

Arugula Salad

Balsamic Cream with Mandarin

Ingredients

2 Rusks (Paximadi)
1 Bunch of fresh arugula
10 Small tomatoes
2 tbsp. Extra virgin olive oil
3 tbsp. Balsamic Cream
with Mandarin
Salt

Optional

Graviera cheese



Preparation

Καλή όρεξη!

- Break the rusks into bites.
- Wash and dry the cherry tomatoes and the arugula.
- Cut the cherry tomatoes in half.
- Remove the hard stalks from the arugula.
- Put all the above in a salad bowl.
- Add olive oil and balsamic cream in whatever quantity you like.
- Salt and mix everything well.
- Allow the rusks to absorb the taste of all the ingredients for 1 minute.

Tip

If you want, cut and add a little graviera in cubes or peels.



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www.sofiatisfisis.gr

mail@sofiatisfisis.gr

Black Eyed Pea Salad

White Balsamic with Honey

Ingredients

500gr black eyed peas
1 Sprig celery
1 Carrot,
1 Zucchini
1 Dried onion
Colored peppers, 1/3 of each
A handful chopped of parsley
3 tbsp. Extra virgin olive oil
2 tbsp. Mustard
1 tbsp. White balsamic with honey
Salt & Pepper



Preparation

Καλή όρεξη!

- Boil the black eyed peas for almost 30' so that they remain hard and do not melt.
- Drain well and place in a salad bowl to cool slightly.
- Wash and dry the vegetables.
- Take the celery, carrot, zucchini, peppers and onion and cut them into strips which are then finely chopped into cubes.
- Finely chop the parsley.
- Add them to the salad bowl and mixed them with the black eyed peas.
- Mix extra virgin olive oil, white balsamic with honey and mustard in a bowl.
- Pour the vinaigrette over the salad.
- Season with salt & pepper and mix everything well so that the vinaigrette goes everywhere.



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Politiki Salad

Red grape vinegar with Basil & Garlic

Ingredients

1/2 chopped cabbage
1 Grated carrot
1/2 Chopped celery sprig
A handful of chopped parsley
1 Chopped pepper Florini
2 Cloves of grated garlic
A handful of white raisins
1/2 Cup extra virgin olive oil
1 tbsp. Red vinegar with garlic & basil
Salt & Pepper



Preparation

Καλή όρεξη!

- Wash and dry the vegetables.
- Finely chop them and add them in a bowl.
- Add the red grape vinegar with garlic & basil.
- Add the extra virgin olive oil.
- Mix everything by hand very well.
- Season with salt & pepper.
- Leave it in the fridge for at least 1 hour to marinate.

Tip

Every hour the salad stays longer in the fridge it becomes even tastier.



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Eggplant Salad

White vinegar with Thyme

Ingredients

4 -5 Eggplants

1 Dried onion

A handful of chopped parsley

1 tbsp. White vinegar with thyme

3 tbsp. Extra virgin olive oil

Salt & Pepper

If you bake the eggplants over the open fire they will have a nice smokey taste.



Preparation

Καλή όρεξη!

- Start your grill and place the eggplants on the fire.
- Bake them until they are brown on all sides and very soft.
- When they are ready, put them in a bowl. Leave them for 10 minutes.
- Remove the stalk, cut them in half and empty them with a spoon.
- While the eggplants are cooking, prepare the onions.
- Peel them, cut them into small cubes and put them into a bowl.
- Finely chop the parsley and add it to the onions.
- Add white vinegar with thyme, extra virgin olive oil, salt & pepper.
- Leave it to marinate until the eggplants are ready.
- Add the onions to the eggplants and mix everything together.
- Add more vinegar or salt according to your taste.



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Talagani with Tomato Chuttney

Red grape vinegar Agiorgitiko

Ingredients

1 Talagani cheese
300gr. Cherry tomatoes
300ml Water
300ml Red vinegar from Agiorgitiko
250gr. Sugar
1 Sprig of rosemary
1 Clove of garlic
Red pepper flakes



Preparation

Καλή όρεξη!

- Wash and dry the cherry tomatoes and rosemary.
- Give the cherry tomatoes, sugar, rosemary and garlic in a deep pan.
- Add the red vinegar from Agiorgitiko and the water and cook it on low fire.
- Stir first to melt the sugar and then once in a while until the syrup sets.
- Take the pan from the fire and fill the tomato chuttney into a jar.
- Leave the garlic in the pan, add the Talagani and bake it crispy on both sides.
- Place the baked Talagani on a plate and pour the sauce over it.
- Garnish with a sprig of rosemary and red pepper flakes and serve it hot.

Tip

You can use other cheeses such as Halloumi or Metsovone.



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Tzatziki

Red grape vinegar with Cardamom & 3 Peppers

Ingredients

1 Greek Yoghurt
1 Cucumber
1 Clove of garlic (or more!)
1 tbsp. Red grape vinegar with
Cardamom & 3 Peppers
Extra virgin olive oil
Fresh basil leaves
Salt



Preparation

Καλή όρεξη!

- Peel the cucumber, grate it and then squeeze it hard to get all the water out of it.
- Give it in a deep bowl.
- Add the Red grape vinegar with Cardamom & 3 Peppers.
- Add the salt.
- Peel the garlic, mash it and add it to the cucumber.
- Empty the yogurt in the bowl and mix everything well with a spoon.
- Taste it and add more salt or garlic if needed.
- Place it on a plate and garnish it with the basil leaves
- Pour a little extra virgin olive oil on top for serving.



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Caramelized Onions

Petimezi - concentrated grape juice

Ingredients

3-4 Dried onions
1 Cup Petimezi
1 Leaf Laurel
5-6 Pimentos (Allspice)
1 tbsp. Extra virgin olive oil
Salt & Pepper



Preparation

Καλή όρεξη!

- Peel the onions, wash them and cut them into thin slices.
- Give the onions in a pan and light the eye on medium intensity.
- Add Petimezi and extra virgin olive oil.
- Season with salt and pepper and add the bay leaf and pimentos.
- Stir constantly with a wooden spoon until the onions soften and caramelize.
- Take your time to caramelize nicely.

Tip

Try the caramelized onions together with Fava.
See the recipe below.



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Fava

with caramelized onions

Ingredients

500gr. Yellow split peas (Fava beans)
2 Red onions
2 Cloves of garlic, chopped
1 lit Warm water
Juice of 2 lemons
1/3 Cup extra virgin olive oil
Thyme
Caper
Salt & Pepper



Preparation

Καλή όρεξη!

- Rinse the split peas with plenty of water.
- Heat a large pot over medium-high heat
- Add 2-3 tbsps. olive oil, the onions, garlic and some fresh thyme and sauté.
- Add the peas mix it and pour in the warm water and the olive oil, turn the heat down to medium and season well with salt and pepper.
- Simmer with the lid on for about 40-50 minutes, until the split peas are thick and mushy. While the split peas boil, some white foam will probably surface on the water. Remove the foam with a slotted spoon.
- When ready, pour in the lemon juice and transfer everything in a food processor. Mix, until the peas become smooth and creamy, like a puree.
- Serve the fava with a drizzle of olive oil, the caramelized onions and caper.



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