Using only the finest, freshest, and most flavorful ingredients, Greek cuisine is known as some of the best in the world. It spreads its culinary influence not only throughout Europe, but has become a mainstay in the Americas as well.

Due to the geographical location of the country, it fuses elements from both eastern and western cultures while maintaining its own traditions.

From simple to elaborate, Greek dishes delight “foodies” from all over the world. Today, our Greek restaurants in the United States, as well as Greek food in Greece, preserves the fundamentals of our cuisine—namely, using mainly fresh local ingredients such as Mediterranean vegetables, olive oil, lemon juice, grains, and various types of meat and seafood.

As I recently read on a travel blog, Greeks—and Greeks abroad—approach food with a combination of “seriousness and nostalgia, inevitably thinking back on the dishes they were raised on. They don’t eat to live, but rather live to eat—and the meal is almost always a social, convivial occasion, which revives the original meaning of companionship—people who break bread together.”

While Greek food has been “modernized” to some extent to keep itself on “trend” with concepts such as street food, its foundation remains unchanged comes together: always bring your appetite, eat well, and never say “no” when offered food!

“Kali orexi!”

Vanessa Diamataris

Editorial

“| SPECIAL EDITION JULY 2019 | THE NATIONAL HERALD |

Attention Greek Church Festival buyers;

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By Vana Katsarogpis

W
thin the phrase “Here, Greece Shines” Shunice Vlos, the highly regarded food critic summed up Axia Taverna, 18 Piermont Road in Tenafly. The phrase which appeared in the New York Times restaurant review is with the name Axia and the desire to thank his (axia in Greek) in his life, but also for their many built over 800 restaurants, opened his first in 2006 wife, Marguerite (Margie) Parlamis, for her value with the name Axia and the desire to thank his. Parlamis was an MIT and Stanford graduate, a humorist, a cosmopolitan, a descriptive narrator and one of the most remarkable members of the Greek community. Axia is there, as Margie his wife, a beautiful highly educated man, Parlamis was an MIT and Stanford graduate, a kind person. It is very difficult to find managers like Tim, who if needed, has no problem cleaning the tables, serving food, talking to the clients and making me an appointment during business hours to speak with me.

As a smart head hunter, Parlamis found the most suitable person to organize Axia and equipped it with an excellent staff that does not know easily because he is a model professional and an extremely kind person. It is a very difficult to find managers like Tim, who if needed, has no problem cleaning the tables, serving food, talking to the clients and making me an appointment during business hours to speak with me.

He is a jeweler with a magical personality, a cosmopolitan, a love of people and wine, who came to America in 1972 and has been in the restaurant business for nearly 50 years. Vlos said: “our success is based on the self-sacrifice of all. We love our world. We have a family with our clients, who are people of high social and educational level and are very demanding. This inspires us to become better and better. One of our strongest points is that we offer excellent cuisine, often much better in quality and at reasonable prices compared to the very good Greek restaurants in Manhattan. Something that saddens me is that we do not have many Greeks nearby, for we never eat a decent meal? I have to create a house that floods you with joy, courtesy, and the need to return, “Here, where Greece shines.”

The exterior of Axia Taverna in Tenafly, N.J.

Marguerite (Margie) Parlamis and Tim Vlahopoulos at Axia Taverna.

SPECIAL EDITION JULY 2019

Greek Gastronomy

The day he made the decision, he called Tim Vlahopoulos. Alex Gorantis, the Executive Chef and also a partner in Axia, walked over to us with a glass of red, Plant Nove Papagaryou, to cost me, he told me, before he starts serving some of the best Greek dishes I have eaten in the 10 years I have been in New York. The multi-talented chef was full of appetizers, besides serving his roasted quails with mushrooms, meze, and many other delicious sauces that sprung from his flavor sense, there was the Heracles salad with spinach, anchovies, kale, and a dressing of baked Greece with almonds and rice, and the pie with artichokes that made me dizzy with its deliciousness.

He played blues on the harmonica later on, transporting us to the banks of the Mississippi. Axia’s distinctiveness does not only appear in food and service, but also in high-quality live music performed by the popular composer and guitarist Ormey Schne, who orchestrates the audience the days he plays there.

