



## **Hands on cooking & a 5 course meal**

### **Corfiot culinary experience at Ambelonas Corfu**

**Duration: 4 - 5,5 hours**

#### **It includes:**

1. **Welcome to Ambelonas Corfu:** with an herbal tea or soft drink (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. **Learn** about the principles, ingredients and techniques of Corfiot cuisine and the Corfiot culinary culture
4. **Acordo product tasting** along with tsipouro and/or Ambelonas' wine, including (according to the season):
  - Corfiot olives
  - Spicy sun dried tomato pate
  - Goat cheese
  - Corfiot salami (salado)
  - Corfiot noumboulo (funicado)
  - Spicy fig bites
  - Fresh fig Chutney
  - Corfiot sweet fruit mustard
  - Jerusalem artichoke salad
  - Sea salt with herbs and Spicy sea salt
  - "Spetserico" – spice mix "YGEIA"
  - Whole wheat & whole grain bread
5. **Hands on cooking** 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 (cooked by the participants + prepared by Ambelonas)** accompanied with authentic local wines - (over 15 different authentic local dishes)
8. **Receive a copy of our cookbook** - "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 – DETAILS:**

Dishes, foods and drinks with (\*) are prepared by ambelonas and with (\*\*) are cooked by the participants.

Welcome drinks \*

1. Red wine of the vineyard with citrus (Orange, lemon, kumquat), verbena, cardamom and star anise or
2. Aromatic refreshment of the vineyard with chamomile, lavender, bergamot zest, cinnamon and ginger

ACORDO and other local product tasting (according to the season)\*

1. Green tomato pate with seven herbs
2. Onion pate with aged goat cheese
3. Spicy sun dried tomato pate
4. Jerusalem artichoke salad with crithmum
5. Corfiot Nouboulo, Greek pecorino, fresh fruits and Corfiot Sweet Fruit Mustard
6. Corfiot Salami, goat cheese, Spicy fig bites and Fresh Fig Chutney
7. Tsipouro
8. Ambelonas' wine

## **A sample Menu to be cooked by the participants**

(Menu is planned in advance according to the availability of ingredients and or your preferences)

### **STARTERS \*\***

Tzatziki – strained yogurt with cucumber, garlic, extra virgin olive oil and mint **or** “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

### **Bread \*\***

Homemade whole wheat and multigrain wine bread

### **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** Beef “SOFRITO” – thin slices of beef slowly fried and cooked with wine, garlic and parsley (served with potatoes) **or** Chicken fillet baked with yogurt, mint and lemon (served with couscous) **or** Veal “FRICADO” slowly cooked with white wine, onion, celery, carrots and spices (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

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