



a yummy slice of
Greece
culture, knowledge and flavours

Ionian Islands
Kefalonia - Zakynthos
a picture map is included



Medeat

Gastronomy Routes and the culture of Flavours...

"The gentle art of gastronomy is a friendly one... it surpasses the language barrier, creates new friendships among civilized people, and warms the heart."

Samuel Chamberlain

What is "Food Travel" or a "Culinary Tourism"?
Who can be described as a "Food Traveler" or "Gastro-Tourist"?

Nowadays, new tourism products are launched regularly: some are new venues for already existing interests while others are new products that fill a certain void.

For others, as observed in culinary tourism, it is not so much a new product but rather a focus on recognizing something that already exists, refining and improving the pursuit and enjoyment of unique food and drink experiences, both far and near to us!

Many governments or local administrators throughout the world are looking to tourism initiatives not only to breathe new economic life into stagnating economies but also to address the very serious problem with rural depopulation. Culinary tourism in a rural setting holds promise as a potential rural economic engine!

The transnational cooperation network "Gastronomy Routes and the Culture of Flavours" involves 18 Local Action Groups which originate from four Mediterranean countries, namely Italy, Greece, Portugal and Cyprus.

The core and crucial objective of the "Medeat" cooperation is to succeed in maintaining and promoting the historical, cultural and qualitative dimensions of local gastronomy, in a way that also connects it to local industries, cultural events and supplementary tourist activities.

This gastronomic guide presents the most interesting gastronomic itineraries of the territory of Kefalonia ⊕ Zakynthos, in Greece, as well as practical information concerning the relative places to visit with local produce, food processing units, alternative accommodation premises and similar issues. After all, as Charles Pierre Monselet once stated: "Gastronomy, has been the joy of all peoples through the ages. It produces beauty and wit and goes hand in hand with goodness of heart and a consideration of others."

Enjoy this journey with all your senses!

LOCAL GOVERNMENT COOPERATIVE DEVELOPMENT AGENCY S.A. OF ZAKYNTHOS

The Local Government Cooperative Development Agency S.A. of Zakynthos was founded in 1998, with the aim of fulfilling the following objectives:

- Provide scientific and technical support to the Municipality and its associations as well as the decentralized state administration.
- Promote business, economy and sustainable development of the Municipality and the wider region.
- Assist in the development of environmental protection activities.
- Carry out European Community Leader Programs.

The Development Agency is based in Zakynthos and provides support for both Zakynthos and Kefalonia. Its shareholders, consist of local authorities and collective bodies of all sectors of the local economy.

The territories

The LEADER territory, includes selected parts of the prefectures of both Zakynthos and Kefalonia.

The LEADER territory in the Prefecture of Zakynthos, extends over 173 km², towards the South Eastern region, taking up 44% of the island's total area.

Similarly, in the Prefecture of Kefalonia, the LEADER territory, extends over 339 km², to the western side of the island, occupying 37.4% of its total area. Combining Mediterranean mild climate, unspoilt natural beauty, unique attractions, fine traditional cuisine and quality local products, rich culture and friendly people, both Zakynthos and Kefalonia are two of the most enchanting islands of the Ionian Sea, attracting visitors from every corner of the world every year.



© Nikos Pomonis

KEFALONIA & ZAKYNTHOS to discover

A GLANCE ON ITINERARIES

Kefalonia

1. TO THE SOUNDS OF A MANTOLINE

Argostoli, Minia, Omala, Razata, Livadi, Ag. Thekla, Kaminarata, Chavriata, Lixouri, Argostoli

From Argostoli until Ainos and from the miracle villages until Melissani and Droggarati lakes, Kefalonia is full of surprises, showcasing beautiful sceneries that will certainly cast a spell on you from the moment you arrive.

Zakynthos

2. CANTADA IN DELIGHT

Zakynthos, Mahairado, Lagopodo, Mouzaki, Pandokratoras, Lithakia, Koiliomenos, Ag. Leon, Louha, Ag. Marina, Drakas, Skoulikado, Ag. Dimitrios, Psareika, Kallipado, Vanato, Gaitani, Kidoni, Zakynthos.

Zakynthos, the beauty of Inspiration for Creativity. She invites you to discover and enjoy her. We are sure that Zakynthos will become a source of inspiration for you also!

1. TO THE SOUNDS OF A MANTOLINE

Argostoli, the capital of Kefalonia is the starting point of the route. Walk along the main square featuring a multitude of shops and sample a great variety of quality local products.

Buy local cheese, prentza a type of local cream cheese, honey, Robola wine and madoles.

