

Enogastronomic Experience

Wine and Olive oil tasting,
cooking ancient recipies



Sail in History

www.sailinhistory.eu



Co-funded by the European
Maritime and Fisheries Fund





WINE AND OLIVE TASTING COOKING ANCIENT RECIPES

In the framework of the “Sail in History” project some additional educational and recreational activities will be carried out, on and off board.

An Enogastronomic experience tasting the unique local food products of Greece and Italy and visiting traditional and picturesque restaurants in both countries.

This activity will take place both on board and off board. You will have the opportunity to eat traditional homemade food on board, trying recipes from that period of time and experience the cuisine of the Magna Graecia route, around picturesque villages, ports or with just the view of the emerald waters and the blue sky of the Mediterranean region.

During the stops on each route, some typical thematic restaurants and taverns (farmhouses, pizzeria, taverns) will be given to you so to have the chance to taste the authentic **local cuisine** and the ancient **Magna Graecia food**, off board.

The skipper may suggest places where you will have the opportunity to collect your own herbs and sea salt. This way you will get to know the rich and fertile soil and environment of the two countries.

When talking about the Mediterranean region the first thing that comes in mind is the Mediterranean diet. Based on the simple union of three things (and the products made of them): **the vine, the olive and cereals both Greece and Italy followed the Mediterranean Triad, known worldwide as Mediterranean diet.**







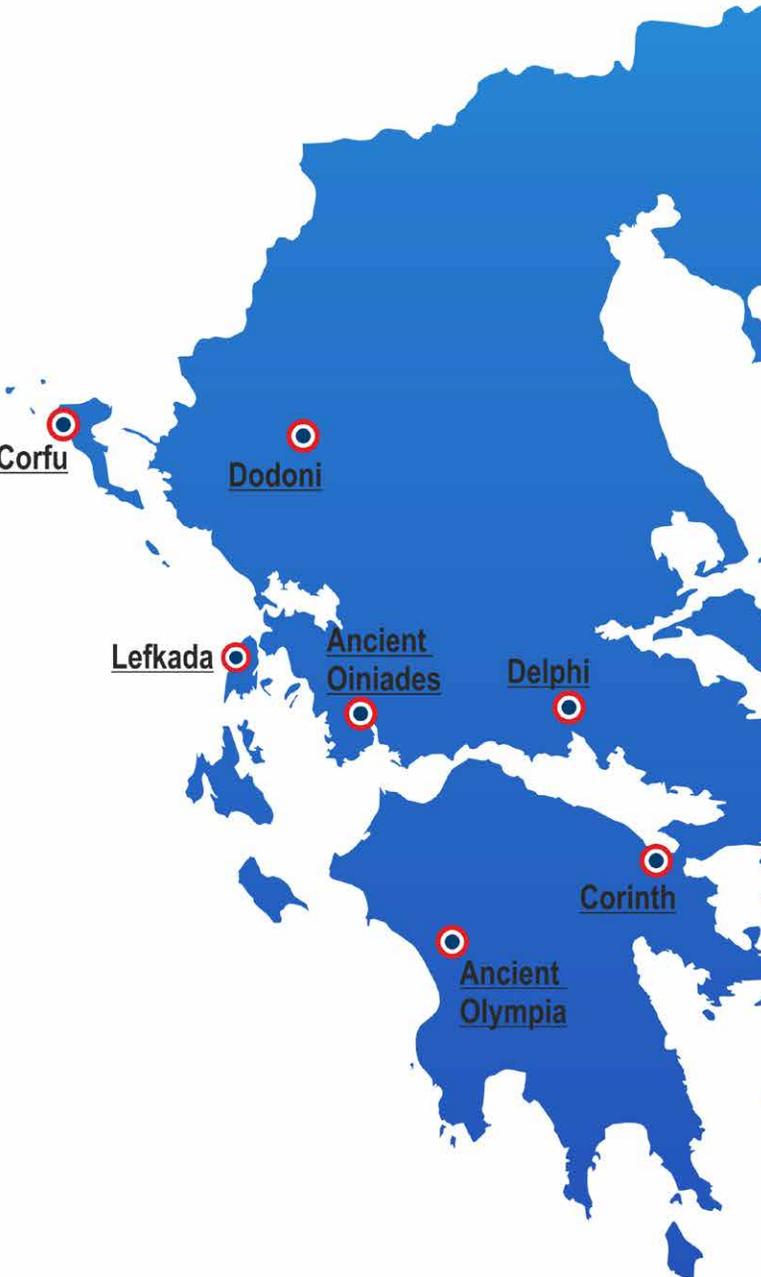
MEDITERRANEAN

FOOD

Did you know that Mediterranean food includes a simple mix of nuts, fish, fruits, vegetables, and olive oil? No wonder they are living long and healthy lives!

