



Gastronomy

LOCAL TASTES . LOCAL PRODUCTS . RECIPES

GREECE





INTRO DUCTION

Geographically isolated for centuries, Epirus developed its own gastronomical heritage based entirely on local produce, thus following the needs and possibilities of each region in particular.

The food of the poor, the Epirus pie, was left aside for centuries as nobody realised its importance. However nowadays, it is acknowledged as an indispensable part of the modern Greek cuisine.

At the same time the Mountains of Pindos, Amvracian Gulf, Ionian Sea and the rivers of the region, offered the locals, throughout the centuries, the pure raw materials that make up the famous cuisine of Epirus. We invite you today to discover this “treasure” and take your gastronomical quest to a next level with a visit to our region!





CITRUS FRUITS

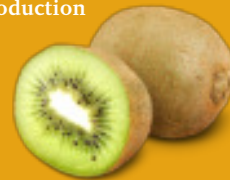
Besides her famous bridge, Arta is also renowned for the high quality citrus fruits. The best season to buy these fruits is from November to February - for oranges, and November to December -for mandarins. The region of Arta comes third in Greece as far as the production of citrus fruits is concerned, after Argolida and Lakonia..

LIVESTOCK AND POULTRY FARMING

When it comes to livestock and poultry farming, the region of Arta comes among the first in Greece. Arta is also famous for its dairy products, while in the field of poultry farming there are companies with a history that goes back decades ago and which export their products all over the world.

KIWI

The kiwi has become the flagship product of the region over the last three decades. The conditions of the region (soil and climate) favour the production of excellent kiwis, which are exported to Europe, Russia, Canada and India.





SEA FOOD



The greatest blessing for the region is the Amvra-cian Gulf with its great variety of fish.

The sardines, the gambari prawn, the sea bream, the trout, the mullet, the eel, the fish roe (botargo), and the caviar of Arta are no longer meant just for the local consumers as they have gone beyond the local markets and are appreciated internationally due to their high quality and exquisite taste.

DAIRY PRODUCTS



Because of the developed livestock farming in the area, Arta can boast excellent dairy products. In the famous cheese factories here one can find local milk, yogurt, feta cheese and kefalograviera (flavoured, hard yellow cheese, P.D.O.), galotiri (milky cheese) and anthotiro (whey cheese).

Their exceptional quality led to the blooming demand from abroad – U.S.A, Canada, Australia, England, Germany, France, Belgium and Sweden, are just a few of the countries where local products end up.

OLIVES



The secret of the scrumptious Epirus pies and their crunchy phyllo is the olive oil.

Most of the olives here come from the hilly regions of Arta, while we can also find olive groves in the mountains and close to some of the estuaries of the Arachthos River. The variety “Konservolia Artas” was certified as Product of Geographical Indication in 1994 and is exported to France, Germany, Austria and South Africa.

HONEY AND DERIVATIVES



Honey is being produced in Arta throughout the year. Due to the climate conditions of the region, local honey has a high nutritional value. The varieties produced here are based on citrus trees, fir trees, chestnut trees, heather and strawberry trees. The derivatives one can find in Arta are pollen, royal jelly, propolis and bees wax.

WINE TSIPOURO LIQUEUR WATER

The hybrid variety of vine called “Izabella” (zabela) grows mainly in the mountains of Arta. It is used for the making of tsiouro (local beverage) which is particularly flavoured and with a very balanced taste. Every year in autumn a Festival of Tsiouro and Chestnuts is held in the picturesque villages of Rodavgi and Pistiana where the locals celebrate their harvest.

Except from its typical products, Arta is well known for its exceptional ouzo and liqueurs. Even the water bottled here has been awarded international prizes for its superior taste and quality. Last, but not least, in the mountains of Arta a great wine of the cabernet and merlot varieties is being produced





RECIPES

LOCAL FLAVOURS



GOMIDIA (fried leafy greens)

Easy recipe

INGREDIENTS

Various leafy greens (sorrel, sow
thistle, spinach, nettles)
1 tea cup of olive oil
1 bunch of green onions
1 bunch of dill
Salt, red and black pepper

PREPARATION:

Clean and wash well the greens and cut them into chunks. Brown the onion in olive oil, throw in the greens and stir well.

