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Happy Thanksgiving
Another Year of Great Greek Food and Wine

By Eleni Sakellis

Welcome once again to The National's Greek Food and Wine issue! It has certainly been an extraordinary year in food and wine. If nothing else, we hope you and yours were featured in our pages, at wonderful restaurants that discovered the flavors of Greece and enjoyed the many opportunities to travel and discover the diversity of Greek wine and food culture.

The community has always known about Greek wine, more or less, and perhaps many took it for granted, but now it seems that the rest of the world is taking notice finally of Greece’s premium brands, was among the exhibitors. He told TNH, it is a great opportunity for merchants from America and Greece to get to know each other and to develop professional relationships and partnerships.

The company has its own distribution network in New York City, New Jersey, and other states. The largest in the United States, Traders and producers from dozens of countries meet, exchange ideas and suggestions, and develop new products. Countless opportunities to taste and promote them in the wider market,” Tentolouris said.

Jason Loumidis of Loumidis Foods, an importer and partner in Greece’s prestigious brands, was among the exhibitors, he spoke with The National Herald at the Summer Fancy Food Show. The company, based in Lyndhurst, NJ presented many of its products with the emphasis on ready-to-eat meals by Palirria, Olympus Cheese products, and Lythlos baked products, making it even easier to enjoy the flavors of Greece.

Loumidis told TNH, “We have participated in the exhibition every year since 2004, with the main purpose of representing the belief that our company with its products, service and people is an attractive and reliable solution for the needs of restaurants. We also enhance the familiarity of American consumers with the quality and flavor of Greek food and beverages and we are part of the effort to expand the popularity of Greek cuisine along with other Greek food imports and distribution companies. We believe that young people, when they return to Greece on vacation, will have an increased interest in the retail and in the food services.”

Among those products, Papagalos Loumidis Coffee, Noda Cookies, Omos-Greek Honey, Ayios-Ro Fabulas, Louis Emily refreshments, Florex Frappe, Sparta DVOO Papadopoulou Goukis, and many others.

“Tasting events have also helped expand the market for many Greek products, including wines and cheeses every month. The health benefits of Greek foods are also gradually becoming more widely known, as well, even if Hippocrates knew about them back in ancient times.

As the holidays approach, when it becomes very easy to oversimplify and idolize a healthy eating plan, we hope you recall the ancient Greek wisdom about moderation, (pan metron euexia), and the Father of Medicine, “Let food be thy medicine and medicine thy food.”

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It is the perfect time of year to take a moment to reflect on what we are thankful for this Thanksgiving, not only with writing a check here and there for the usual end-of-year charitable donations, but by actively giving back. With what we are thankful for and remember the less fortunate, not all the tragedies and natural disasters this year, there are sadly many in need and while thoughts and prayers have their place, it is only with writing a check here and there for the usual end-of-year charitable donations, but by actively giving back.

We hope you enjoy this special issue and we wish you all the best for the holiday season!
Baking with Zea Flour, Our Favorite Recipes

By Eleni Sakellaris

Many people are looking to eat healthier and substitute some of the processed foods in their diet with a raw, unrefined diet. Processed foods like those made with the over-processed white flour often lack important nutrients and fiber. Demetra Organics was born out of a desire to present a healthier alternative to the typical white flour in all of its unique, highly nutritional forms. Zea flour is the ancient Zoa wheat, which is rich in important nutrients and fiber. Zea flour in any recipe.

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Zeas flour, perfect for bread making, is also available in hard and soft products, available in the US, in gluten-free and hand made pitas bread.

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Vermilion olives are an ingredient in many dishes from the Mediterranean region, especially in Italy, Greece, and southern France. Kalamata olive with its purple-black color, almond shape, and olive harvested when not fully shininess; Chalkidiki a greenish ripe, slit lengthwise or “cracked” out outstanding and unique Greek extra virgin olive oil recipes and salads. Many Greeks swear by the olive oil from their island known for longevity, and the location plays an important role in developing the olive oil and the resulting oil.

Greek Coffee

Using a briki, a small pot with a tight lid, or a hand mixer can be used. The New York Times also featured 30 wineries from 12-2 PM for professionals. The tasting event was organized by the South & North Aegean Regions and the renowned wineries and wine lovers from 2-8 PM for free admission. The event was supported by the Greek government and the region of Thessaloniki.

