



## 5-COURSE SPECIALIZED PROGRAM GREEK MEDITERRANEAN CUISINE

Discover Greek cuisine

From local flavors to global delights, this educational program is designed for cooking enthusiasts, offering traditional Greek recipes sorted by meal types, along with plenty of handy tips for home cooks. Whether you're passionate about Greek cuisine or just getting started, this program has something for everyone.

Mathimata Mageirikis – The Culinary Center is accredited under the Vocational Training Certification (ΚΔΒΜ1) by the National Organization for the Certification of Qualifications and Vocational Guidance of the Ministry of Education, as published in Government Gazette 2677-B/9-11-2011, License Number 2100469.

**PROGRAM:** 5 hands on courses | 15 hours

**TYPE OF EDUCATION:** Practical

**PROGRAM PROVISIONS:**

Educational Program Booklet

Certification of Attendance

**SMALL GROUPS:** up to 8 people

**CREDITS:** 100 (for membership card holders)

The courses include the use of technical equipment as well as a wide variety of essential ingredients necessary for completing the lessons.

### CURRICULUM

#### **COURSE 1: Dips - Vegetable patties**

Melitzanosalata (Eggplant dip) | Fava (Yellow split pea puree) | Tzatziki (Yogurt and cucumber dip)  
Tomatokeftedes (Tomato fritters) | Kolokythokeftedes (Zucchini fritters) | Patatokeftedes (Potato fritters)

#### **COURSE 2: Legumes - Soups**

Fakes (Lentils) | Fasolia (Beans) | Revithada (Chickpea stew)  
Soupa avgolemono (Egg-lemon soup) | Giouvarlakia (Meatball soup)

#### **COURSE 3: Gemista (Stuffed vegetables) - Dolmades (Stuffed vine leaves)**

Gemista (Stuffed vegetables) | Ntolmadakia yialantzi (Stuffed vine leaves) | Lachanodolmades (Stuffed cabbage leaves) | Kolokythakia gemista (Stuffed zucchini)

#### **COURSE 4: Fish/Seafood**

Soupies me spanaki (Cuttlefish with spinach) | Kalamari gemisto (Stuffed squid) | Gavros marinatos (Marinated anchovies) | Sardelles psites (Oven-Baked Sardines) | Bakaliaros skordalia (Cod with potato & garlic puree)

#### **COURSE 5: Meat**

Keftedes (Meatballs, Greek style) | Soutzoukakia (Greek meatballs in tomato sauce) | Moussakas (Layered eggplant, potato and meat au gratin) | Pastitsio (Greek baked pasta dish)



## TERMS

- \*Your participation is confirmed upon payment. In case of last-minute cancellation, refunds are not provided.
- \*The school reserves the right to cancel or reschedule a seminar, if the required number of participants is not met or due to force majeure (health issues, weather conditions, technical problems, urgent maintenance).
- \*Additionally, it reserves the right to change the instructor.
- \*The duration of each lesson may be increased or decreased, depending on the participants' level.



Schedule an appointment with the education supervisor

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## ΕΠΑΓΓΕΛΜΑΤΙΚΟΣ ΕΞΟΠΛΙΣΜΟΣ



## ΒΑΣΙΚΟΣ ΥΠΟΣΤΗΡΙΚΤΗΣ

