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**“Developing Identity ON Yield,
SOil and Site” “DIONYSOS”**

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DELIVERABLE D4.4.4

RAISING LOCAL CUISINE:

10 RECIPES BASED ON LOCAL WINE VARIETIES





ΑΝΑΠΤΥΞΙΑΚΗ ΚΑΒΑΛΑΣ
ΑΝΑΠΤΥΞΙΑΚΗ ΑΝΩΝΥΜΗ ΕΤΑΙΡΕΙΑ Ο.Τ.Α.

Kavala Development Agency- Local Authorities Enterprise

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Introduction

The DIONYSOS project aims at the revival of local viticultural varieties and viticultural tradition both as a means of biodiversity conservation and as a lever for the development of the region.

This paragraph relates to D 4.4.4 "Raising Local Cuisine: 10 Recipes based on Local Wine Varieties". The action includes the creation of 10 local compositions of the areas of Paggaios and Soufli based on the wine varieties of these two areas.

Objective of action

For the recipes that created in the framework of this action, a detrimental role was to arouse interest and inspire the creation, taking into account the local products of the region and the traditional cuisine with emphasis on the local wine varieties.

About the creativity of recipes

Within the framework of this specific action, the contractor first collected the characteristic local products of the 2 areas (Paggaiio and Soufli) as well as the local wine varieties. Next step was to study bibliographic sources and to collaborated with catering professionals on the characteristic traditional recipes of the two regions.

Afterwards, from a total of about 25 recipes that complied with the so-called characteristics, the 10 "dishes" (5 from each area) were selected (in collaboration with a specialist in cooking).

The term "creative" cuisine refers to inspiring combinations, new techniques, original recipes. The local "creative" cuisine is born from the knowledge of the traditional local cuisine and with inspiration and "creativity" new flavors are offered that are closer to the modern taste habits.

The recipes of Paggaio



The recipes selected from the Paggaio area for the menu, which utilize the local textures and highlight the character of the native vine varieties, are the following:

1. Eggplants with Paggaio cheese
2. Sarmadakia with rice, oatmeal and chestnut
3. Anchovy wrapped in vine leaves
4. Braised sea bass roll
5. Chickpea soup with chestnuts

Eggplants with Paggaios cheese

Materials:

- 1 kg eggplant flasks
- 1 kg Paggaios cheese
- 1 kg tomatoes
- 150 ml **red wine**
(consists of a variety of Moschomavro and Limnio)
- 2 garlic cloves
- 1 onion
- 1 teaspoon sugar
- Salt
- Pepper
- Oregano
- Parsley
- oil for frying
- 4 tomatoes, grated in grater



Run:

Cut the eggplants lengthwise. Put them in salt water to rinse for half an hour. Then let them dry and fry. Set them aside.

Sauté the onion and garlic lightly, then add the tomato. Quench with wine, add sugar and some water and let it boil.

Take the fried eggplants and place cheese on top of them in sticks. Roll them up, put them in the baking pan, pour over the tomato sauce and bake in the oven for 30 minutes.

Serve with chopped parsley.



Sarmadakia with rice, bulgur and chestnut

Materials:

- 100 **fresh vine** leaves
- 500 grams of glazed rice
- 250 grams of bulgur
- 500 grams of chestnuts, peeled and boiled
- 1 bunch spring onions
- 2 onions
- Cumin
- Salt
- Pepper
- Spearmint
- Dill
- 1/2 glass **white wine** (Recommended Razaki Paggaiou)
- 1 cup oil
- 2 cups water



Run:

Sauté the onions, add rice and bulgur and quench with wine. Add water, fresh onions, salt, pepper, cumin, herbs and vegetable von.

As soon as the rice boils, add the chestnuts and mix. Fill the vine leaves with the filling and wrap them from the sides in. Put them in the pot. Add oil and place a weight on top of them (e.g. plate) and boil over a low heat for about 45 minutes.

Serve with local yogurt.



Anchovy wrapped in vine leaves

Materials:

- 30 pieces anchovy
- 30 vine leaves
- Salt
- Pepper
- lemon zest
- lemon juice



Run:

Season the anchovies with salt and pepper and wrap them in the vine leaves.

Grill for 5 minutes on each side and sprinkle with lemon zest.

Serve with onion rings and half a lemon.