Grand’s hobbies include darts and motorcycles and he learned to cook. “Why do you hate me?” I asked him. “Most chefs were inspired by their mother’s cooking. I was inspired by her lack of cooking skills. My mother cooked only a few things. She did not know so much!” He played blues on the harmonica later on, transporting us to the banks of the Mississippi. Axia's distinctiveness does not only appear in food and service, but also in high-quality live music performed by the popular composer and guitarist Ormey Schne, who orchestrates the audience the days he plays there.

Gorant's hobbies include darts and motorcycles and he learned to cook. “Why do you hate me?” I asked him. “Most chefs were inspired by their mother’s cooking. I was inspired by her lack of cooking skills. My mother cooked only a few things. She did not know so much!”

And he learned so much, working as an assistant chef in some of New York’s best restaurants. Li Bernardin, Tom, and Windows on the World with the world-renowned chefs Eric Ripert and Geoffrey Zakarian.

I sat down for a while at the bar for a chat with Rudolf Duschek, the star waiter who was talking about cocktails. I asked if I could photograph him before letting him that was my journalistic and not so-much. “Why do you want to photograph me?” The people at Axia are all very approachable and humble. They manage to create a family environment dominated by authentic Greek hospitality, which is hard to find in the area. So it’s no coincidence that you will meet famous people, including Lust Stakes from Fox 5, the famous gala The Al Di Meola, Hollywood actor Wil Moore, and many football players looking for fine cuisine, impeccable service, and an intimate atmosphere, in other worlds, precisely what Axia has to offer.

I had described very much about Axia tasted of and saw like all the restaurant reviewers do. I will leave you to discover them on your own. Just pass between us; the Spartan chicken is unforgettable, the Kalama saurio is astonishing, and the Rhodes pastositis is a colossal. All this is in a wonderful two-story house that flood you with joy, courtesy, and the need to return. "Here, where Greece shines."

Axia Taverna is located at 18 Piermont Road in Tenafly, N.J. More information is available by phone: 201-569-5399 and online: axiataverna.com.

For more information on Greek cuisine visit LOUMIDISFOODS.COM

Gorant’s hobbies include darts and motorcycles and he learned to cook. “Why do you hate me?” I asked him. “Most chefs were inspired by their mother’s cooking. I was inspired by her lack of cooking skills. My mother cooked only a few things. She did not like cooking, we always ate spaghetti with flags sauce, and marinated chicken. She did not like cheese or vegetables, I studied at Widener University and then at the French Culinary Institute, I did not know anything about food and I wanted to know so much!”

The exterior of Axia Taverna in Tenafly, N.J.
Amali: Mediterranean Charm in Manhattan

By Vasilis Voultsos

Amali, 115 East 60th Street in Manhattan, is one of the city’s most authentic and stylish Mediterranean restaurants, serving New Yorkers for about eight years now. The National Herald met with James Mallios, owner of the restaurant, for a discussion about food, his life and future plans, and, of course, about Amali.

Mallios was born in Flushing, Queens, and traces his family to North Epirus, which is found here in abundance. His family was surprised when the young lawyer left behind the law for the restaurant industry. Mallios was born in Flushing, Queens, and traces his family to North Epirus, which is found here in abundance. His family was surprised when the young lawyer left behind the law for the restaurant industry. Mallios was born in Flushing, Queens, and traces his family to North Epirus, which is found here in abundance.

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When we first came up, we had to raise prices because people thought our prices were very affordable for the area we are in. Regarding style and prices, we would call us upscale casual, but for the public and the press have recognized us for a short name for Roumeli. We have many professionals who work around here but also permanent residents.

Amali's extensive wine list is from Greece. Today, besides being a co-owner at Amali, Mallios also co-owns Calissa, located in the Hamilton. We have a collection of 400 different wines. Then I would mention sustainability. I remember my grandfather after the war, and shortly before North Epirus was ceded to Albania, immigrated to New York. Mallios’ parents were not what we would call the classic cases of immigrants involved in the restaurant business, and they decided to launch their law practice.

We are always trying to preserve the Mediterranean character... When we first came up, we had to raise prices because people thought our prices were very affordable for the area we are in. Regarding style and prices, we would call us upscale casual, but for the public and the press have recognized us for a short name for Roumeli. We have many professionals who work around here but also permanent residents.

What do you think about the future of Greek cuisine in the United States? I would like to have Greek restaurants in cities in America where they currently do not exist. I would also like to have Greek restaurants in cities in America where they currently do not exist. I would also like to have Greek restaurants in cities in America where they currently do not exist.