Visit St. Spiridon church and walk as far as Kabana square. Along the way, don't miss to make a stop at the archaeological and the historic museum.

Move south and cross **Lassi, Makris** and **Platis Gialos** a great beach for swimming and water activities and meet after a few kilometers the village **Minies**. Make a stop at the local winery and sample a great variety of fine local wines and other local delicacies. Then, drive towards **Omala**, the center of the wine growing region "Robola".

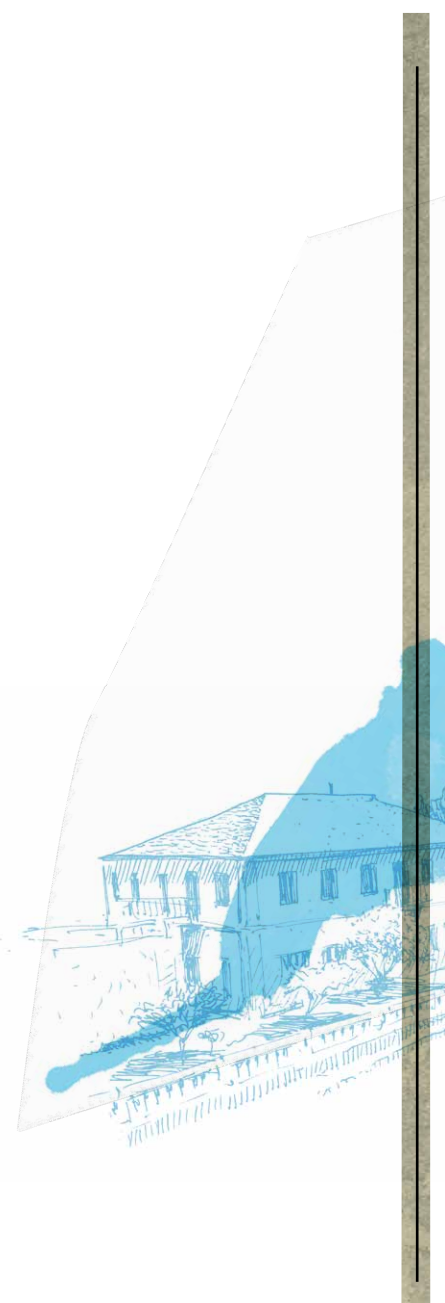
Visit the Monastery of St. Gerasimos and then head north to visit the winery of Robola Cooperatives.

The route goes back and continues west towards the area of **Razata**, an amphitheatric and green village, well known for its famous Cyclopean Walls, ruins of the ancient city of Krani. Wander around the impressive Cyclopean Walls and enjoy spectacular views towards Argostoli and Lixouri.

Leaving Razata behind, head north and drive to the opposite direction towards Lixouri to reach after about 25 km the wetland Livadi.

The route from here continues south, it crosses Agios Dimetrios and reaches the traditional settlement of Agia Thekli.

Take a walk around, visit the local churches and cool off at the amazing beach of Petani, where you can also enjoy exceptional traditional food at one of the local tavernas.





01.

01.
Agios Gerasimos,
© Jannik Weylandt

02.
Lamb on vine shoots



02.

Leaving Agia Thekli behind, head south and drive through the village Rifi to come across Kaminarata.

Kaminarata, also well-known as the “Balcony of Kefalonia” is a mountainous picturesque village, featuring houses retaining their traditional identity and unique far reaching views over the countryside of Paliki, Argostoli gulf and mountain Ainos.

There you will also find a variety of holiday rental accommodations, cafes and traditional tavernas.

The route continues south. Turn right to the provincial road Lixouri - Vitoria to reach **Havriata** one of the most beautiful parts of Kefalonia.

On the way to Lixouri you will come across several wineries open to visitors for wine tasting and sampling of a broad selection of wines. Once you have tasted the different varieties of Kefalonian wines, explore the beautiful Lixouri, with the cobbled streets, shops and cafes.

It is worth visiting the neoclassical building of **Iakovateiou library** boasting a rare collection of books, manuscripts, Byzantine and post-Byzantine icons.

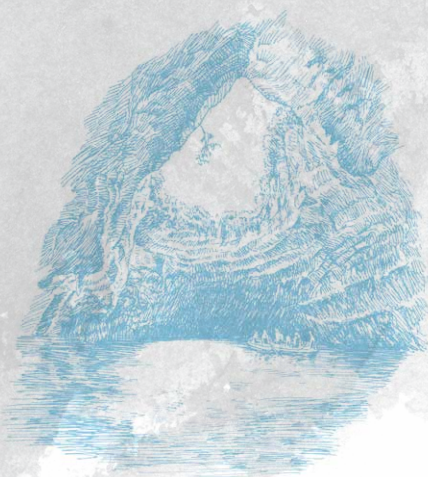
Then, head to the beaches Xi or Mega Lakko with the red sand, to enjoy a refreshing swim in the sea and relax to the peaceful landscape.

