



## COOKING LESSONS



*Cook and taste a delicious Greek Meal that you prepared...*

Discover the Greek cuisine through an interactive cooking lesson along with a professional chef and learn all the secrets of the famous Mediterranean gastronomic wealth. Take an idea how locals are cooking and eat the food you prepared using the freshest ingredients. One of the most exciting cultural experiences you must not miss!!!

### GREEK MEZES



Mezes (mezedes for plural) means a small plate of hot or cold food that is served alongside other mezedes.



#### FAMOUS MEZEDES

- Tzatziki
- Zucchini balls
- Small cheese pies
- Stuffed peppers w/cheeses
  - Meatballs
- Shrimps saganaki
- Fried cheese
- Spetsofai

### TRADITIONAL GREEK LUNCH



In Greece, traditionally lunch is the largest meal of the day. Especially "Sunday lunch" takes the form of a feast.



#### TRADITIONAL GREEK LUNCH

- STARTERS  
Spinach & cheese pie, bread, tzatziki, Greek salad, etc.
- MAIN COURSE  
Moussaka, Stuffed peppers w/ricce, Chicken w/pasta, etc.
- DESSERT  
Ravani, Greek cheesecake

### QUICK GREEK DINNER



In just an hour, cook a delicious quick Greek dinner with traditional tasty fresh ingredients.



#### QUICK GREEK DINNER

- APPETIZERS  
Cheese pie (firopita), tzatziki, dakos w/fresh tomato and cheese
- MAIN COURSE  
Chicken or pork gyros
- DESSERT  
Greek cheesecake

### TRADITIONAL GREEK BAKING



Join one of the fabulous home bakers to combine flavors and producing a batch of baked goods.



#### TRADITIONAL GREEK BAKING

- Tiropsoma  
a soft, feta-studded loaf of bread
- Kremidopita  
pies stuffed w/onions & herbs
- Portokalokaloura  
sweet and crunchy orange cookies



### ACTIVITY DESCRIPTION

- Discuss about the menu & the ingredients
- Hand-on cooking class following chef's instructions
- Enjoy the dinner