

A taste of Greece

SUMMER 2020

THE OLIVE ROUTES



IT SMELLS LIKE...GREEK SUMMER!

Finally, the summer is here...a different one...missing still alot of things ..perhaps that's why the summer flavors are more important! This is a journey in the taste of Greek Summer... Follow us and remember to dream!

SUMMER INSPIRATIONS:

RECIPES

- Cook with us 4 Tasty Recipes!
- What's new?
- Greek Stories
- Let's get personal....

Authentic, Greek & TASTY!!

DIMITRA MATHIOPOULOU
@THEOLIVEROUTES

This is a taste of Greece ...
Beloved Recipes from my
favourite Greek Chef Akis
Petretzikis
Enjoy!

Greek Cretan Dakos

By Akis Petrezikis

Ingredients

- 1 round barley rusk
- 1 tomato
- 1 teaspoon(s) vinegar, of white wine
- 1 teaspoon(s) granulated sugar
- 1 pinch salt
- pepper
- 1 tablespoon(s) basil, finely chopped
- oregano, dried
- 1/2 spring onion
- 100 g feta cheese

To serve

- sea fennel
- kalamata olives
- extra virgin olive oil
- pepper
- Capers



Method

- Place the 2 pieces of the dako onto 2 plates, outer side or crust facing down.
- Cut the tomato in half. Grate one half into a bowl. Cut the other half into little cubes. We are going to make a mixture with the grated tomato to soften the dako.
- Add to a bowl the grated tomato, the vinegar, sugar, salt, pepper, finely chopped basil and oregano.
- Toss. Taste and adjust according to your preferences.
- Pour the mixture over the dako.
- Top with the tomato cubes, the finely chopped fresh onion and the feta cheese.
- Serve with capers, olives, extra olive oil and some freshly ground pepper.



Sun dried tomato and spinach wraps

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By Akis Petrezikis

Ingredients

- 1 teaspoon extra virgin olive oil
- 2 spring onions
- 2 clove(s) of garlic
- 100 g spinach
- 50 g sun-dried tomatoes
- 1 sprig(s) basil, the leaves
- 200 g cream cheese
- 20 g parmesan cheese, grated
- salt
- pepper
- 2 tortillas, large



Method

- Place a pan over medium heat.
- Add the olive oil and let it get hot.
- Finely chop the spring onions and the garlic.
- Add the spinach, spring onions and garlic to the pan. Sauté for 2-3 minutes, until the spinach wilts.
- Transfer to a bowl and allow the mixture to cool for 10 minutes.
- Finely chop the sun-dried tomatoes and basil leaves. Add them to the bowl with the spinach.
- Add the cream cheese, parmesan, salt and pepper. Mix with a wooden spoon until well combined.

Farfalle with Tuna, Olives and Capers

By Akis Petrezikis

Ingredients

For capers

- 220ml milk, 3,5%
- 4 tablespoon(s) capers
- pepper
- 1 tablespoon(s) semolina

For the farfalle pasta

- 400 g farfalle
- 2-3 tablespoon(s) extra virgin olive oil
- 1 onion
- 2 clove(s) of garlic
- 390g tuna, cans
- 100 g white wine
- 100 g heavy cream 35%
- 50 g kalamata olives, pitted
- 1/2 bunch parsley, finely chopped
- salt ,pepper,rosemary
- chili
- flakes

Method

- In a small bowl, add the capers and milk. Refrigerate for 4-12 hours, until the capers soften and lose their intense taste.
- Drain and transfer to a bowl. Add pepper and 1 tablespoon fine semolina. Stir to combine.
- Fill a pot with a generous amount of salted water. When it comes to a boil, add the farfalle pasta and boil according to the directions on the box.
- While your pasta is cooking, prepare your sauce.
- Place a pan over medium to high heat. Let it get very hot.
- Add some extra virgin olive oil and the capers (reserve some for serving).
- Sauté for 3-4 minutes, just until the capers become crunchy. Remove from pan and drain on kitchen paper.
- Chop the onion in to cubes and coarsely chop 2 cloves of garlic.
- Wipe down the pan used to sauté the capers.
- Add a little olive oil and chopped onion. Season with salt and pepper.
- When the onion has softened, add the garlic and sauté. Add another tablespoon of olive oil
- Add the tuna and sauté until golden.
- Add the rosemary and white wine. Let the wine evaporate and add the heavy cream. This will really help boost the tuna's flavor. Then add the kalamata olives.
- When the farfalle are ready, drain and add them to the pan.
- Finely chop some parsley and add to the pan. Stir to combine and remove from heat.
- Add some pepper and chili flakes.
- Transfer the farfalle on a serving platter. Top with the capers and drizzle with extra virgin olive oil. Serve warm!



Olive oil and yogurt cake

Olive oil and yogurt cake

By Akis Petrezikis

Ingredients

- 3 eggs, medium
- 150 g strained yogurt
- 170 g granulated sugar
- 170 g extra virgin olive oil
- 1 teaspoon(s) vanilla extract
- orange zest, of 1 orange
- 230 g self-rising flour
- 1 pinch salt



Method

- Preheat the oven to 180°C (350°F) set to fan.
- In a bowl add the eggs, the yogurt, the sugar, the olive oil, the vanilla extract, the orange zest, and mix very well.
- Add the flour, the salt, and mix well with a serving spoon.
- Put the mixture into a greased 10x30 cm loaf pan and bake for 50 minutes.
- Remove and let it cool down.
- With a spoon, spread the yogurt onto the cake, add the honey, the walnuts, the orange zest, mint leaves, and serve.

extra virgin olive oil
makes your cake a
healthy sweet
option

WHAT'S NEW?