Alongside, there are many tavernas and restaurants serving local cuisine satisfying every culinary desire.

Just before the sun sets make sure you're on the west coast of Lixouri, at **Moni Kipouraion**, a great place for capturing the most magnificent sunsets.

If you wish to stay overnight in Lixouri, there is a great variety of holiday apartments.

Alternatively, you can take a boat back to Argostoli, or drive back following the same road towards Livadi.



03.
Croquettes



04.
Argostoli,
© Jannik Weylandt



03.



04.



05. Sardines in garlic, lemon and oregano

Ingredients (serves 6 persons)

1 kilo fresh sardines

6-7 cloves garlic

1 lemon juice

1 teaspoon oregano

Salt

Pepper

Olive oil for frying

Clean the sardines by removing their entrails and heads; flour them and place into a frying pan next to each other and fry.

Remove the oil and add the sliced garlic, pour the lemon juice, salt, pepper and oregano over the fish. Add $\frac{1}{2}$ cup of water. Put the frying pan on the heat. Let it simmer uncovered for about 10 minutes.

Optionally, you can add some chopped parsley.



06.

06.
Iakovatios Library,
© Jannik Weylandt



07.

07.
Zucchini Blossoms

08.
*Yiouvarlakia (rice
meatballs) in vine
leaves and egg and
lemon sause*

08.





09. Octopus baked in red wine

Ingredients (serves 4-6 persons)

1 octopus around 1 kilo fresh or frozen .

2 bay leaves

3 garlic cloves unpeeled

½ teaspoon pepper

2 Tablespoons olive oil

1 cup vinegar or red wine

Place the octopus into a bowl (if it is too large cut it into two, three, or even more pieces). Pour in the wine or vinegar and let it marinade for half an hour .

Lay out some baking paper and place the octopus, bay leaves, pepper and garlic on it. Wrap it well and then wrap it again in tirt foil, place it on an oven tray and cook in the oven for 50 minutes at 180oC.

Unwrap and serve hot, sprinkled with some oregano and a little olive oil.



2. CANTADA IN DELIGHT

Zakynthos town, with the paved squares and the picturesque streets is the starting point of the route.

Places of interest are the St. Dennis Church, the Catholic Church on San Marcus square, the Museum of Dionysios Solomos and distinguished Zakynthians, and the Post-Byzantine Museum. Don't miss to visit Bohali, the highest point of the town with the Venetian fortress and breathtaking views towards every direction.

Moving away from the town, at about 10 km you will come across Machairado village, with the impressive church of Agia Mavra dating back in the 14th century.

Visit the local wineries for wine tasting and sampling of a broad selection of wines.

To enhance this culinary indulgence, escape to the great outdoors and discover top local tavernas serving traditional dishes like Rabbit in tomato sauce, Rooster cooked in wine and accompany your meal with the local wine Augoustiatis.

The route continues south-east towards the provincial road of Padokratoras - Katastari and reaches Lagopodo village after 1 km.

It is worth making a stop at the Holy Monastery of Eleftherotria and explore the local family-owned traditional winery of the area.

You are likely to find yourself talking directly to the winemakers themselves who will guide you to the secrets of excellent quality wine.

Return to the provincial road Padokratoras - Katastari, drive through Mouzaki village and head towards Padokratoras, one of the largest villages of Zakynthos built at the foot of the mountain.

The homonymous church and the ruins of Sarakina mansion are definitely worth visiting. Should you feel like cooling off, go for a swim to the nearby popular Laganas Beach, the nesting home of Caretta – Caretta, boasting a 7km long sandy beach and shallow warm waters.

The world famous Lagana resort, also offers elegant international restaurants, incredibly idyllic open bars and a wide range of holiday rental properties suitable for all budgets.

Leaving Padokratoras behind, head for Lithakia village and make a stop at the family-run olive ecological press, featuring an olive oil museum which reveals the history of olive making on the island.

Taste and buy delicious varieties of pure virgin olive oil, and olives.

If you feel hungry, look for local tavernas, where you can get a taste of pure local cuisine. Try local recipes like "Stifado", or "Skordostoubi", and taste pure virgin olive oil, on freshly baked bread, ladotyri, pretza and the Zakynthian white wine Verdea.

