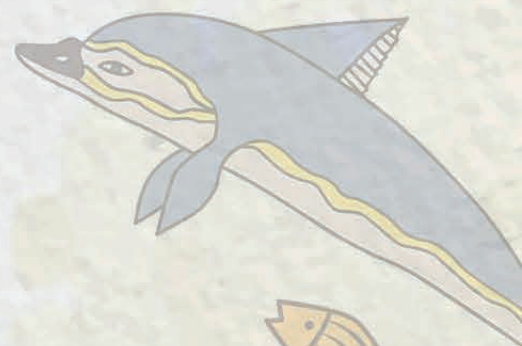


# Menu - Μενού - Ἱ ὤ Ὶ



**WELCOME TO OUR CIVILIZATION  
ΚΑΛΩΣ ΗΡΘΑΤΕ ΣΤΟΝ ΠΟΛΙΤΙΣΜΟ ΜΑΣ**



## **EARTH PROVIDES I COOK YOU LOVE**

### **"Η γη προσφέρει, εγώ μαγειρεύω, εσύ αγαπάς"**

#### **Our personality**

We are our culture, our tastes, we are our wine, our "raki", our dance, we are the sky who gave birth to us....

The ambiance from our land provides us with soul given from persistent freedom and love.

We worship the taste of the wind, the scent of the sun, love from the clouds and dance of the rain. We learn to love the snail, the wild goat, the roots and the thorns. We learn, its our heritage.

With love we took them from mother earth, with love we dance on top of her with vitality from the sea and the mountains.

We welcome our guests and friends with affection. We are all friends, in the end we all become. We all deserve to dance a Cretan dance up in the mountains or fly like eagles through a Cretan song. We have plenty of room. No one ever captured us and those who tried our children found us by more freedom.

We established our homes open and our stoves hot so they can feed our hearts and children who dance, children with laughter, children which use kind words to lonely people consumed by loneliness, people without someone share a good morning with them.

That's how we were breed, this is our tradition, the tradition of Crete. Hospitality, bond with strangers and a "raki" so we can fight together tomorrow. Friendship we are, friendship we love.

**Our kitchen is always open and we always treat....!!!!**

#### **Welcome**

With plentiful love, respect for your value and your Cretan friendship we welcome you all to the competition. We are exceptional people as well as we love the flavor of our craziness, the flavor of our history, the taste of our winds and our herbs, the essence of every different decent soul.

We also have something that is not easily translated so allow us explain what a Cretan welcome is.

It's a welcome, with a smile on the lips, with hope on the face with a Cretan dance while hugging, with a voice coming out of Zeus's cave and through our vineyards a wish to cause joy, goodtime and vacation with careless breath.

A treat from the heart leads to have a good time altogether. As the spring brings us thyme and dittany, soil that will nourish the new vineyards, new songbirds, among gorges and waves, so with this joy we want to handover to you our welcome. We're providing our whole Crete with all our heart wide open.



# Finger food / Μικρή μπουκιά

Psiloritis is the stone giant of Crete, the highest massif of the island.  
Its rich biodiversity, history and tradition led to its inclusion  
in the Global Geoparks Network.

## •Scent of Psiloritis / Άρωμα Ψηλορείτη

Hare (wild rabbit) filet at 62 degrees, covered with hare pate cooked with garlic and caramelized onion, and coated with “aliada” with garlic saffron potatoes, black garlic caviar and oregano infused extra virgin olive oil.

The broken horn of Zeus's goat, Amalthea, was the symbol of abundance of goods.  
With his divine powers Zeus endowed the horn with magical properties:  
one wish of Zeus was enough for all the goods of the world to appear at his feet

## •Amalthea's horn / Το κέρας της Αμάλθειας

Whole wheat rusk bread with wild herbs baked in the shape of a cone, filled with tomato caviar marinated with capers and fresh oregano, EVOO, vegan cheese mousse, homemade pickled wild baby artichoke from the area of the mountain Ides, pickled sea fennel of “Grambousa” bay and thin black olive powder.

The invulnerable bronze giant robot, guardian of Crete was traversing  
the island from end to end three times a day throwing rocks into the sea to prevent  
foreigners from disembarking and natives from fleeing.

