fish soups, pasta with seafood, fish delicacies of all types: everything cooked in Mount Athos is presented to the public with absolute respect to the athonian culinary heritage and offers tasty experiences that it's hard to beat!
A culinary tour among athonian products of the Antonakis Bio store, which includes wine and food tasting and presentations, while ending in dinner at the Kritikos Gallery & Restaurants.

An exceptional lesson of traditional confectionery, which presents the "official new year's pie (vasilopita)" for the new year's day of Asia Minor, made with "one thousand leaves" and capturing the heady aromas of Eastern spices! Its history is unique, carried along by the long suffering refugees of Asia Minor. Their descendants in Nea Roda perpetuate tradition with ultimate respect. Join us too at the village beach! Don't miss this lesson!

An exceptional lesson of traditional cooking, where chef Leonidas Iordanis and housewives of Cappadocian origin, teach the public how to make fragrant pirosci rolls, emphasising on the variety of stuffing .

Traditional cooking lesson, entitled "Constantinople Dolma, Dolma from Asia Minor", where housewives from Ammouliani prepare the famous dolma (stuffed vine leaves) from Constantinople and from Proikonisos and teach how to make them. After the lesson, handmade delicacies will be offered and an authentic feast of Asia Minor will follow. Don't miss it!

Activities Program

S/N	Day	Time	Place / Reservations*	Subject / Menu Title
22	5.6	20:00	Ammouliani, Proikonisos Store *info@mountathosarea.org	The feast of marzipan flowers!
23	6.6	20:00	Ammouliani, Metochi Restaurant *info@alikescamping.gr	The feast of Asia Minor aroma
24	7.6	20:00	Ammouliani, Janis Restaurant *janis.restaurant@gmail.com	The feast of the blessed sea
25	8.6	20:00	Gomati, Platanorema *info@platanorema.gr	The feast of Easter sweets

Mediterranean Gourmet

28	9.6	20:00	Ouranoupoli, Eagles Palace Resort & Spa *info@eaglespalace.gr	The feast of the Mediterranean vine
29	10.6.	20:00	Ouranoupoli, Eagles Palace Resort & Spa *info@eaglespalace.gr	The feast of the Mediterranean vine of Athos
30	11.6	20:00	Ouranoupoli, Skites Bungalows *info@skites.gr	The feast of Mediterranean olive oil
31	12.6	20:00	Komitsa Beach, Athos Villas *bookings@athos-villas.gr	The feast of Mediterranean flavours
32	13.6	20:00	Ouranoupoli, Eagles Palace Resort & Spa *info@eaglespalace.gr	The feast of French Mediterranean cuisine
33	14.6	20:00	Ouranoupoli, Eagles Palace Resort & Spa *info@eaglespalace.gr	The feast of the athonian Mediterranean bay
34	15.6	20:00	Ouranoupoli, Theoxenia *info@mountathosarea.org	The closing feast!

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Description

Yet another lesson of traditional confectionery, during which chef Ntina Nikolaou and housewives from Ammouliani teach visitors how to make authentic Asia Minor macaroons, an elaborate recipe brought by their forebears from Proikonisos of Asia Minor and a favourite of all Ammouliani households, reminding them of their roots and habits. The lesson ends at the central pier of the picturesque fishing harbour, where local choirs and dancing groups will offer you unforgettable summer moments! Don't miss this feast. Book your participation now!

A menu brought from the kitchens of Asia Minor and the fragrant ovens of the East, capturing memories, tastes and an aura of times bygone. Chef Ntina Nikolaou and Fotini Christodoulou serve in their plates the culinary history of an entire era!

A menu combining Anatolian techniques with the local fish produce. Chefs Dina Nikolaou and Kosmas Anastasiadis create three delicious and unique seafood dishes that carry a hint of iodine and taste of the blessed sea salt.

The most fragrant lesson of traditional confectionery you have ever participated to! Chef Ntina Nikolaou and Evdokia Strongili teach how to make the fluffy, delicious buns of Easter! A recipe of pontian origin, which you must follow to achieve the most delicious buns you have ever tasted.

Domaine Claudia Papayanni presents at the Vinum Restaurant the ten award-winning labels of its fine wine and offers participants a high quality wine-tour in the local routes of wine.

Dependency of Chromitsa presents organic varieties of Athos wines, suggesting a menu from the hands of Monk Epiphanius, who once again carries the monastic cuisine outside its physical borders and proposes the (lean) Athos diet as a lifestyle choice.

A menu made of "oil and olive of the Mediterranean", that combines the oily flavours of local olive groves with those of Mediterranean products and influences, creating dishes inspired by the cuisine of Mediterranean colours and aromas.

A lesson of authentic French cuisine by chef Ntina Nikolaou and French chefs, transferring the techniques of French gastronomy in the evergreen yard of Ktima Chantzi and Athos Villas, combining them with local products and thus creating exceptional specials!

Chefs Jean-Marie Hoffman (the French Embassy in Athens), Ntina Nikolaou and Elias Gotsis create a high standards menu, using local organic products and promoting their origin and quality of taste.

Cooking lesson by chef Ntina Nikolaou and French chefs, who will introduce the public to the secrets of French gastronomy, as affected by the Mediterranean and its products.

Mount Athos Area Kouzina will close as spectacularly as it opened. The closing ceremony includes the famous awards, which are now a top annual local culinary institution.



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GREECE
ALL TIME CLASSIC



The photograph is from the Eagles Palace Resort and Spa