Add the finely chopped dill, the salt and pepper. Pour a little more water if needed, and simmer for 30 minutes until there is only a little oil left.



BOUBARIA (stuffed guts)

Difficult recipe

INGREDIENTS

1 lamb liver and intestines
1 tea cup of rice
1 onion
1 bunch of parsley
1 bunch of dill
2 spoonfuls of butter
black pepper
red pepper
oregano
salt



PREPARATION:

Wash the intestines well and cut them (except for the large one) into really small pieces together with the liver. Finely chop the dill and the parsley. Grate the onion and throw it, together with the butter, into the pot. Sauté the meat with the onion. Add all the herbs and spices and after it starts boiling pour in the necessary water. Once it boils add the rice. Stir it a little and pull it to the side to let it go cold. Pre-heat the oven to 200°C. Fill the large intestine with the mix, but not completely as the rice will swell some more. Once you fill it, tie the ends of the intestine to make sausages about 20 cm each. Place the sausages in the oven tray and add a little more water, salt and black pepper. Place the tray in the oven and let it roast until brown.

NETTLE SOUP

Easy recipe

INGREDIENTS

1 kg of nettles
dill, garlic chives
1 cup of white corn flour

PREPARATION:

Clean and wash the nettles. Throw them, into a pot with boiling water together with the dill and the garlic chives.

Mash the boiled greens into a puree and add the corn flour. Pour the broth little by little and place the pot on fire again until it becomes a clear soup. Sprinkle a bit of salt. Serve it with vinegar.

AMBRACIAN PRAWNS (gambari)

Easy recipe



INGREDIENTS

½ kg prawns
Half an onion
1 garlic clove
Salt & pepper

Grated tomato
half a tea cup of ouzo
Whatever pasta you wish

PREPARATION:

Sauté the prawns in a pot together with the finely diced onion and the garlic, on medium fire so they won't get burnt. When the prawns turn orange, pour the ouzo over them and leave it on the fire until the alcohol boils down. Add the grated tomato, the basil, salt and pepper. Let it simmer a little, add the paste and let it simmer some more.



SPLIT OPEN MULLET

Easy recipe



INGREDIENTS

1 mullet
coarse salt
lemon and oil sauce
oregano

PREPARATION:

Clean the fish and cut it open from the back of the head to the end of the tail. Leave it for one hour and a half - two hours in salt. Wash it then and leave it for one more hour in the sun. After that marinate it for 15 minutes in a mixture of oil, coarse salt and oregano. Fry it preferably on coal and serve it with oil and lemon sauce and oregano.



COD WITH LEEKS

Easy recipe



INGREDIENTS

6-7 big leeks
1 onion
1 cod fillet
olive oil for frying
salt
red and black pepper

PREPARATION:

Wash the leeks carefully and slice the white part into rings (about a finger long). Cut the onion into rings and put them in a pan with a little oil. When they become transparent, take them out and place them on a tray, add the cod fillet cut to pieces, salt, pepper and a glass of water. Place it inside a pre-heated oven at 200oC until the leeks become tender and there is no more water.

EEL IN THE OVEN

Average difficulty recipe



INGREDIENTS

- | | |
|-----------------|-----------------------|
| 1 eel | 1 laurel leaf |
| 2 tomatoes | a little bit of dough |
| 1 onion | olive oil, salt |
| 3 garlic cloves | 1 brick |

PREPARATION:

Make the dough with flour and water. Place the dough around the clean brick so the sauce won't come out. Peel the eel, cut it into pieces and place it in the oiled brick together with the tomato, the onion, the garlic and the laurel leaf. Cover it with baking paper and let it cook in the oven for one and a half hour at 130°C.