NEW OLIVE OIL BOXES

SUMMER 2020



PREMIUM

Selection of 3 extra virgin olive oils

SPICY.MEDIUM.DELICATE

Greek Cooking Box
Summer Taste

OLIVE OIL, DRIED TOMATOES
OLIVES, CAPERS, HERBS.



STORIES!

GREEK STORIES

PHILOXENIA

The Greek word Philoxenia, literally translated as a “friend to a stranger”, is widely perceived to be synonymous to hospitality.

For Greeks it is much deeper than that. It is an unspoken cultural law that shows generosity and courtesy to strangers. Greeks are enormously generous when inviting others to their home, or being invited themselves.

In villages, it is not uncommon for villagers to show up at the door of a resident foreigner (or even a temporary visitor renting a room) with a sack full of fresh tomatoes, or even a bottle of local olive oil.

Philoxenia today can be as simple as a smile, helping a stranded motorist, buying a meal for a homeless person, or opening your home to friends and family.

Let's get personal!

SUMMER TIME!

JUNE 2020

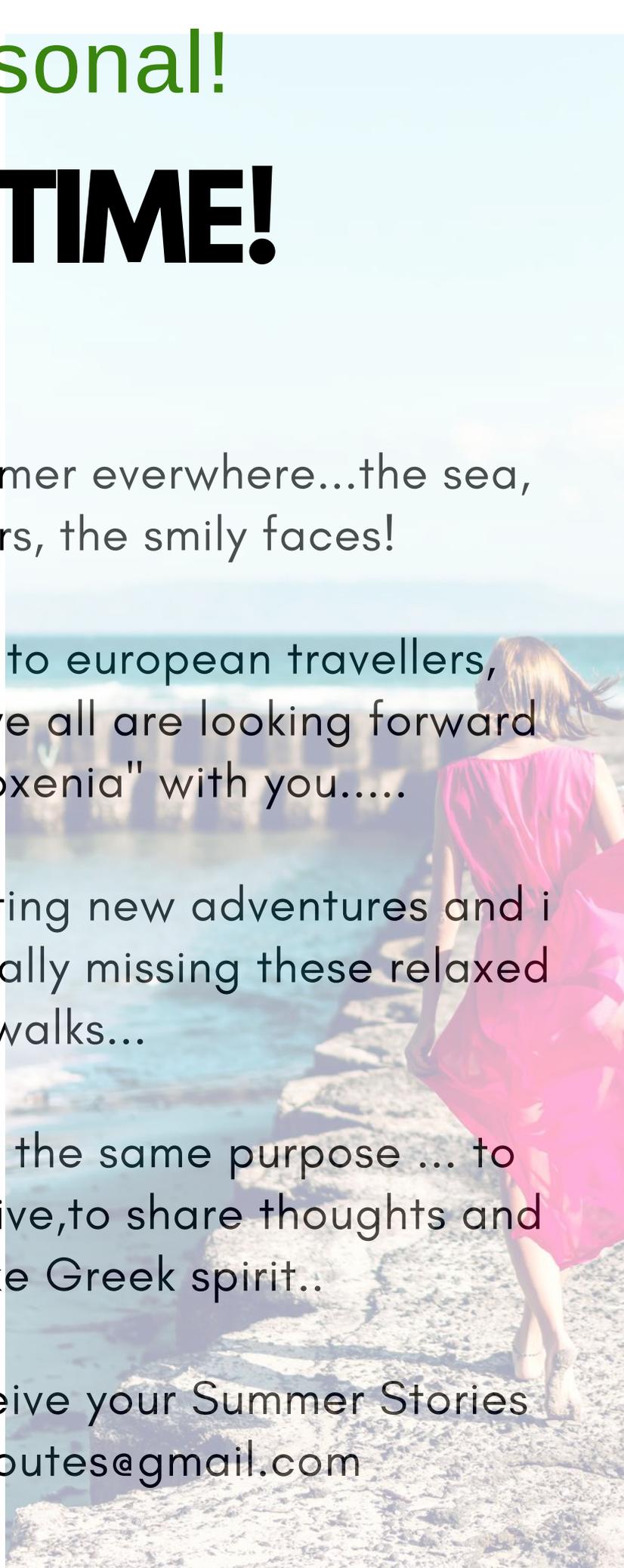
It smells like Greek Summer everywhere...the sea, the sun, the flavors, the smily faces!

Greece is opening up to european travellers, today, 15 of June, and we all are looking forward to share our "Philoxenia" with you.....

The olive routes are starting new adventures and i am feeling optimistic!Really missing these relaxed olive walks...

This newsletter still has the same purpose ... to stay close, to stay creative,to share thoughts and smell a little like Greek spirit..

Looking forward to receive your Summer Stories
Email; theoliveroutes@gmail.com





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GREEK SUMMER

FEELS PURE & AUTHENTIC