



12 Months of Euboean Flavours



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JANUARY

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Olive oil has been an important part of everyday life in Greece since ancient times. Homer called olive oil ‘**liquid gold**’, while for Hippocrates it was ‘**the great healer**’.

Orange Lemon Potatoes cooked in OLIVE OIL

Ingredients

1 1/2 pounds potatoes, peeled and cut into quarters lengthwise
3/4 cup extra virgin olive oil
1 cup freshly squeezed orange juice
1/2 cup freshly squeezed lemon juice
1 clove garlic, minced
2 tbsp mustard
1/2 tsp dried oregano
1/2 tsp dried thyme
1 cup water
Salt and pepper, to taste



Instructions

Preheat oven to 350 degrees F.
Add all ingredients to a baking pan. Mix well with your hands. Add salt and pepper, to taste.
Bake for 1 hour or until potatoes are golden brown.



FEBRUARY

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Greek life and tradition are greatly interwoven with the presence and growing of the so-called **citrus fruits**. Myths and traditions associate them with **life** and **immortality**

LEMON olive oil cake

Ingredients

3 cups all-purpose flour
3 tsp baking powder
2 tsp lemon zest
1 cup extra virgin olive oil
1 cup plain Greek yogurt
1 1/2 cups sugar
5 egg yolks
1 tbsp unsalted butter
confectioner's sugar

Instructions

Preheat oven to 350 degrees.
Mix flour, baking powder and lemon zest in a bowl.
In a separate bowl beat olive oil, yogurt and sugar for 10 minutes.
Beat egg yolks in a separate small bowl.
Add egg yolks to oil mixture, folding in until the mixture is smooth. Add flour and mix well.
Brush a 9x9 baking dish with olive oil. Add cake batter and bake for 1 hour.
Brush cake with melted butter and sprinkle with confectioner's sugar.





M A R C H

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Feta is undoubtedly the most famous of Greek cheeses, representing 70% of cheese consumption among Greeks. It is protected by EU legislation. Feta is used as a **table cheese**, as well as in **salads** (e.g. Greek salad) and **pastries**.

TIGANOPSOMA (Fried Bread stuffed with FETA CHEESE)

Ingredients

500 gr self-rising flour
400 gr feta cheese
1 tbsp olive oil
warm water
salt & pepper

Instructions

Mix flour, water, salt and olive oil until you get a nice dough. If you see that it requires additional water or flour, add accordingly. Divide the dough into balls and roll each one out with a rolling pin. Crumble the feta cheese in a bowl and season with a little pepper. Stuff with the feta cheese according to taste and fold each piece either like an envelope or into a snail.

Fry in very hot oil until golden brown.

Spread them out on kitchen paper so that it absorbs the excess oil and ... ENJOY!





APRIL

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Chamomile has a slightly sweet and flowery taste that exudes calm, and can help us maintain that calm throughout the day.

Scented CHAMOMILE

Ingredients

1 cup of water
1 teaspoon of chamomile
A few anise seeds
1 cinnamon stick
2 cloves
Honey
Lemon

Instructions

Heat the water and as soon as it starts boiling, take it off the heat, add the chamomile and all the herbs to the water and wait for 5 minutes.
Strain your drink with a fine sieve and add as much honey or lemon as you wish.
It works wonders with exam preparation stress!





M A Y

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Wild asparagus can be found all over Euboea in uncultivated areas, near rivers and streams, as well as in the roots of old olive trees.

