

INTERREG IPA Cross-border Cooperation Programme "Greece – Albania 2014 – 2020"

«ΠΑΡΑΔΟΤΕΟ 3.2.2: ΟΡΙΣΜΟΣ ΤΟΥ ΠΑΡΑΔΟΣΙΑΚΟΥ ΠΡΩΙΝΟΥ ΣΤΗ ΔΙΑΣΥΝΟΡΙΑΚΗ ΠΕΡΙΟΧΗ

«Deliverable 3.2.2 Definition of Traditional Breakfast of the cross-border area (CBTB)

CBTB

“Traditional Breakfast of the C/B area: Branding Scheme and Mobile Application for the preservation and promotion of common traditional gastronomy”

Deliverable 3.2.2: Definition of Traditional Breakfast of the cross-border area (CBTB)

(CORFU CHAMBER OF COMMERCE)



Project Details:

Programme: **Interreg IPA II CBC «Ελλάδα-Αλβανία 2014-2020»**

Priority Axis: **2 - Boosting the local economy**

Specific Objective: **2.1 Preserve cultural and natural resources as a prerequisite for tourism development of the cross border area**

Thematic Objective: **2d. Encouraging tourism and cultural and natural heritage**

Project Title: **Traditional Breakfast of the C/B area: Branding Scheme and Mobile Application for the preservation and promotion of common traditional gastronomy**

Project Acronym: **CBTB**

MIS IDENTIFICATION CODE: **5032336**

Lead Partner: **Chamber of Grevena**

Total Budget: **632,096.50 €**

Time Frame: **01/06/2018 – 30/10/2020**

Document Details

WP: **3. CBTB Branding Scheme**

Document Title: **3.2.2: Definition of Traditional Breakfast of the cross-border area (CBTB)**

Responsible Partner: **Chamber of Corfu**

Involved Partners: **-**

Date & Place of delivery: **15/09/2020, Corfu**

Contents

A.	ΕΠΙΤΕΛΙΚΗ ΣΥΝΟΨΗ	4
B.	INTRODUCTION	5
C.	METHODOLOGY	6
D.	DEFINING THE TRADITIONAL BREAKFAST IN CORFU	9
a)	Theoretical framework/Gastronomy/Corfu	9
b)	Traditional & local products that are usually used for breakfast and traditional recipes that are usually served for breakfast in Corfu	11
i.	General overview	11
ii.	List of the local and traditional products and recipes usually used for breakfast	11
iii.	Brief description of the local and traditional products and recipes usually used for breakfast	12
c)	List of products/recipes already registered on the 'Greek Breakfast'	30
d)	Recommendations on the products and recipes proposed to be included in the Greek Traditional breakfast and CBTB breakfast	30
E.	CONCLUSIONS	32

A. ΕΠΙΤΕΛΙΚΗ ΣΥΝΟΨΗ

Στο πλαίσιο της Δράσης «Ορισμός του παραδοσιακού πρωινού στη διασυνοριακή περιοχή» (Definition of CBTB) του Πακέτου Εργασίας 3 (Σχήμα του κοινού προωθητικού σήματος/επωνυμίας (brand) του Παραδοσιακού Πρωινού στη Διασυνοριακή Περιοχή (CBTB Branding Scheme) του έργου CBTB προβλέπεται η εκπόνηση μελετών ορισμού των όλων των κοινών παραδοσιακών και τοπικών προϊόντων που χρησιμοποιούνται συνήθως για το πρωινό, παραδοσιακές συνταγές (όπως πίτες, ειδικές σούπες και κέικ) που σερβίρονται συνήθως για πρωινό. Αυτό το παραδοτέο θα συνδεθεί και θα εμπλουτίσει την «Πρωτοβουλία Ελληνικού Πρωινού» και οποιαδήποτε άλλη παρόμοια πρωτοβουλία ή έργο που εφαρμόστηκε στην Αλβανία. Κάθε εταίρος του έργου θα συλλέξει τη σχετική πληροφορία και ο επικεφαλής εταίρος σε συνεργασία με το Επιμελητήριο Κέρκυρας θα επεξεργασθούν το συνδυασμό και τη σύνθεση των διαθέσιμων πληροφοριών και δεδομένων ύστερα από ανάλυση των κοινών παραδοσιακών προϊόντων και συνταγών που χρησιμοποιούνται για το πρωινό και παρουσίαση αυτών σε τελική μελέτη ούτως ώστε να επιλεγούν αυτά που καλύτερα θα μπορούσαν να προωθηθούν σε τοπικό επίπεδο μέσω του πρωινού CBTB.