SARDINES OF THE AMVRACIAN GULF (with tomatoes and garlic)

Easy recipe



INGREDIENTS

- | | |
|--|-----------------------|
| ½ kgs sardines | 1/3 wine glass of oil |
| 1 big garlic clove crushed or cut into tiny pieces | Salt |
| 2 sliced tomatoes | Pepper |
| | Oregano |

PREPARATION:

Place the sardines inside the pyrex tray, add the crushed garlic, oil, a bit of salt, pepper and oregano. Slightly stir them to cover them with the oily mixture, then place them one next to the other. Cut the slices of tomatoes on top, sprinkle a bit more oregano and salt and fry them on the grill, on the middle rack, for about 20 minutes.

WILD BOAR (with quince and chestnuts)

Average difficulty recipe

INGREDIENTS

1 kg wild boar
1 kg quince
1/2 kg shelled chestnuts
1 kg apples
1 glass of water with olive oil
1 wine glass with white wine
1 wine glass with red,
sweet wine
3 dry onions
2 cloves of garlic, finely chopped
1 spoonful of tomato sauce
1 wine glass of vinegar
salt, pepper, 1 bay leaf, sage, marjoram, oregano
1 cinnamon stick



PREPARATION:

Wash the meat. Cut it into pieces and marinate it in a mix of herbs, spices, wine and vinegar for 12 hours. Next day boil the meat and throw away the first water. Make a few cuts into the chestnuts, roast them in the oven and shell them. Cut the apples, the quinces and the chestnuts into pieces. Brown the meat together with the onion, the garlic, then pour the red wine over it. Let it simmer for 5 hours until the fruit pieces turn crunchy.



ARTA YOUVETSI (lamb, eggs, lemon sauce & white rice)

Easy recipe



INGREDIENTS

1 kg lamb
1-2 glasses of rice
4 spoonfuls of butter,
3 eggs
the juice of two squeezed lemons

PREPARATION:

Wash the lamb and cut it into pieces. Sprinkle with salt and pepper, place the pieces of meat onto a tray and fry in butter. When the meat is roasted add the rice and pour some hot water, one glass of rice for two and a half glasses of water. As soon as the rice is ready, make the eggs and lemon sauce, by beating the eggs with the lemon juice, and pour it over the lamb and rice. Put back the tray into the oven and leave it until it will get a crust on top.

VEAL WITH ORANGE (in a clay pot)

Difficult recipe



INGREDIENTS

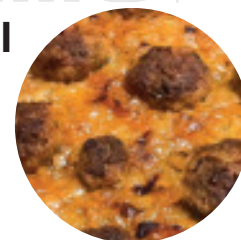
1 kg veal, cut into large pieces, no bones	2 dry onions
1 bottle of red wine	4 spoonfuls of olive oil
½ glass of vinegar	2 cloves
1 orange	1 bunch of parsley
1 spoonful of tomato sauce	salt and pepper
2 carrots	2-3 cloves of garlic

PREPARATION:

The day before cut the carrot into slices and the garlic into tiny pieces. Place them, together with the meat portioned into big pieces, the wine, the vinegar, a little bit of oil, salt and pepper into a glass bowl and let it marinate for 12 hours. Next day dry the meat and let it brown for a few minutes. Add the diced onions, the tomato sauce, the garlic, the cloves and the strained marinade. Place it on high heat until the marinade boils down by 2/3. Grate the peel of an orange in order to have a tea spoonful of that, squeeze its juice and add it to the marinated carrots, together with the parsley. Lower the heat and let it simmer for about 2 hours. Place the whole thing into a clay pot or into an oven tray with a lid and let it cook in the oven for about one hour, in a low heat.

TSOUMBLEKI (oven meatballs with onion)

Easy recipe



INGREDIENTS

For the meatballs:	For the tray:
½ kg of minced veal meat	1 kg of dry onions
1 dry onion	half a water glass of olive oil
1 bunch of parsley	wheat flour
1 coffee cup of olive oil	
salt, pepper	For the egg sauce:
1 egg	3 eggs
4 slices of stale bread soaked in water	1 small wine glass of vinegar

PREPARATION:

For the meatballs: Soak the slices of bread, then drain them. Finely chop the parsley and one onion. Add the minced meat, the slices of bread, salt, pepper, oil and an egg. Blend it all and roll the mix into meatballs.