2 0 2 5

Roasted ASPARAGUS with Tomato & Cheese

Ingredients

500 gr asparagus
4 tbsp olive oil
1 onion
1 clove of garlic
500 gr tomato juice
30 - 40 gr water
75 gr grated gruyere cheese
50 gr feta cheese
salt & pepper
a little chopped dill

Instructions

Preheat the oven to 240°C (460°F). Place a frying pan over medium heat and add 1-2 tablespoons of olive oil. Coarsely chop the onion, finely chop the garlic, and add them to the pan. Sprinkle with salt and pepper, mix well, and sauté them for 2-3 minutes. Add the tomato juice and the water, and stir well. Lower the heat, simmer the sauce for 5 minutes, and then remove the pan from the heat. Use a knife to trim off the white, tough part of the asparagus. Transfer the asparagus to a baking pan, placing the spears one next to the other, and add salt, pepper, the rest of the olive oil, the tomato sauce, and the gruyere cheese. Crumble the feta cheese over the asparagus. Put the pan in the oven and roast the asparagus for 10-12 minutes, until the cheeses are melted and nicely golden. Serve with olive oil, pepper, and dill.





J U N E

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Cherries are full of anti-oxidants and have very few calories. In Euboea cherries are found in the mountainous area of Dirfis and in the Northern part of the island.

CHERRY Spoon Sweet

Ingredients

Cherries –stemmed and pitted
Granulated sugar
Water
Lemon juice –freshly squeezed
Pure vanilla extract –your favorite brand



Instructions

Wash the cherries and dry them. Remove the stems and pit the cherries over a large bowl. Add a cup of water to the cherry pits. Place the pitted cherries in a pot with the sugar and lemon juice. Then, strain the water and add it to the cherries. Mix the cherries carefully and place the pot in the refrigerator for 8-12 hours. Next, cook the cherries over medium-high heat until the mixture comes to a boil, then reduce the heat to medium.

Skim the froth from the top as it cooks for about 25 minutes. Remove from the heat, add the vanilla extract, and set aside to cool completely. Transfer the preserves and the syrup to jars and store them in the refrigerator.

J U L Y



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When the Egyptian King Tutankhamun died around 1325 BC, **almonds** were one of the foods placed in his famous tomb to nourish him in his afterlife. In Greece almond consumption dates back to the 6th century B.C.

2 0 2 5

ALMOND Macaroons
(A recipe dating back to
1800 from Southern
Euboea)

Ingredients

1 kilo of almond pulp without the peel
1/2 kilo of sugar
1/2 - 1 cup fine semolina
1 cup of fresh citrus peel water
(oranges, lemons, tangerines)
1 kg of icing sugar
Optional : 1 tablespoon of honey.

Instructions

Boil orange, tangerine and lemon peels in water and strain. At the same time, boil the almonds a little and peel them from the skins. Chop the almond pulp in the blender. Pour the lukewarm fresh “citrus” water into a bowl and add the almond puree, sugar and semolina. Optionally, add a spoonful of thyme honey but reduce the sugar. Knead well and run the mixture several times through your fingers to make a smooth mixture. Put the mixture in a fine sieve to drain the water well. Cut small portions of the mixture into the size of a walnut and give each piece the shape of a pear. Place them on a baking tray with fine semolina on the bottom to prevent them from sticking. Bake them at 200 degrees for 20-25 minutes. They should crust on the outside but keep the almond paste soft inside. Take them out of the oven and , sprinkle them with rose water or dip them in it for a few seconds. Finally, wrap them in icing sugar.





AUGUST

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Figs are among the oldest fruit in the world. In ancient Greece they were known as **2025** “the poor man’s food” and are the fruit mentioned most often in the Bible.

Greek Yoghurt with Roast FIGS, Honey & Pistachios

Ingredients

4 Fresh Figs

500gr (2 Cups) Full-Fat Plain
Greek Yoghurt

Runny honey, to taste

Pistachios, to taste

Instructions

Heat the oven to 180C (350F). Cut the figs in half length-wise and place them skin side down on a baking tray. Drizzle the honey over the top of the figs. Roast in the oven for 10 minutes. Spoon the yoghurt into bowls. Remove the figs from the oven and place on top of the yoghurt. Drizzle more honey over the top of the yoghurt and figs to taste. Crumble a few pistachio nuts over the top of the desserts and serve immediately.





SEPTEMBER

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In Euboea and all over Greece, there are countless **vine** products. **Table grapes**, of course, **vine leaves** for stuffing, **grape juice**, **grape must** and of course **wine**.

