



Corfiot Cuisine

Cooking Demonstration class &

a 5 course meal

A culinary experience at Ambelonas

It includes:

1. **Welcome to Ambelonas Corfu:** with a cold herbal tea (e.g. lemon verbena, lavender and lemon) or cold red wine with citrus fruits
2. **A short presentation:** history of the place, the vineyard, the equipment and the processes for traditional olive and wine making along with a 6' video.
3. A short presentation of corfiot cuisine - the principles, ingredients and techniques of Corfiot cuisine and the Greek culinary culture
4. **Local product and wine tasting**, including(according to the season):
 - Corfiot olives
 - Spicy sun dried tomato pate
 - Goat cheese
 - Corfiot salami (salado)
 - Corfiot noumboulo (fumicado)
 - Spicy fig bites
 - Fresh fig Chutney
 - Corfiot sweet fruit mustard
 - Jerusalem artichoke salad
 - Whole wheat & whole grain bread
5. **Cooking of the menu that will be served** - with fresh, local ingredients cooked with traditional recipes and techniques;
6. **Taste and discuss** dishes at different stages of cooking

7. Enjoy a full 5 course meal accompanied with Ambelonas' authentic local wines.

8. Receive a copy of our cookbook (one for every household)- "Corfiot Cuisine –in search of the origins" (170 pages) by Vasiliki Karounou, Published by Ambelonas (English)

9. Warm hospitality and magnificent views of our vineyard and all central Corfu

MENU (*Menu needs to be planned in advance according to the availability of ingredients and or your preferences - if the guests do not make their choices then we will, according to the availability of ingredients*)

Sample Menu

STARTERS

"Melitzanosalata" smoked eggplant with yogurt, garlic, parsley and extra virgin olive oil **or Taramosalata** - Cod cured roe with onion, lemon juice and extra virgin olive oil **or Tzatziki** – strained yogurt with cucumber, garlic, extra virgin olive oil and mint

BREAD

Red wine multigrain bread with various seeds.

SALADS

Ambelonas' green salad with walnuts seeds, raisins and a Corfiot sweet fruit mustard and Citrus fruit vinegar dressing **or "NERATZOSALATA"** – sweet orange with hot paprika and extra virgin olive oil **or Ambelonas Summer salad** with tomatoes, cucumbers, green peppers, Corfiot olives, seaweed – crithmum and extra virgin olive oil.

FIRST COURSE

Traditional pie with seasonal vegetables and many herbs & spices **or** **Cheese pie** with sesame and honey **or** **Risotto with topinambour** (Jerusalem artichoke), celery, carrot, onion, colorful peppers, turmeric and Greek pecorino cheese

MAIN COURSE

Pork "DOLCE GARBO" slowly cooked in wine & wine vinegar with onions, rosemary and spices (served with basmati rice) **or** **Chicken fillet** baked with yogurt, mint and lemon (served with couscous) **or** **Beef "SOFRITO"** – thin slices of beef slowly fried and cooked with wine, garlic and parsley (served with potatoes) **or** **Veal "FRICADO"** slowly cooked with white wine, onion, celery, carrot and spice (served with pasta - farfale)

SWEET

Ambelonas' spice cake with aromatic syrup served with strained yogurt sauce and a fruit (in season) sauce **or** **Corfiot pudding** with walnuts, raisins and bergamot - served with apricot jam , chocolate sauce and almonds

Our Identity

We love and respect our natural setting, Corfiot/Mediterranean food and we act towards preserving environment:

- The **wine we serve is locally produced** by our family the traditional way with no additives or preservatives and it ages in oak barrels
- All **grapes are grown in situ at our own vineyard** and are mainly of the two traditional Corfiot varieties: Red - "Skopelitiko" & White - "Kakotrigis"
- **All ingredients** (vegetables, fruits, cheese, meat, poultry) we use **are local** (Corfiot or Greek) and **fresh in season**
- **All dishes are prepared and cooked in our kitchen** with traditional techniques – mainly slow, overnight cooking.
- We use **only extra virgin olive oil** and **many local herbs** in all of our dishes
- Our menu changes almost every week and always includes a vegetarian, **vegan or gluten free** dishes.
- We are members of the Greek "**Ecotourism**" and the international "**Slow food**" organizations
- We are "**GREEN**" - use **biodegradable and recycled** products wherever possible and we separate for recycling all our packaging materials and food leftovers.
- We use all fruits, vegetables, herbs and flowers (cultivated locally or wild grown in our estate) to make our unique artisan and natural products: **Acordo – Corfu Specialty Foods, Artisan + Natural**. These products are available at our shop.
- We have published a **cookbook - "Corfiot Cuisine –in search of the origins"** (170 pages) by Vasiliki Karounou, (published in three languages:Greek, English and German

For more information contact us:

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