Το Επιμελητήριο της Κέρκυρας στο πλαίσιο της δραστηριότητας είναι υπεύθυνο για την εκπόνηση μελέτης ορισμού των όλων των κοινών παραδοσιακών και τοπικών προϊόντων που χρησιμοποιούνται συνήθως για το πρωινό, παραδοσιακές συνταγές (όπως πίτες, ειδικές σούπες και κέικ) που σερβίρονται συνήθως για πρωινό στην Κέρκυρα καθώς και τον εντοπισμό των κοινών προϊόντων / συνταγών που προσφέρονται στη διασυνοριακή περιοχή και προσδιορισμό αυτών που θα μπορούσαν καλύτερα να ορίσουν το CBTB πρωινό.

Η παρούσα μελέτη **3.2.2 Ορισμός του παραδοσιακού πρωινού στη διασυνοριακή περιοχή (D.3.2.2 Definition of Traditional Breakfast of the cross-border area (CBTB))** εκπονήθηκε από την εταιρία LIVING PROSPECTS ΕΠΕ στο πλαίσιο της από 27/08/2020 σύμβασης με τίτλο «Παροχή υπηρεσιών εξωτερικής εμπειρογνομosύνης για την υλοποίηση των Πακέτων Εργασίας 3 και 4 (WP 3 & WP 4) για το εγκεκριμένο έργο «Παραδοσιακό πρωινό της διασυνοριακής περιοχής: Πρόγραμμα Επωνυμίας (Branding) και Εφαρμογή Κινητών Συσκευών (Mobile Application) για τη διατήρηση και προώθηση της κοινής παραδοσιακής γαστρονομίας» (Traditional Breakfast of the C/B area: Branding Scheme and Mobile Application for the preservation and promotion of common traditional gastronomy) - CBTB» με το Επιμελητήριο Κέρκυρας.

Το παρόν παραδοτέο αφορά μελέτη που περιλαμβάνει τον ορισμό των όλων των κοινών παραδοσιακών και τοπικών προϊόντων που χρησιμοποιούνται συνήθως για το πρωινό, παραδοσιακές συνταγές (όπως πίτες, ειδικές σούπες και κέικ) που σερβίρονται συνήθως για πρωινό στην Κέρκυρα καθώς και την επιλογή των κοινών παραδοσιακών προϊόντων/συνταγών που θα μπορούσαν καλύτερα να ορίσουν το CBTB πρωινό.

Συγκεκριμένα, το παραδοτέο περιλαμβάνει τα ακόλουθα:

- Μεθοδολογία υλοποίησης για την εκπόνηση της μελέτης
- Προσδιορισμός και καταγραφή της γαστρονομίας της Κέρκυρας, της κουζίνας και του πρωινού
- Εντοπισμός και καταγραφή των παραδοσιακών και τοπικών προϊόντων που χρησιμοποιούνται συνήθως για το πρωινό και παραδοσιακές συνταγές που σερβίρονται συνήθως για πρωινό στην Κέρκυρα- Λίστα και αναλυτική περιγραφή