For the tray: cut the other onions into round, thick slices. In a big pan brown the onions in half a glass of olive oil, add salt and pepper together with half a wine glass of water. Place the onions in a tray, roll the meatballs in flour and place them on top of the onions, adding a bit of butter for each and every meatball. Pour half a teacup of water into the tray and let it all simmer for 1 hour and 15 minutes, make some egg sauce with the three eggs and the vinegar and pour it over the meatballs. Let it cook until it gets a crust on top.



KOSMIRI CHEESE PIE

Easy recipe



INGREDIENTS

1 kilo of wheat flour (for a big tray)	2 eggs
1 tea cup of water	100 gr grated cheese (yellow cheese or feta)
400 gr. feta cheese	1 spoonful of butter
	2 spoonfuls of olive oil

PREPARATION:

Mix the flour with the milk, throw in the grated feta and continue mixing. Break and stir two eggs and pour that on the mixture. Oil the tray, spread the butter and keep it in the oven until hot. Take out the tray and spread the mixture on the hot oil and butter and then add the grated cheese. Bake for 30 minutes at 180°C in the pre-heated oven.



BLATSARA

Easy recipe

INGREDIENTS

For the cream:

500 gr. white corn flour

1 lt of milk

a pinch of salt

For the stuffing:

2 leeks

2 kg of green vegetables

1 bunch of green onions cut
into tiny pieces

dill, parsley

500 gr feta

white corn flour for sprinkling

1 tea cup of olive oil

2 eggs

salt, pepper



PREPARATION:

Wash the vegetables and cut them into chunks, then put them into a bowl. Throw in the Feta cheese (smash it with your fingers), the flour, the oil and mix them. Sprinkle the tray with plenty of corn flour, then spread the stuffing and the vegetables. Sprinkle more corn flour on top. Make the cream with the milk and the flour and pour it on top of the whole thing. Cook it for one hour and 10 minutes at 180°C.

RING BREAD

(cornflour bread, bobota)

Easy recipe



INGREDIENTS

2 tea cups of white corn flour
1 tea cup of wheat flour
1 spoonful of salt
1 tea cup of olive oil
boiled water

PREPARATION:

Mix the corn flour with the wheat flour and some salt in a bowl. Make a scoop in the middle, pour the boiled water little by little and mix it till the dough is neither very soft, nor hard. Pre-heat the oven at 200° C. Oil the tray, then place the dough and let it bake in the oven for 30-35 minutes



ORANGE PIE

Easy recipe

INGREDIENTS

Syrup

2 tea cups of sugar
1 tea cup of orange juice
Zest from 2 oranges

For the orange pie

One package of phyllo dough
1 tea cup of sugar
1 gr of vanilla powder
15 gr of baking powder
1 glass of sunflower oil
Zest from 1 orange
2 eggs
1 cup of Greek yogurt



PREPARATION:

Mix all ingredients except for the phyllo dough in a bowl until they get the consistency of a thin cream. Make sure you have the phyllo dough out of the freezer two hours before using it. Cut it into very small pieces and add it to the bowl. Spread the mixture in a tray. Bake in a pre-heated oven for 25 minutes at 180°C and the last 10 minutes fan bake it. Cut it into pieces and pour cold syrup on top of the hot orange pie, let it cool and enjoy.



ΟΙ ΣΥΝΤΑΓΕΣ ΠΡΟΕΡΧΟΝΤΑΙ ΑΠΟ ΤΟ «ΓΑΣΤΡΟΝΟΜΙΚΟ ΟΔΗΓΟ» ΠΟΥ ΥΛΟΠΟΙΗΘΗΚΕ ΑΠΟ ΤΗΝ ΠΕΡΙΦΕΡΕΙΑ ΗΠΕΙΡΟΥ/ΠΕΡΙΦΕΡΕΙΑΚΗ ΕΝΟΤΗΤΑ ΑΡΤΑΣ, ΣΤΟ ΠΛΑΙΣΙΟ ΤΟΥ ΔΙΑΣΥΝΟΡΙΑΚΟΥ ΠΡΟΓΡΑΜΜΑΤΟΣ INTERREG 2007 - 2013 ΜΕ ΑΚΡΩΝΥΜΙΟ GRITCUZINE.



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