How do you see the future of the restaurant? Very positive. I also love the contact with the public. It’s one of the reasons I got into this job. Our kitchen in Amali is open and we used to invite and organize dinners for interesting people of various specialties, who in turn were interested in food and wine. Many good things arose from these dinners. I would like to begin to do those again.

Amali, in the years of the Ottoman Empire, was a short name for Roumeli. As an employer, do you believe in strict staff inspection, and do you have enough free time for yourself? Strict inspection is a way to do things, and for some it can work, but it’s not the only way. I want to allow my colleagues the freedom to do their jobs. I also want to be able to work with good people. In terms of leisure time, and if it is enough, if you asked my wife, she would definitely answer you no (laughs).

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In your opinion, what would be the perfect dinner at Amali? I like dinners served family-style with people sharing food. It would certainly include meze, salad, and octopus. We would start off with a drink, something light, for example an aperitif. Because I like pastas, there would certainly be a pasta dish on the table. For the main course, I would serve salt-baked fish and I would pair it with a Chardonnay from the Domaine Katsaras.

How would you characterize the clientele of the restaurant? I always wanted to have strong ties with the neighborhood. We have many professionals who work around here but also permanent residents.

In what category do you place the restaurant, and what is the style of its kitchen? We are definitely more economical than many restaurants in the neighborhood. We have many professionals who work around here but also permanent residents.

What makes Amali stand out from other local restaurants? Mallios was born in Flushing, Queens, and traces his family to North Epirus, which is found here in abundance. His family was surprised when the young lawyer left behind the law for the restaurant industry.

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For Five Coffee Opens Its First Cafe in New York’s Financial District

By Eleni Sakellis

NEW YORK — Family and friends gathered at Ousia for a viewing party in support of the first appearance of the Livanos family owners of Ousia — among other restaurants — on ABC’s Family Food Fight on June 27.

Brothers Johnny and Enrico, and mom Lorena, are competing in the cooking competition-based show that offers eight families the opportunity to battle for the title of “America’s No. 1 Food Family.”

The lively Livanos family, from Westchester, NY, is best known as restaurant owners of Ousia, among other well-known restaurants, including Milos, named for the family’s village of origin in Lesvos. The mother and some trio use their Greek-Italian (Lorena is of Italian descent) culinary skills on the show in competition for a $100,000 grand prize and the coveted title.

Nick Livanos, spoke to The National Herald about his wife and sons’ participation in the cooking competition, noting that he is so proud of them and was excited to see their first appearance on the show. He also thanked TNH for its coverage, mentioning that the family in Greece was happy to see the article in the Greek edition.

The anticipation was building at Ousia as everyone waited for the show to begin at 9 PM. The moment the Livanos family appeared, the room was silent as people rushed to their seats, waiting for the food. In the first round, they surprised the judges, including Cora (known as Cora) and Graham Elliot. Graham Elliot exclaimed, “This chicken is sick!” For those unfamiliar with the slang, that means very good. Lorena noted that the recipe they used was from Nona (grandma) Giovanna.

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Johnny and Enrico’s presentation was so impressive that they were safe for another week. The mother of the Livanos family, Lorena, was also impressed with the Livanos family’s presentation of the food.

In the following round of the competition, the Livanos family presented their take on the classic American burger, fries, and milkshake with the show-stopping shish-ka-burger, fries with rosemary and sea salt, and a baklava milkshake. The judges were again impressed with the flavors and originary of the food and milkshake.

At Ousia, among other well-known restaurants, including Milos, named for the family’s village of origin in Lesvos. The mother and some trio use their Greek-Italian (Lorena is of Italian descent) culinary skills on the show in competition for a $100,000 grand prize and the coveted title.

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A town already known for confectionaries and sugary goods, Temple saw that reputation grow with the arrival of Greek immigrants, some of whom jumped there from places like New York and Chicago and quickly cooked up the sweet stuff that was memorable.

With June being National Candy Month, the Temple Daily Telegram (tdtnews.com) looked back at the many candy places in the town a hundred years ago, featuring those by the Pappas Brothers, George P. Zacharias, who died in 1939 at 44, and Argyris Karahal.