Reddish sea bass roll

Materials:

- 1/2 carrot
- 1/2 zucchini
- 1 red pepper
- 1 green pepper
- 1 onion
- 2 garlic cloves
- zest of 1 lemon
- 150 ml **red wine**
(recommended xinomavro, alone or in mixing)
- 1 teaspoon sugar
- 4 tomatoes
- 2 bay leaves
- Salt
- Pepper



Run:

Fillet the sea bass but keep the two fillets together in line.

Cut the peppers into long matchsticks. Peel the carrot and cut it into small matchsticks. Peel the zucchini and cut it into long matchsticks. Mince the garlic and onion. Sauté all the vegetables.

Rub the tomatoes and bring them to the boil. Add the bay leaf, sugar, garlic and wine. Leave on the heat for 20 minutes. Pass the sauce through the bimmer and boil again for another 3 minutes.

Fill the fillets with the vegetables so that they protrude and roll them around. Be careful that the tail stands upright and catch with toothpicks so that the roll does not lose its shape.

Place on a baking sheet with parchment paper and add salt, pepper, olive oil and lemon zest.

Bake in a preheated oven at 200° C for 15 minutes and then grill at 180° C for another 7 minutes.



Chickpea soup with chestnuts

Materials:

- 250 grams of chickpeas soaked from the previous night with little cooking soda and salt
- 2 liters of water
- 2 tablespoons **rosé wine** (Pamidi wine is recommended)
- 1 clove garlic
- 1 onion
- 1 sprig rosemary
- 30 chestnuts, toasted
- 3 tablespoons oil
- 150 grams tomato, grated
- 1 carrot, finely chopped
- 1 vegetable cube
- 1/2 chicken cube
- Salt
- Pepper
- Paggaio yogurt for garnish



Run:

Rinse the chickpeas and put them in a pot to boil. As soon as they boil, toss the first water, put the pot back on the heat with new water, add 2 tablespoons of wine and add the garlic and onion finely chopped and the rosemary sprig. Let them boil.

Towards the end of the boil add the tomato, carrot, two cubes, salt, pepper, oil and roasted chestnuts. Boil over low heat for another 20 minutes.

Serve the soup warm, garnished with Paggaiou yogurt kenil.



The recipes of Soufli



Similarly, the selected recipes from Soufli region for the menu, follows the same reasoning as regards the utilization of the unique characteristic flavors of the native vine varieties, are the follow:

1. Kavourmas with eggs
2. Stuffed cabbage
3. Babu (Babo,Bobari)
4. Tsigarides
5. Chicken with pickled cabbage

Kavourmas with eggs

Materials:

- 2 slices of kavourmas thickness (300 g kavourmas)
- 3 eggs (2 for inside and one for serving)
- 1 glass (150ml) **dry white wine**
(ideal variety is Keratsouda)
- 1 medium onion, finely chopped
- 2 fresh onions, finely chopped
- 2 tablespoons olive oil or butter
- salt, pepper
- bukovo (a little)



Run:

Heat the oil or butter and sauté the onion. Just before put in kavourma, add bukovo (dried pepper seeds). Then add kavourma that we have opened or broke with fork or hands.

Allow the kavourma to roast over medium heat for three minutes, making sure to turn it once or twice. Quench with the white wine. Then add the fresh onions. Stir and after a minute add the two eggs.

As soon as the egg white thickens, break the egg yolk with a fork and scatter over the roast. Add salt and pepper and after one or two minutes, remove from the heat and serve by placing an egg on top.

In a variation of the recipe, beat the eggs and scatter them on the kavourmas and bake on both sides.



The kavourmas is made with many kinds of meat, depending on the availability of the area: Pig, calf, main for Hebrides and buffalo, sheep or goat for other areas. In earlier times – without cooling, roasting was a common method of meat preservation.

Stuffed cabbage

Materials:

- One kilo of minced beef
- 1 ripe tomato
- a little black pepper, musk pepper
- 1 cup rice
- 200 grams olive oil
- 250 ml **red semi-dry wine**
(preferably wine blended with Boylama)
- 1 tbsp balsamic cream
- 1 teaspoon coustar powder
- 1 lemon
- 300 grams of water
- 1 large cabbage



Run:

Heat the cabbage, which has been opened in leaves. Knead the ingredients all together.

Use the leaves from the cabbage that we have opened and spoon the stuff into them, just as we do the dolmas.

Put the dolmades in the pot one by one in a circle. Add the olive oil and a glass of cabbage juice and a glass of water and let them boil over a low heat for about two hours.

Make the wine sauce with 250 grams of semi-sweet red wine, a tablespoon of balsamic cream and a teaspoon of coustar powder. It is ready and remove from the heat when about 1/3 of the quantity is left.