The interesting thing about Mediterranean cuisine and the people in this region is that their diet was never created for its health benefits, and yet it has caused the people to outlive their European and Middle Eastern neighbors.

Mediterranean food indeed provides a wide variety of health benefits that many people around the world may not be aware of, and it helps that the food is just as tasty as it is healthy, too.



OLIVE OIL

LIQUID GOLD

MAKING

OLIVE OIL

Once the olives have been picked, they are moved to a processing facility, usually a local mill. Very often, olive mills (called *frantoi* in Italian) are located within the orchard. Now the most critical time for the olives begins: the time spent between picking and pressing. Once picked, the fruit is prone to molding and quick decomposition. If pressing will take place over several days, the olives may be turned to ensure the skin does not spoil. Despite the time-honored tradition of hand picking olives, the sorting and pressing process have been modernized in an effort to save precious time. Once leaves, twigs and any other remaining debris have been removed comes the actual pressing, where the entire olive – including its stone – meet the press.

The following are the important characteristics one should observe to judge olive oil.

Smell: First smell the oil to judge the aroma.

Taste: Take a spoonful in your mouth, and suck in a little air as you would taste wine.

Color: This really isn't the great indicator of the quality of olive oil as we have come to believe.

Olive oil, the "Golden Liquid" as Homer called it, has been part of Greek history since antiquity. It was regarded a basic and irreplaceable nutritional component of Greeks, helping to protect health and aiding a person's longevity.

Since the first olive tree was planted in Crete around 3500 BC in the Early Minoan times, olive oil became synonymous with the Greek nutrition through centuries.

Today it is regarded as the best in the world, because as a percentage of overall olive oil production, the extra virgin olive oil (EVOO) reaches up to 80% and sometimes in Crete even up to 90%.

In Italy the food is a serious matter: Dating back in ancient times the Romans used and knew the importance of the Mediterranean diet. Italy is the second largest producer in Europe and in the world of olive oil production and they tend to use it in every food.



VOUVES CRETE.
The Oldest Olive Trees in the World

One day about 3.000 years ago, at a time when the Minoan civilization still ruled over Crete, an olive fell to the ground in the area of Vouves. Or perhaps it was deliberately planted there by a human hand. Whichever the case, that olive seed sprouted and grew into a tree. And incredibly that tree is still alive today – and still producing fruit – one of the so-called 'monumental olive trees' of Crete.





WINE AND VINEYARDS

“Wine is sunlight held together by water”

Galileo Galilei

Italy and Greece have been well known for their wines through centuries. Red, white, rosé, sparkling or not, both countries can serve a unique variety of wines that even if you are not a wine lover you will definitely become one.

The Italian wine production is among the richest and most diversified, particularly known and appreciated all over the world so much that Italy is in the first place among the exporting countries.

The perfect intersection of archeology and wine is found in southern Italy. From Naples to Reggio Calabria, this portion of the peninsula was a formidable extension of ancient Greece, or Magna Graecia. The widespread colonization of southern Italy left a lasting Hellenic imprint that would inspire the culture of ancient Rome.

Southern Italy is a major interval on the timeline that traces the history of wine. As the Greeks realized the trading potential of fermented grape juice, they brought many nonnative varieties to the fertile soils of Campania, Puglia, Basilicata and Calabria. Sunny southern Italy became a giant nursery. Genetic variations one generation to the next gave rise to one of the largest grape biodiversity hotspots on the planet.

The names of grapes - variations on the name greco or “Greek” - reveal their origins as do the actual growing methods. In Puglia and Molise, head-trained vines, or alberello, reflect the methods used by the ancients.

THE MANY NAMES FOR SANGIOVESE

Sangiovese is Italy's most popular wine grape. It has several clonal variants and many regional names.

*Regional Names
Brunello di Montalcino,
Vino Nobile di Montepulciano,
Chianti, Morellino di Scansano, Rosso di Toscana, Rosso di Montepulciano, Montefalco Rosso, Montecucco Rosso, etc.*

*Clonal Variants
The main variations are Sangiovese Grosso (big grapes) and Sangiovese Piccolo (little grapes). Prugnolo Gentile is a mutation of Sangiovese Grosso that makes the 100% Sangiovese wines of Brunello di Montalcino in Toscana*

In Campania, grape vines are draped onto tree trunks in a little trellising trick handed down throughout the centuries. In Calabria, vine stocks are tied into giant knots as a way of reducing yields. Just like in archeology, the area's wines peel back layer after layer to reveal ancient roots. This classical era throwback is what makes southern Italy so sensational. The area boasts Pompeii (an important port for wine exports during the Roman Empire), the ancient Greek trading hub Metapontum and the legendarily indulgent Sybaris.