The route continues northwest and reaches Kiliomeno. Wander through this picturesque village with the traditional houses some of which have been preserved from the 16th century search for the Agricultural Women's Cooperative of Kiliomeno, where you can sample freshly baked bread as



10. Shipwreck

It is one of the most famous beaches on the planet and it is the tourist trademark of Zakynthos and Greece. This unique setting was created in 1982, when the ship "Panagiotis", carrying illegal cigarettes from Turkey, ran aground due to adverse weather conditions and engine failure. The famous beach is only accessible by boat, although you can admire the view from above on a specially built platform near the village of Volimes.

© Nick Kontostavlakis





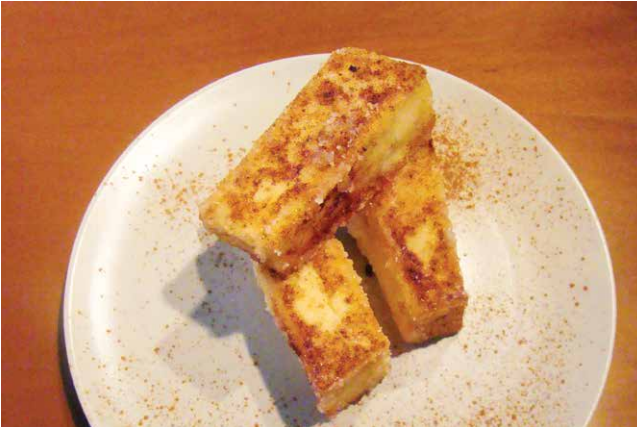
11



12

11.
*Stone Windmill in
Ag. Leon,
©Georgios Papadimitriou*

12.
*Monastery of Panagia
Eleftherotria in Lago-
podo
© Nikos Pomonis*



13



14.

13.

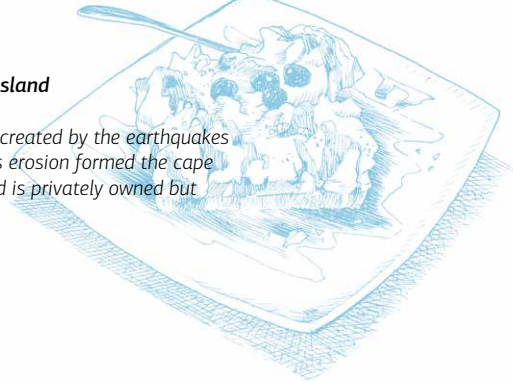
Fitouries medieval sweet made with fried semolina.

It is served at every festive occasion sprinkled with sugar and cinnamon.

14.

Agios Sostis, a private island in Laganas Bay

This beautiful island was created by the earthquakes of 1633, when continuous erosion formed the cape of Agios Sostis. The island is privately owned but open to visitors.



well as an excellent variety of savour and sweet local handmade delicacies. Continue straight and drive along the coastline towards Ag. Leon, with magnificent views to the sea to inspire you along the way. Visit the traditional family run cheese factory and sample special varieties of local cheese.

Then, discover two well-hidden secrets of the island, Porto Roxa and Porto Limnionas. Two of the most beautiful breath-taking steep bays with the rugged landscapes and crystal aquamarine waters, a joy for swimmers and snorkelers alike.

If you feel hungry, choose any of the local tavernas and enjoy heavenly local specialties all cooked with pure virgin olive oil, fresh vegetables and the very best ingredients and products this floating paradise is blessed with.

Next stop of the route is Louha, a village that retains its local identity, despite the influences of tourism. Enjoy walking along the cobblestone streets in and around the village, leading to the Venetian wells and the famous stone windmill.

After about 5 km you will come across Agia Marina. Visit Helmis Natural History Museum, displaying more than 1.500 samples from the impressive coastline to the wooded mountains and become more familiar with the main ecosystem units of the island. Before leaving the area, it's worth making a stop at the traditional workshop of clothing and handicrafts.

Descending, you pass Drakas village, to eventually arrive to Skoulikado with the impressive church and the miraculous picture of St. Nickolas.

The Cultural Center of the village displaying photographs of local cultural events as well as a collection of theatrical costumes is also worth visiting.

Next stops on your route are the quaint villages of Agios Dimitrios, Psaraiika and Kallipado, one of the oldest wine growing regions and home to a boutique winery.

Continue towards Vanato and Gaitani to reach Kidoni, a traditional settlement built at the foot of the castle. Discover the boutique winery nestled in a farm with traditional guest houses.

Tour their cellar and enjoy unlimited tastings from exceptional wine varieties.

Complete your tour by heading back to Zakynthos town. Relax, unwind and admire the magnificent views of the city enjoying a "Frigania" dessert.