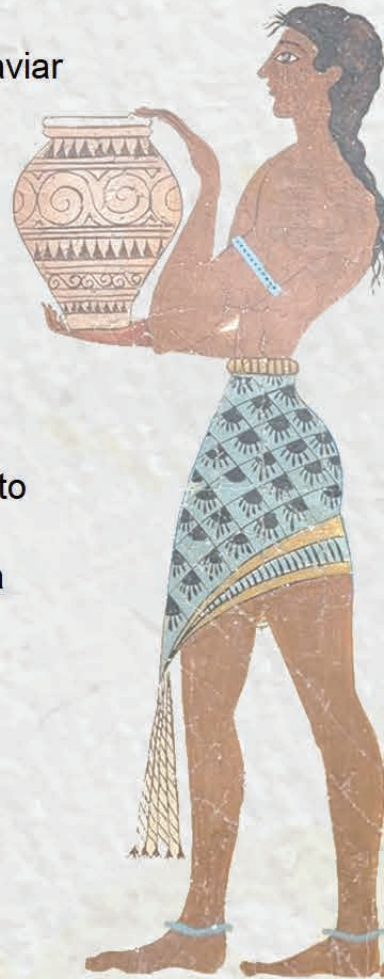
## •The enormous Tallos / Ο πανίσχυρος Τάλλως

Crispy croquettes a la Anglaise from braised Cretan native calf with fresh herbs and thyme,  
12month aged Cretan gruyere cream and tomato chutney.

The Prince with the Lilies is perhaps the most famous Minoan fresco.  
Whether it is a king-priest, a ruler, or an athlete what is certain  
is that he stands proud in his palace waiting to welcome you.

## •Prince's fresh fish catch – Η ψαριά του πρίγκιπα

Mousseline of lionfish “creppinet”, egg yolk gel, fresh wild kale, sauce Hollandaise with sanguine orange, herring caviar.



# Cold platter / Κρύα πιατέλα

Minoan symposium / Μινωικό συμπόσιο



Resourceful and clever, he manages to face difficulties and the obstacles with the power of the mind and its construction skills.  
A great architect and sculptor, he always works with art, as his name reveals.

## •Daidalo's treat / Το κέρασμα του Δαίδαλου

Free-range chicken terrine made with turmeric, pistachio and fresh herbs, layered with glazed fresh corn cream and pomegranate gel.

Drosulites is an apparition, a visual phenomenon that takes place end of May beginning of June in the coastal plain of Fragokastello.

A series of human shadows begins before sunrise - the time of the morning dew - from the ruined church of Agios Charalambos proceeding towards the sea of Fragokastello.

## •Drosoulites / Δροσουλίτες

Beetroot aspic with beetroot and yoghurt cream, pickled beetroot, verjuice syrup and orange juice poached green apple dices glazed with dittany tea infusion.

Poseidon, the supreme god of waters, the personification of the liquid element so beloved and revered by the Greeks of the seas.  
With the trident he dominates this indomitable element of nature.

## •Poseidon's treat / Η λιχουδιά του Ποσειδώνα

Flamed tuna filet marinated in fresh red wine syrup "Petimezi", covered in roasted nuts and topped with anchovy and avocado mayonnaise.



# Cold platter / Κρύα πιατέλα

Minoan symposium / Μινωικό συμπόσιο

Zeus is referred to by modern authors as "the god of gods of the people of peoples".  
The superior of all, as he saved his brothers from the wrath of father Saturn and ruler of  
the Olympian Gods. God of the sky, weather, law, order, justice and hospitality

## • Zeus salad / Σαλάτα του Δία

Cretan salad with carob soil, infused extra virgin olive oil, cucumber, cherry tomatoes, poached  
diced potatoes, quail egg, pickled baby artichoke, "arakhides" roots, caramelized bulb roots and  
goat's milk sour cream cheese mousse.

Ariadne, a beautiful, intelligent and sweet princess, gives the thread to  
Theseus helping him find his way back by defying her father's plans.  
The sweetness of love makes her forget the orders of Minos.



## • The Sweetness of Ariadne / Η γλύκα της Αριάδνης

Raisin marmalade with added onions, cherry tomatoes, honey and ginger

Minotaur birth child of Queen Pasiphae, forbidden fruit,  
dwells in the labyrinth where Minos imprisoned the enemies.

## • Minotaur's sauce / Η σως του Μινώταυρου

Gherkin cream, Quail egg, capers, fresh herbs and extra virgin olive oil

Sweet juice from flowers and plant roots.  
A drink that mortals have never had.  
An exclusive privilege of the gods that grants them immortality.

## • Nectar / Το νέκταρ

Wine sauce with demi glass, "Liatiko" wine, carob honey and sage.

The high mountain, the Psiloritis, Idi with feature  
the lush vegetation and the scents of the herbs

## • Idi / Ίδη

Herb infused Extra virgin olive oil vinaigrette, pine nuts and citrus scent.



# Appetizer / Ορεκτικά



A building with complex corridors with an impossible exit, the Minotaur resides inside it, a construction of the resourceful Daedalus, which is why it is so complicated.