Serve the stuffed cabbage on a shallow plate and pour over them egg lemon cream and wine sauce.



Stuffed Cabbage is a food that is served both as a main course and often as an appetizer.

Babu (or Babo or Bobari)

Materials:

- 1/2 kg pork intestine
- 300 grams Veal
- 300 grams Pork
- 300 grams minced beef
- 300 grams veal liver
- 200 grams bulgur or rice
- 1 glass of **red wine**
(Carnahalas monovarietal or blended)
- 1/2 leek
- 1 medium onion
- tomato sauce
- bay leaf, parsley, oregano
- black pepper, allspice, red pepper,
- salt, vinegar, lemon, olive oil



Run:

At night wash the pork intestines very well, inside out, from the good and the upside down, remove the thickness and leave them for an hour in a bowl with water, vinegar and lemon (lemon whitens them, vinegar cuts the smell). In the old days they also used lime water to

disinfect the intestines. Then wash the intestines well again, rinse them very well and put them in a strainer to drain.

Cut the meat and liver into very small pieces, with the cleaver and place them in a bowl, add the rest of the ingredients and knead them all together very well. Sauté them all together, quench them with a glass of red wine (brusco) and add a glass of hot water.

As soon as they rise a little, remove them from the heat and let them cool. The intestines are ready to fill. Take a funnel and spoon and fill the intestines with them after tying one end. After we're done with the stuffing, tie the second end. We must be careful not to fill the intestine too much because it can break in baking when the bulgur or rice will absorb water.

Place the stuffed intestines in a baking pan, or in a pot, in the shape of a "snail", optionally pierce it with a toothpick and cover it halfway around with water, add oregano, black pepper, salt and bake at 180° C for about two hours or until golden brown.





Classic christmas food of Evros and the whole of Eastern Thrace. They used the offal of the pork they slaughtered for Christmas as well as bulgur and leek that were plentiful. It took the name from Babu (grandmother) who usually was more experienced and practical midwife, helped women to give birth (Christ Birth).

The rearing of the pig was necessary in every house of the villages of Evros. From the pig slaughtered on Christmas Eve nothing was thrown away. The “good” parts of meat were salted and preserved for later, meat (fresh, smoked, sausages), fat (lard, grease), tsgarides (pieces of meat preserved in fat), pasiurti, (meat cooked with leek and fat) while from the pig's offal and livers, i.e. pieces that had to be eaten immediately, the housewives made this unique dish, **Babo**.

Tsigarides

Materials:

- 2 kg pork meat with its fat (about 200 grams, cut together with the diced skin)
- 4 onions, roughly chopped
- 6 cloves garlic
- 2 glasses of **red wine** (Mavroudi wine)
- 1/2 cup vinegar
- 1 teaspoon sweet sage
- 2 tbsp sugar
- 2 teaspoons cilantro
- 2 tbsp coarse salt
- 2 teaspoons pepper



Run:

Brown the meat over high heat, stirring constantly.

Add the garlic, cilantro, pepper, salt and sage. Stir very well for about 7 minutes. Quench with wine and as soon as it evaporates add the vinegar.

Then add the sugar and water to cover the meat. Cook slow for 30 minutes. Simultaneously fry the fat in another pan until crispy.

Spread on a platter of kitchen paper to dry the joints and then incorporate the fat into the main food.



Tsigarides are pieces of meat preserved in fat

Chicken with pickled cabbage

Materials:

- 1 large country chicken
- pickled cabbage, 1.5 kg or 2 small pickled cabbages
- 150 ml **white wine**
(a Zumiatiko with Roditis is indicated)
- olive oil, 2 tablespoons
- butter, 2 tablespoons



Run:

Unsalt the pickle by leaving it three hours in the water (other variations of the recipe do not unsalt the pickle, just wash it well). Then rinse the pickle well, drain and finely chop it.

At the same time, boil the chicken in a separate pan with a little salt (beware of the amount of salt because the pickled cabbage has enough). Sauté the pickle in olive oil and then quench with a glass of white wine.

When the cabbage liquids are saved, add broth from the boiled chicken and continue cooking, until we see the cabbage porridge and soften.

When both have boiled, place them in a baking pan and bake at 200°C for 1/2 hour or until the chicken crust is golden brown. It is recommended to mix the cabbage during baking.



The chicken pickle is a traditional food of Evros and Thrace that the housewives made mainly on the festive days of Christmas (they usually cooked on the second or third day of Christmas).

The same recipe can be executed with pork so we **have Pork with pickled cabbage.**

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