The Pappas siblings arrived one-by-one, year-by-year, beginning in the early 1900’s, landing in the town after working their way across the United States as laborers and cooks before opening the Chicago Café, which became a well-known diner. “The restaurant is one of the best known and popular in the city,” the paper reported shortly after the diner opened. The Pappas brothers owned the Chicago Café for four years, upgraded the building and then, with the town’s penchant for sweets, opened a confectionery store too.

In July, 1913, the brothers traded their place for 150 acres of land outside of town as partner Tom Pappas, who died in 1973 at 91, said they wanted to devote themselves to their new place, Olympia Candy Kitchen, which also offered ice cream, sodas, and other delights and quickly became a popular hangout, especially for sweet-hearts.

Bill Pappas, who passed away in 1956, manned the lunch counter, where he was reinstated for “THS special chil.” while brother Jim, who died in 1957, worked with him. The Olympia was run by Tom Pappas until his retirement in 1982.

Karahal, who lived until 1984, came to Texas from a small Greek village, leaving’ Texas at the age of 15 to get to the United States, arriving knowing not a word of English but willing sold jobs in Chicago and California before ending up in Temple in 1910, a Greek community base.

He and four other Greek immigrants rented small and sold taffy and other candies from push carts along Avenue H and the high-traffic vicinity of the Santa Fe and the Scott & White hospitals, the paper said in its feature.

In an oral history, Karahal told how Greek-Born Robert Barkan, who lived until 1944, came to Texas from a small Greek village, leaving’ Texas at the age of 15 to get to the United States, arriving knowing not a word of English but willing sold jobs in Chicago and California before ending up in Temple in 1910, a Greek community base.

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In 1922, Temple Daily Telegram advertisements featured Temple Candy Company, American Confectionary, Model Confectionary, Trussville Candy Co., American Confectionary, as well as Pappas Olympia Candy Kitchen.
Cincinnati’s Skyline Chili Offer: Trip to Greece

By ANA

The Cincinnati Enquirer in announcing the contest got a lot of attention nationwide, as the restaurant has franchises in Kentucky, Indiana and Florida and people in other states want one too. Founder Nicholas Lambrinides lived before he opened his first Skyline Chili restaurant on Glenway Avenue in East Price Hill in 1949. "Fingers crossed we win!!" said a Cincinnati man. "Stop giving away those expensive trips and bring some stores to Texas! We don't need fancy trips to be coerced into eating there, LOL," a man from Nassau Bay, Texas, said. Other people would love to see the country where the restaurant has franchises in Kentucky, Indiana and Florida and people in other states want one too. "We wish we had one in California," said another man. "Don't need fancy trips to be coerced into eating there, LOL," a man from Nassau Bay, Texas, said. 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By Associated Press

PORTLAND, Maine — Genetically en-
genereered salmon is heading to stores shal-
elves in the U.S. but won’t be coming from the
biggest salmon farming state in the country.

Massachusetts-based AquaBounty Technologies has said Amer-
ican supermarkets could begin selling the much-debated fish by the end of next
year. Its bioengineered salmon has faced numerous regulatory delays since a Cana-
dian research team first developed them in 1995. Critics have said the goal of genetically modifying the fish is to
“produce food more efficiently and more
responsibly.”

But consumers, fish farmers and re-
tailers are slow to warm to the idea. Some
retail chains have flatly refused to sell the
genetically engineered fish. The Interna-
tional Salmon Farmers Association issued
a statement earlier this year that it is “firmly
rejects” the idea because of environmental
concerns. The group’s president, Trond
Davidsen, said that position still holds.

“I don’t go with them,” said genetically engineered fish are not
considering using the genetically engineered
Atlantic salmon in the U.S., sometimes pro-
ducing more than 3.5 million pounds (1.6
million kilograms) of salmon per year, and
its industry is poised to grow. Two new
major salmon farms are in the approvals
process in the state.

“Based on practices and knowledge of consumers in our market at least, our
decision is we will not pursue that,” Heim
said. “It’ll be interesting to see how that
goes with them.”

The company’s Indiana facility recently
received the first batch of genetically en-
genereered salmon eggs in the U.S., and
they should be ready to harvesting in the
fall of 2020, said AquaBounty spokesman Dave Conley.

Other growers hoping to use the tech-

m ethods will face hurdles, he said. Farmers who want to use the eggs need
FDA-approved, land-based facilities with
containment features, and they will face
regulatory oversight, he said.