## •Labyrinth / Λαβύρινθος

Roasted red sweet pumpkin puree seasoned with peppermint, vegan cream cheese, lemon twill with sesame oil, on top of a roasted pumpkin seeds soil and dried pumpkin powder.

Nymphs, fairies, water deities, calm or make the waters wild depending on their intentions. No mortal was allowed to compete with them in beauty and charm. They spend their time dancing and swimming with dolphins.

## •“Niriidon” dance / Ο χορός των Νηρηίδων

Semi-cured bass grouper filet coated with a mixture of spices and fresh herbs, scented tomato cream, pickled baby okra, infused seaweed salad, spicy almonds with Greek coffee powder, garum, extra virgin olive oil.

Zeus took refuge in the region of Gortynia, after abducting Europe from Lebano taking the form of a bull and only under the sacred plane tree of Gortyna did he take human form. From this Europa-Jupiter union Minos, Rhodamantys and Sarpedon were born

## •“Gortina’s” risotto / Το ριζότο των Γορτύνιων

Crispy rice croquette made from onions, leeks, fennel root, white wine, local gruyere, wild greens paste, roasted red pepper and “duxelles” snails. Served with “xinhontros” sour cracked wheat and feta sauce, wild gold trumpet mushroom powder.



# Five course menu / Μενού πέντε πιάτων

A young princess falls in love with her social inferior, Erotokritos. They live and fight for their great love in the Cretan masterpiece of Vicentzos Kornaros "The Erotokritos". Aretousa, as her name testifies, gathers all the virtues and becomes a symbol of love and faith.



## •Aretoussa / Αρετούσα

Smoked coral salmon trout filet, marinated with lime and ginger, beluga lentil beans with fresh herbs and citrus vinaigrette, handmade pearls of trout caviar, carrot chutney and bergamot cracker.

Well-being equals the genuine Cretan way of life: life in harmony with nature, longevity, health, values, healthy eating habits, luxury of simplicity.

In one word: have a good time.

Cretans do not simply survive, they give meaning to life and honor every aspect of it.

## •Well-being “efzin”/ Ευ ζην

Sweet pumpkin made pasta roll marinated in citrus and ginger broth, filled with dices of vegetables with lotus and herbs vinaigrette, cauliflower and turmeric puree and cracked wheat crumble.

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## •Scent of Psiloritis / Άρωμα Ψηλορείτη

Rustic red shrimp “kalitsouni” wrap filled with celeriac root infused with fennel and lime zest, sweet and sour red pepper ketchup, herring caviar and grey mullet bottarga zest.



# Five course menu / Μενού πέντε πιάτων

ICARUS He managed to fly with wings which he assembled with wax and reeds and fastened to his shoulders his father, Daedalus. But approaching the sun, the wax melted, the construction broke down as a result of which he drowns in the sea, which for his sake is called the Icarian sea

## •Lemon and egg sauce of Ikaros / Το αυγολέμονο του Ικάρου

Herb crusted lamb, wild greens roots, artichokes, parsnip puree and egg - lemon hot sauce.

Sweets are few and natural, particularly aromatic, without cholesterol. "Gastrin" is an ancient Cretan sweet with walnuts, almonds, poppy seeds and honey between two leaves of ground sesame

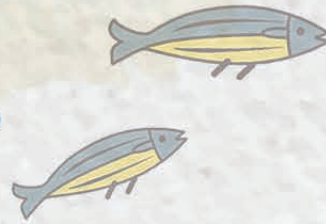
## •Gastrin / Γάστριν

Crispy phyllo pastry, roasted nuts, honey, fresh wine syrup and "mandolato"



# Four desserts plate / Τέσσερα επιδόρπια

Ianos's dessert: binary god of good and evil, peace and war, friendship and enmity combines opposites trying to maintain balance.



## •Iano's dessert / Το επιδόρπιο του Ιανού

Goat's milk panna cotta, Yogurt gel, Orange ganache, Orange sauce, Caramelized cocoa nibs, Mountain tea syrup.

Goddess of love and beauty emerges from the foam of the sea and entangles mortals in sweet sins.

## •The sin of Venus / Η αμαρτία της Αφροδίτης

Chocolate pate sucree, Chocolate cremeux, Almond namelaka, Honey syrup poached pear, Cocoa nibs & Black olive crumble.

Phaedra falls deeply in love with the beautiful son of her husband Theseus, Hippolytus. It is an unrequited love that will cost both their lives.