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Greek GRAPE Pudding

Ingredients

1200 ml (5 cups) Grape Must
2 tablespoons honey
¼ teaspoon ground
cinnamon
10 tbsps all-purpose flour
4 tbsps cornstarch
ground walnuts, almonds or
sesame seeds, toasted
ground cinnamon

Instructions

Mix together the flour and cornstarch. Gradually pour one cup of the grape must into the flour mixture whisking constantly. Add it slowly to form a paste first, breaking any flour lumps, and then continue adding to form a runnier paste. Pass the flour mixture through a fine mesh sieve.

In a cooking pot add the remaining 4 cups of grape must together with the cinnamon and honey

Heat the mixture until steamy hot (not boiling). Turn heat to medium-low and slowly add the flour mixture while whisking constantly.

Continue to stir until the pudding thickens. Pour it in small bowls and allow to cool at room temperature. Refrigerate for 4-6 hours and serve with any of your preferred nuts and some ground cinnamon.





OCTOBER

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There are many varieties of **wild mushrooms** in the area of Mount Dirfis in Euboea, as well as a well-known **mushroom farm** where more than six different kinds are grown.

2025

Oven Roasted MUSHROOMS

Ingredients

3 tbsps olive oil
250 gr champignon mushrooms
1 onion
1 clove of garlic
50 gr white wine
1 tbsp honey
3 - 4 sprigs fresh thyme
1 sprig rosemary + extra to serve
salt & pepper to taste



Instructions

Preheat the oven to 180o C (356o F). Finely chop the onion and the garlic. In a frying pan over medium heat, add the olive oil and let it get hot. Add the mushrooms, onion, garlic, and sauté them for 2-3 minutes. Add the wine and then the thyme, honey, rosemary, salt, and pepper. and Mix for 2-3 minutes and transfer onto a baking pan, and put it in the oven for 15 minutes. Serve along with a rosemary sprig.

NOVEMBER



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In Greece, the **pomegranate** has been a symbol of good luck and wealth since ancient times. It is our custom to break pomegranates on New Year’s Day for a **prosperous** year.

Ancient Greek Salad with POMEGRANATE



Ingredients

1 cup bulgur wheat (pligouri)
1 cup anothyro or manouri, (Greek soft cheese, similar to Ricotta)
2 cups arugula, chopped
5-6 mint leaves, chopped
1/3 cup walnuts, quartered
1/2 cup pomegranate seeds
1 tsp cumin
1/4 cup vinegar
1 tsp honey
1/2 cup olive oil



Instructions

Boil the bulgur wheat, drain. Add the cheese, arugula, mint, walnuts, pomegranate and cumin. In a small bowl stir the vinegar with the honey and olive oil and pour onto the salad.



DECEMBER

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Greece, along with Spain and France are the countries with the most beehives in Europe. **Honey** contains almost 80% sugar. It doesn't have an expiry date. It has been widely used in Greece since 3,400 B.C.

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Melomakarona (Greek Christmas HONEY Cookies)

Ingredients for the syrup

2 cups water
2 cups sugar
2 cups honey
3 cinnamon sticks
1/2 tsp lemon juice
Boil for 5 minutes,
then leave to cool

Ingredients for the cookies

1 kg all-purpose flour
1 tsp baking powder
1 tsp baking soda
2 cups olive oil
1 cup sugar
1/4 cup brandy
3/4 cup orange juice
1 tbsp orange zest (grated orange peel)
150 gr grated walnuts for the topping

Instructions

Mix all the liquid ingredients together, as well as all the solid ones except the walnuts. Slowly add the flour mixture to the liquids and mix by hand for as little time as possible, so that you get a smooth dough. Mold into oval-shaped cookies trying to keep them as similar as you can. Bake in preheated oven at 180 C (350 F) for about 40 minutes, until they are crunchy and golden brown. As soon as you remove them from the oven, soak the hot cookies in the cold syrup for 10 seconds. Drizzle with grated walnuts and Merry Christmas!!



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