Common Grape Varieties from Southern Italy

Fiano: Beautifully redolent of Golden Delicious apple and pear, Fiano di Avellino is a creamy white wine from Campania that pairs with spaghetti alle vongole or fried calamari.

Greco: Of Greek origin, this white variety is used across southern Italy but finds its maximum expression in Campania's volcanic soils as Greco di Tufo wine.

Aglianico: This austere red grape (from the word "Hellenic") was on the verge of extinction. Today it makes two of Italy's best, cellar-worthy wines: Taurasi (from Campania) and Basilicata's underrated Aglianico del Vulture.

Gaglioppo: The mainstay red grape of Calabria (the "toe" of Italy), this light, ruby-colored variety is featured in Cirò and is steadily gaining interest abroad.

Negroamaro: The grape known as "bitter black" is farmed throughout the Salento area in southern Puglia and is featured in Salice Salentino where it is blended with fruitier Malvasia Nera.

Primitivo: Said to be a relative of California's Zinfandel, Primitivo di Manduria is one of Puglia's most popular and enjoyable red wines, showing jammy fruit flavors.

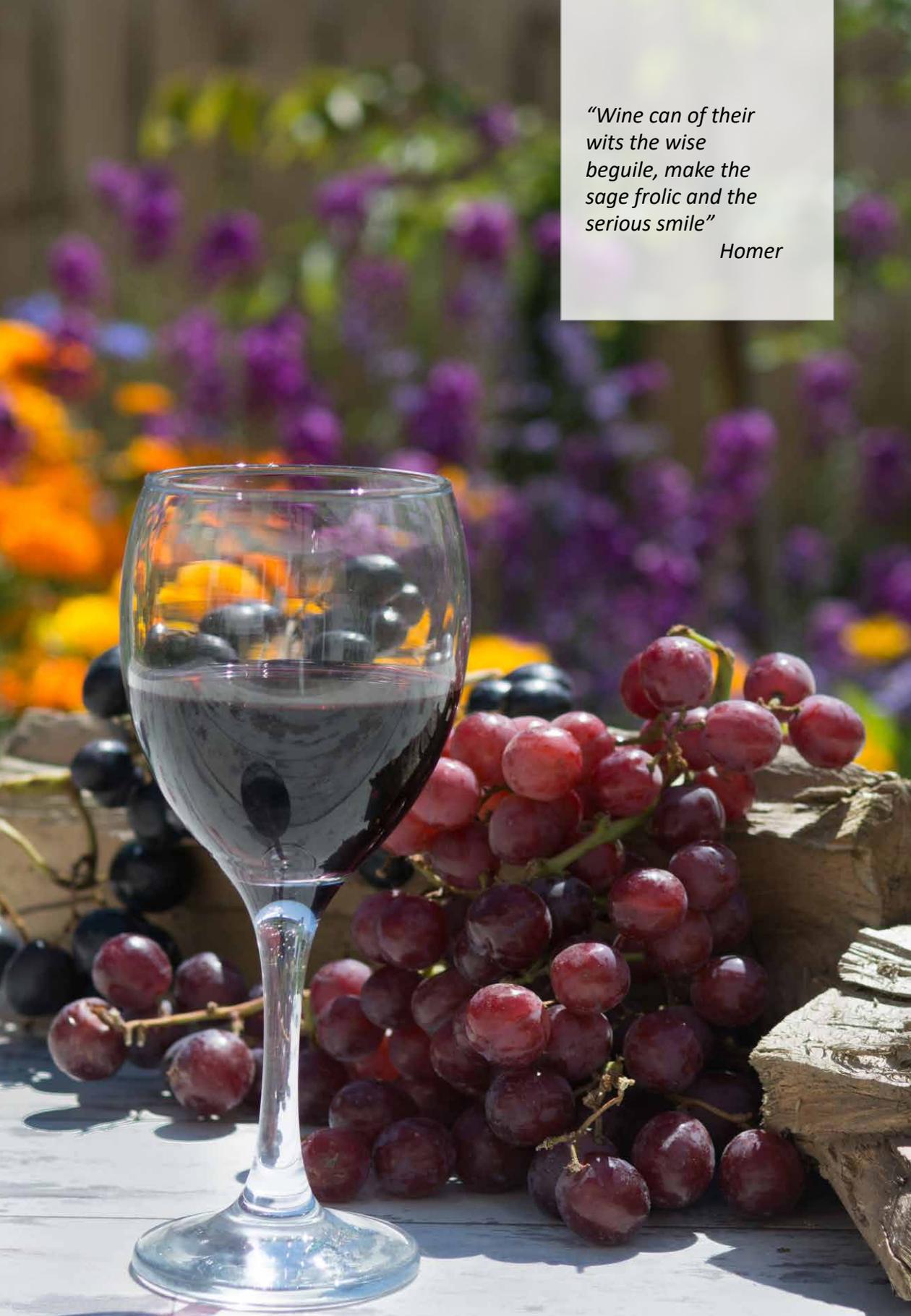
NEGROAMARO GRAPES

A Southern Italian wine grape sometimes blended with Primitivo to add tannin and structure. Wines from Puglia that are dominantly Negroamaro include Salice Salento Rosso, Brindisi Rosso and Squinzano Rosso.



*“Wine can of their
wits the wise
beguile, make the
sage frolic and the
serious smile”*

Homer



Greece is one of the oldest wine-producing regions in the world and among the first wine-producing territories in Europe. The earliest evidence of Greek wine has been dated to 6,500 years ago where wine was produced on a household or communal basis.

The introduction of the vine from the Middle East to Minoan Crete and then its spread towards Europe reflects on the mythical tradition, too. According to the myth, Dionysus, god of wine, married Ariadne the daughter of King of Crete Minos and their sons, Staphylus and Oenopion, spread the viticulture and wine production in Greece.

According to another myth, Staphylus was a shepherd of the Calydonian King Oeneas that noticed the liveliness the goats had after tasting grapes. When he offered the grapes to the king, he squeezed them and blended them with water producing wine for the first time.

That is why the fruit was named in Greek staphyli and the juice oenos, in their honor. The ancient Greeks drank wine mainly during symposia, kind of drinking parties after dinner, where only men could participate.

They used to mix wine with water, though, so as not to be drunk;

According to ancient poets, Dionysus had taught people to drink only 3 cups of wine “one to health, the second to love, the third to sleep”.

