



**Wisdom of Nature**

organic grape products

Koutsi, 20500 Nemea, Greece

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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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# 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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# 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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# 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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# Talagani with Tomato Chutney

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 chutney 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 chutney 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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