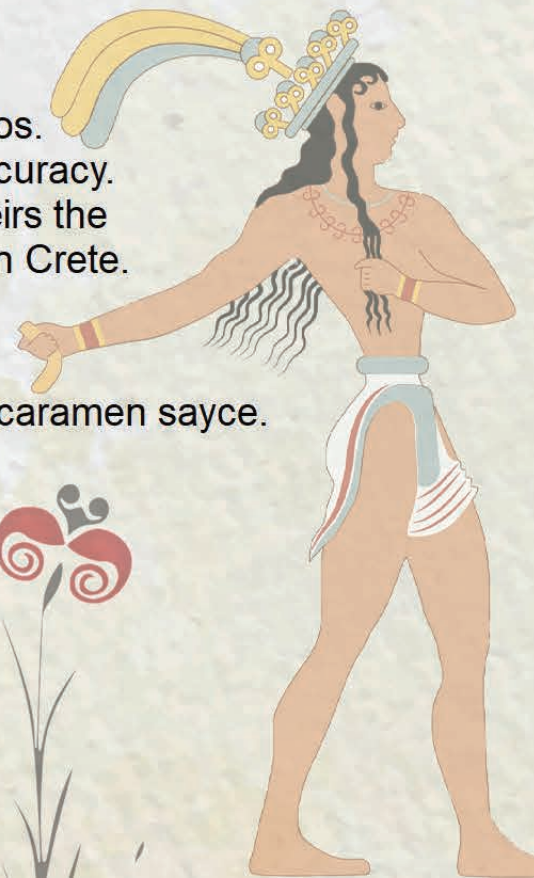
## •Phaedra's garden / Ο κήπος της Φαίδρας

Honey roasted phyllo pastry, lemon & semolina cream, black sesame and lemon crumble, syrup poached quince, pistachio ganache.

Asterion was king of Crete and stepfather of Minos. He was one of the best archers, renowned for his accuracy. From the name of this Cretan king they also took theirs the Asterousia mountains, the mountain range of southern Crete.

## •Asterionas / Αστερίωνας

Apple bisquit, caramel mousse, cinnamon pate scree, nutmeg crumble, caramen sayce.



# Sweet treats platter / Πιατέλα με μικρά γλυκά

King with secular and religious authority, with absolute power reaches the Minoan civilization at its peak.

## •Minoa's dessert / Το γλυκό του Μινώα

Carrot cake, glazed carrots, cinnamon and raki namelaka.

A gift of the visit was the peskesi which was carried in a soft sheepskin and then the host would put in his own counter-gift.

The people of hospitality, the Greeks always sealed the bond of friendship with an exchange of gifts.

## •The gift / Το πεσκέσι

Anevato kalitsouni with cheese, herbs, egg and cinnamon

The wife of King Minos becomes the mean of punishment sent by the god Poseidon for his disrespect.

She illicitly mates with Poseidon's beautiful bull and gives birth to the Minotaur. Gifted with knowledge of ancient magic she could kill any woman suspected of being Minos' mistress

## •Pasiphae's treat / Η λιχουδιά της Πασιφάης

Chocolate bite with moustalevria (grape gel)

He fights for love and deep love. Symbol of heroism, bravery, honesty and as a lad he will succeed in winning over his sweetheart Arethusa.

## •Erotokrito's sweet treat / Το γλυκοκέρασμα του Ερωτόκριτου

Baklava with dried fruit and nuts



# **Welcome to our civilization**

## **Καλώς ήρθατε στον πολιτισμό μας**



Scientists of various specialties internationally are looking for nutrition, the one that will contribute to the promotion of health through the prevention and treatment of diseases, the one that will make the quality of life better by giving good longevity, the one that will adapt to the dictates of nature by paying respect to fauna and flora of the planet, the one that will manage the raw materials as a treasure and will contribute in its own way to sustainable development.

Based on the scientific data so far, the one that gathers these characteristics is the traditional Cretan nutrition of the rural population, which was preserved unchanged until the 19th century.

Our archaeological finds allow us to know our culinary heritage.

The nutritional habits of the Minoans were adopted with fervor and became the habits of the modern Greek.

This timeless continuity proves its uniqueness and precious value. Cretans exclusively consume extra virgin olive oil - and in large quantities raw! - fish, wholegrain bread, abundant fruits and vegetables of each season, meat, herbs, legumes, dairy, wild grasses in very large quantities, cereals and all these accompanied by wine turning meals into a ritual.

The diversity of the Cretan nutrition from that of the rest of Greece and the Mediterranean in general lies in the particular preference of the Cretans for raw vegetables, raw greens, raw olive oil, olives, nuts and cheese.

The "enhancers" of the taste are natural: quality of raw materials, variety, seasonality. Land, sea and microclimate work together in harmony on this Mediterranean island and we are rightly proud to speak of the Cretan Food Culture.



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