Common Grape Varieties from Ionian Islands, Central Greece and of Peloponnese

The vineyards of Corfu. Local varieties and varieties of the Ionian Sea, such as **Kakotrygis**, **Skylopnichtis**, **Petrokoritho** and others are grown.

The vineyards of Lefkada. The mountainous vineyards are scattered around the island, on slopes that reach 600m. The most famous wine varieties grown here are **Verjami** and **Vardea**, while other varieties grown in much smaller quantities, such as **Mavrodaphne**, **Asproverjamo**, **Thiakos**, **Chlores** and **Muscat White**, are used for blending.

The vineyards of Fthiotida Central Greece. In the area of Atalanti in Fthiotida, we find the cultivation of many indigenous as well as international varieties, the most important **Cabernet Sauvignon**.

The vineyards of Viotia. In Viotia district, on the plains of Thebes, the varieties **Savatiano** and **Roditis** are cultivated, intended mainly for the production of table wines and Retsina.

The vineyards of Nemea Peloponnese. Is the largest zone producing PDO wines in Greece and covers a total of 7,500 acres, planted exclusively with the fine red variety **Agiorgitiko**.

The vineyards of Achaia. The vineyards consists of different terroirs with the most outstanding being those on the slopes of Egialia, which extends along the Gulf of Corinth. They are located at altitudes between 250 and 850m, with plots that vary in composition, fertility and drainage. In this area **rosé Roditis** is grown and because of its mild climate the most fragrant white wines are produced.

KEFALONIA AND IT'S GRAPES

According to Greek mythology, Cephalus (Kephalus), son of Hermes and Ersi, while being chased by the gods, arrived in “Athenian land” (“Athinaea” in Greek), where he planted a vine to remind him of his home, Athens. In the course of time, “Athenian” became “Thrinaea” and eventually it came to be known as Thinia, whereas the island itself was named Kefalonia, after Kephalus.

Robola has survived through the centuries and has even been improved. The microclimates created by the hills and mountains, the anhydrosity of the bedrock, the winter and summer temperatures all combine to provide a suitable home for the Robola variety.



MAKING FOOD

Since ancient times the **Greeks** paid a lot of attention in the high quality and the ideal combination of their food products, by using appropriately the good climate and the fertile land of Greece. The trade the Greeks had with other civilizations was basically based on the exchange of food and alimentary products, wine, seeds and herbs, gaining this way an important role in the geopolitical chessboard.