AquaBounty’s salmon is the first
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Our Bi-Monthly Botanist

Greek Thyme and Honey: A Lifetime Relationship

By Evropi-Sofia Dalampira

The best way to enjoy thyme is on slice of bread, with some butter and a sprig of thyme honey. In order to get the white flower and a little sprig of thyme honey in a pot, it is useful to have a special thyme honey. The main ingredient of thyme is usually thyme honey which has antibacterial and antioxidant properties.

The evolution of more than 30 species and subspecies of thyme. Each one is as unique as the corners of Greece to which they are dependent on the place the plant grows. The rocky, wild, dry, and warm islands of Greece present a unique climate that grows a highly aromatic thyme and the bees are enchanted by it! They collect nectar from the flowers but also aromatic ingredients (volatiles) of honey a unique flavor. Bees cannot survive without these nectar, and the bees cannot survive without pollen from bees. This lifetime symbiotic relationship gives us the opportunity to “have a taste” of Greece with thyme or honey thyme. The main ingredient of thyme is usually thyme honey which has antibacterial and antioxidant properties but also bees with respiratory system problems. Also, thyme tea can reduce high cholesterol levels of blood, triglycerides.

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By ANA

The National Tourism Organization (GNTO) has placed under its auspices a series of gastronomy, cultural and sports events that promote Greece as a top destination in special forms of tourism. The first event is the 3rd Lewis Food Festival that will be held from July 2 to July 7 in several parts of the island, giving visitors the opportunity to experience a series of gastronomy events and discover the locally produced foods.

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**The Art of Olive Oil:**

Maria Katsouli decided to establish a strict international olive oil competition based in Greece.

Each unique ZEA product is low in gluten and locally produced in Greece.
**The Word on the Greek Street: Street Food!**

*By Constantine S. Sirigos*

**ATHENS** — There are places on Earth where you can get a taste of a city as you step out of the bus, train or taxi. In Athens, the experience demands its authenticity and pleasure on which neighborhood you happen to encounter. There is almost a guarantee as soon as you hit the street, the options for satisfaction are endless — but if you are a tourist, "Street Food" has become almost a cultural necessity. The world over, but especially in Greece, while all is not as we have come to expect when we step off the beaches of the land of philosophers, there are those who like it simple, fast, and convenient.

First stop at Athens is often announced by the aroma of grilled meat and traditional souvlakia. Diners abound in each neighborhood, establishments that serve the land of philosophers, a restaurant with food from Thailand, Mexico, or a cozy little shop called the Pink Flamingo. Vassilis offers its guests traditional Greek hospitality. For entering Yolenis you see Greece everywhere. The aromas of spices from the cuisine, Greek yogurt, fresh olives, smoked salmon. The menu was chosen by the chefs who come from Greece. The food prepared from authentic ingredients. Our customers like it simple, fast and convenient. It’s very heavy, but we kept it because it's part of its history," says Alexandra Sirigos.

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The Greco’s Project is an example of the won- derful food spots that have been popping up in Greece in the recent past. For Athens, the first stop, near Syntagma, opened in 2015, is now a second store, Monastiraki Square and third will open soon on Ermou.

Street Food is just one element of its presence — there are standard meals and daily specials, but they are thrilled to offer their new Greek to the on the hop, that is in the middle moments they step and enjoy a meal保罗·安塞尔。It’s simple, fast, fresh and delicious.

As the name, hints, food has been a National Project of the Greeks for millennia. Olive oil, and homemade chocolates. We sell to people from Florida, South Dakota, Arkansas, Texas, and California.

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Are you wondering how gastronomy and tourism are connected? The truth is that their connection is quite complex as food is involved in travel experience in different ways. Culinary gastronomy tourism is the new emerging trend and Europe has taken the lead. Apart from the sun, archaeological sites, sandy beaches and natural beauties, Greece is famous for its delicate cuisine and its unsurpassed first quality raw materials. This is why it’s always included in the lists of the leading culinary destinations in the world!

If you deep further though, you will find out that there are plenty of different regions, each one of which gives its own gastronomic identity and style. The crossroads of gastronomy, a journey into its history, since flavors are the reflection of the influences received by ancestors. Crete is associated with genuine traditional cuisine and the authenticity of its flavors; thus, it permanently ranks in top positions of top gastronomic destinations. Sherried shad—spotted with signatures—Crete olive oil, do not miss the chance to taste the delicious Gamopilafo (Cretan style wedding cuisine and the delicious Chochlioi (snails).

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