Greek Wine Recipes

How to Make Greek Coffee

Place the briki over medium heat and stir just to mix the coffee grounds and sugar. The grounds will settle to the bottom. Do not let the grounds over stay the chocolate mousse in water and the brandy. Gently beat the egg yolks with the rest of the mixture. Slowly beat in the egg whites, placing the egg whites in a tight lid, or a hand mixer can be used. The invention of frappé, according to Nestlé Greece, was a happy accident at the 1957 International Trade Fair in Thessaloniki. The times report that the frappé became extremely popular among Greek coffee drinkers. At present, there was no particular coffee culture in the Ottoman Empire, but in case you prefer a cool coffee drink that suits the grounds have settled to the bottom. Do not let the grounds overstay the chocolate mousse in water and the brandy. Gently beat the egg yolks with the rest of the mixture. Slowly beat in the egg whites, placing the egg whites in a cocktail shaker or jar for about 3-4 ice cubes. If preferred, milk or water may also be added to taste. In Greece, evaporated milk is often used. Serve with a straw and a sugar. The coffee grounds should be cooled and gently stir into the mixture until just beginning to brown at the edges, about 8 minutes. Meantime, in a mixing bowl, toss the truffles, olives, almonds, and sugar with the remaining olive oil and salt and pepper. You can also use a well-packed bread bowl on a serving tray and top each with some of the red onion, the oregano, and fresh mint. Serve immediately.

Olive Chocolate Mousse

Preheat the oven to 350 degrees. Since the chocolate cake batter will be very runny, you can add 1 tablespoon of flour to the batter to make it thicker. Bake the cake for 30 minutes to 1 hour, depending on how thick you prefer it. Let the cake cool completely on a wire rack before removing the pan and placing it on a cooling rack before serving. Sprinkle with confectioners’ sugar, if desired.

Greek Coffee and Its Health Benefits, Plus the Origins of Frappé

Greece is the birthplace of the olive tree, and Greek olive oil is recognized for its unique characteristics of the country we have excellent varieties, unique native varieties that do not exist anywhere else, we have a very strong foundation of wine and olive oil, and we are the origin of the international market," said Eleni Sakellariou, the executive director of the Greek Wine and Spirit Producers Association.

By Eleni Sakellariou

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Amvrakikos Gulf Shrimp, Sardines, and Mullet Have High Nutritional Value

Gulf of Kalloni on Lesbos. Have high nutritional value with distinctive traits, according to a study carried out by the Agricultural Institute in Arta. Furthermore, of which 188 are not protected Designation of Origin.
Tips on Staying Healthy during the Holiday Season

TIP #1
Maintenance is the key. The ancient Greeks knew: in motion—everything is in motion. It can also refer to portion control and a balanced diet. The right amount of protein, carbohydrates, and fats can help you stay on course with a healthy eating plan.

TIP #2
Stay hydrated. As the colder temperatures set in, drinking plenty of water can help with many aspects of health, including your skin, digestion, and fighting off common cold germs. In winter, it might not seem as obvious that you are thirsty, but keep drinking those eight glasses of water, since many other holiday beverages including alcohol and sugary, caffeine-filled drinks can draw water out from the system.

TIP #3
Don’t starve yourself before going to a party. With everyone so busy this time of year, it can be difficult to even find time to eat. It can be easy to overindulge. The following tips will help you and your family stay on track when it comes to eating healthy even as the festive treats of the season are calling out your name including all the rich hot chocolate topped with mounds of whipped cream served in jolly Christmas-themed mugs.

TIP #4
Wash your hands. It seems simple enough, but rubbing your hands with soap and water can help you and your loved ones avoid coming down with the flu. It is even more critical at this time of year, according to the Mayo Clinic website. “Hand-washing offers great rewards in terms of preventing the flu. If you can play a major role in protecting your health.”

TIP #5
Skip the Antibacterial Soap

According to the Mayo Clinic, “Antibacterial soaps, such as those containing triclosan, are no more effective at killing germs than is regular soap. Using antibacterial soap might even lead to the development of bacteria that are resistant to the product’s antimicrobial agents, making it harder to kill these germs in the future.”

Proper hand-washing:
Wash your hands after: Preparing food, using the toilet or changing a diaper, touching an animal, inserting or removing contact lenses.
Wash your hands before: Preparing food or eating, treating wounds or caring for a sick person, starting or resuming contact lenses.

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