15. Church of Ag. Mavra

Agia Mavra is both a church and a monument. It is an excellent example of zakynthian architecture, painting, wood carving and silver sculpture.

The church of Ag. Mavra, survived the earthquake of 1953, but on December 5th 2005, a fire completely destroyed the inside of the church.

Today, the damages have been repaired and Agia Mavra church is one of the most worth visiting churches of the island.

© Nikos Pomonis

16. Caretta –Caretta

The loggerhead sea turtle *Caretta –Caretta* is one of the rarest species of the planet. It appeared, 200 million years ago for the first time in the seas and during this long Mediterranean journey, it chose the most beautiful and warm sandy beaches of Zakynthos for its reproduction.

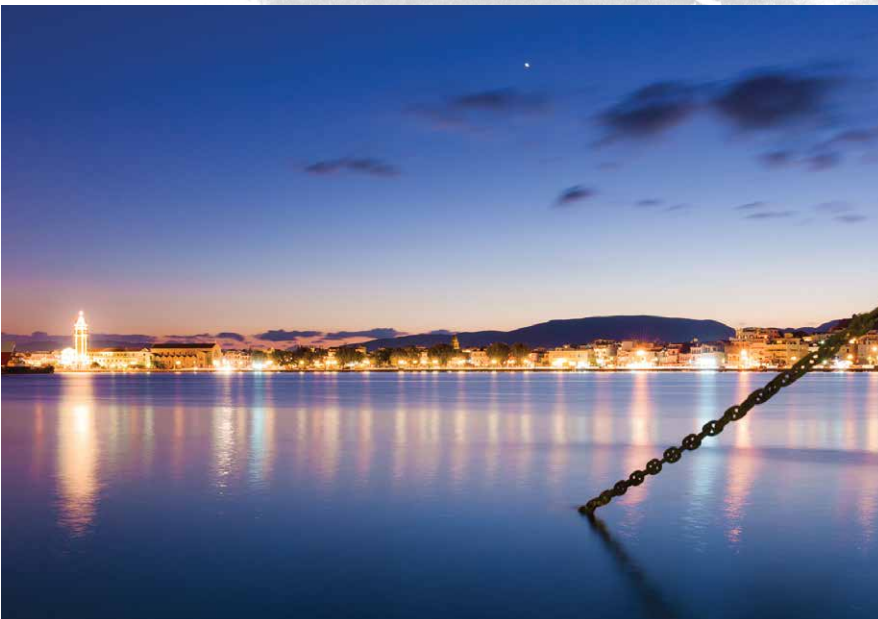


16.

17.

Zakynthos port,

© Nick Kontostavlakis



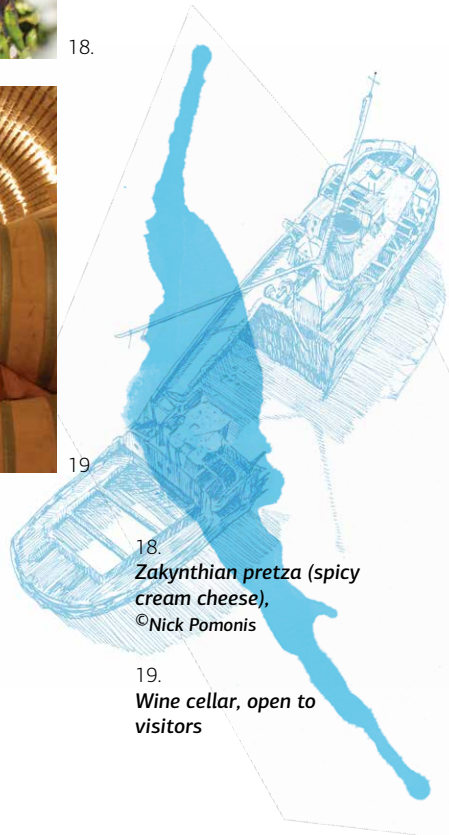
17.



18.



19.



18.
*Zakynthian pretza (spicy
cream cheese),*
©Nick Pomonis

19.
*Wine cellar, open to
visitors*



Medeat

www.euroconsulting-geie.net/medeat



**Zakynthos Local Government Co-operative
Development Agency S.A.**

Maherado 290 92 Zakynthos

Tel.: +30 26950 43931, Fax: +30 26950 43932,

e.mail: sazae@otenet.gr

www.sazae.gr



Gastronomy Routes and the
Culture of Flavours

GREECE
ALL TIME CLASSIC



Rural Development Programme
2007-2013



Ministry of Rural Development
and Food



European Agricultural Fund for
Rural Development (EAFRD)
Investing in Rural Areas



Axis 4 - Approach
Leader