In ancient times we should think of family gatherings, funerary or ritual meals, symposia; Homer describes several feasts that included meat, bread and wine that along with olive oil comprised the basic ingredients of the Greek diet. The importance of grains, vine and olive tree reflects even on the special myths relating their origin to gifts of the Olympian Gods. Grains were a gift of Demeter, the Goddess of agriculture. Demeter also offered to the people cheese making and beekeeping. During the Greek colonization, the Greeks discovered and imported the tender multigrain wheat from the Black Sea, so they developed the art of bread; it was so important in the Greek diet that the port of Zea in Athens was named after this variety.

In order to spice food, the Greeks used native herbs, such as oregano, celery, parsley, fennel, verbena, rosemary, basil, savory or thyme. People ate frugally most days: In the morning, they preferred barley nuts dipped in wine, mixed with water and sometimes with little honey and at noon, they ate vegetables like lettuce, green onions and other bulbs. Dinner was usually a richer meal, yet the meat was rarely included.

The Greeks gained a worldwide recognition with their cooking methods and techniques, their ingredients and got to influence a lot of different civilizations.

Below two Greek recipes are presented, with all instructions and details provided. The first one is a salty plate of leeks and apples and the second one a typical Greek dessert called "pasteli", a mix of honey and sesame seeds or dried nuts.

MENU DRAFT:

appetizer based on typical meats, cheese and vegetables; (for example "*nduja of Spilinga*"; *Pecorino Crotonese*; *Onion of Tropea*) sea salad; pasta; fresh fish.

In addition, wines (for example the "*Greco di Bianco*") and dishes with figs, honey and products based on olives typical of the diet during Magna Graecia period.





ROASTED LEEKS AND APPLE

This exceptionally delicious mix of leeks and apples makes a gorgeous side dish that is perfect with plain roasted meats or chicken.

INGREDIENTS INSTRUCTIONS

2 tablespoons olive oil
2 tablespoons white wine
1 tablespoon honey
1 teaspoon dried marjoram
1 teaspoon anise seeds
3 large leeks, white & tender green parts
1 crisp apple, such as Granny Smith or Fiji, cored & sliced
Salt and freshly milled pepper

Preheat the oven to 400 F.
Whisk together the oil, wine, marjoram, and anise seeds in a medium baking pan until combined. Quarter the leeks and slice into 2-inch pieces. Add the leeks and apple to the dressing, season to taste with salt and pepper, and toss to coat.
Bake for 30 minutes, stirring gently about every 10 minutes, until the leeks are golden and the apple is soft. Serve immediately.

The leek and apple have nourished people for thousands of years. Both have been cultivated across the world and enriched our mythology and literature with symbolism. The leek is considered native to Asia Minor or the Mediterranean.

The apple tree was providing fruit thousands of years ago in the Tien Shan Mountains of Kazakhstan. Apples were cultivated by the Greeks as far back as 300 BCE. Apples have been heralded throughout history, including in the story of Adam and Eve, as symbols of love and beauty to the Greeks and Romans, and in the story of William Tell, the Swiss hero who with an arrow split an apple perched on his son's head, thus saving both their lives after their Austrian overseer punished them for disobedience. The world's top apple producers are China, United States, Turkey, Poland and Italy.



PASTELI

An ancient Greek version of a power bar, pasteli has been made with the same two ingredients for millennia: honey and sesame seeds.

INGREDIENTS INSTRUCTIONS

1 1/3 cups honey
3 cups hulled white
sesame seeds
Optional: 1 strip lemon
peel
(about 1/4 x 1 inch)

In a saucepan, bring honey and lemon peel (if using) to a boil. Add sesame seeds, stirring continuously. Continue to cook while stirring to mix completely and thoroughly. When the seeds are fully mixed in and the mixture has boiled again, remove from heat. Remove lemon peel and discard. Place a piece of baking parchment on a cool work surface and spread out the hot mixture thinly and evenly (about 1/4 inch deep). When the pasteli cools to room temperature, refrigerate on the parchment paper (it doesn't need to be covered). Chill for at least 2 to 3 hours

Pasteli might be one of the easiest Ancient Greek recipes you can make and one that is still eaten by countless Greeks all around the world. It's made pretty much the same way, yet you may find it with different types of nuts.

We know that sesame seeds have been known to the Ancient Greeks for along time. The Linear B tablets (a syllabic script that was written in Mycenaean era), which date back to around 1450 BC, actually has words for sesame seeds and honey - the two ingredients in pasteli!

Traditional recipes like the ones shown above could be easily executed on board in an educational, entertaining way. Of course, other variations and ways of cooking are welcome! Enjoy the tasty ride to the past!





Sail in History

ON THE ROUTE FROM GREECE TO MAGNA GRAECIA

www.sailinhistory.eu



Co-funded by the European
Maritime and Fisheries Fund