- Εντοπισμός των προϊόντων που θα μπορούσαν να εμπλουτίσουν την «Πρωτοβουλία Ελληνικού Πρωινού»
- Επιλογή των προϊόντων και συνταγών για το πρωινό που θα μπορούσα καλύτερα να ορίσουν το CBTB πρωινό

B. INTRODUCTION

Under the framework of the Action " Definition of CBTB" of the WP3 (CBTB Branding Scheme) of the CBTB project, the elaboration of studies are foreseen including an analytical list of the common traditional and local products that are usually used for breakfast and common traditional recipes (like pies, special soups and cakes) that are usually served for breakfast. These deliverables will be connected and will enrich the "Greek Breakfast Initiative" and any other similar initiative or project that was implemented in Albania. Each project partner will collect the respective information identifying the traditional and local products that are usually used for breakfast and common traditional recipes that are usually served for breakfast in its territory and then the Lead partner in collaboration with the Chamber of Corfu will additionally elaborate on the combination and synthesis of the available information and data collected by all the partner in order to identify the common products and recipes in the c/b area that are usually served for breakfast, select those that could be better be promoted in the local tourism outlets in the project area and could be included in the CBTB breakfast.

The Chamber of Corfu in the context of the activity is responsible for the elaboration of a study with the analytical list of the traditional and local products and recipes that are usually used or served for breakfast in Corfu and the identification of those that are common for Corfu and other areas of the c/b area and could define the CBTB Breakfast.

The current study **D.3.2.2 Definition of Traditional Breakfast of the cross-border area (CBTB)** was prepared by LIVING PROSPECTS Ltd. under 27/08 contract entitled "Provision of external expertise services for the implementation of Work Packages 3 and 4 (WP 3 & WP 4) for the approved project "Traditional Breakfast of the C / B area: Branding Scheme and Mobile Application for the preservation and promotion of common traditional gastronomy) – CBTB with the Chamber of Corfu.

Specifically, the Report includes the following:

- The methodology followed for the elaboration of the Report
- Mapping of the gastronomy structure, cuisine and breakfast of Corfu island.
- Identification and mapping of the traditional & local products that are usually used for breakfast and traditional recipes that are usually served for breakfast – List and description
- Identification of the products and recipes that are already registered in the 'Greek Breakfast Initiative'
- Selection of those that could be better promoted in the local tourism outlets under the CBTB cross-border traditional breakfast

C. METHODOLOGY

This section presents the methodology followed by the Chamber of Commerce of Corfu and the external expert Living Prospects for the identification of the traditional & local products that are usually used for breakfast and traditional recipes that are usually served for breakfast.

The overview of the approach followed included the following steps:

1. Identification of a list of the traditional & local products that are usually used for breakfast and traditional recipes that are usually served for breakfast
2. Analysis and description of the products and recipes identified
3. Identification of the products and recipes that are already registered in the 'Greek Breakfast Initiative'
4. Selection of those that could be better promoted in the local tourism outlets under the CBTB cross-border traditional breakfast
5. Conduction of a report including the previous steps

The detailed description of the above mentioned steps is presented in details below:

Step 1: Identification of a list of the traditional & local products that are usually used for breakfast and traditional recipes that are usually served for breakfast

This step includes the necessary actions taken by Corfu Chamber for the identification of a **list** of the traditional & local products that are usually used for breakfast and traditional recipes that are usually served for breakfast in Corfu.

In order to achieve this, the Corfu Chamber of Commerce initially implemented a **desktop research** for the collection of the necessary data. In particular, the research includes the collection of data and information regarding traditional & local products that are usually used for breakfast and traditional recipes that are usually served for breakfast in the local area.

The research was carried out with an extensive search of **reliable sources**, mainly using the Internet, aiming at the most complete collection of data regarding the local area. The resources of the research may be studies, reports, statistics and other documents as well as other sites (Greek breakfast initiative) available on the same subject. Additionally, the data collected during the deliverable 3.1 (regarding the typical traditional and local products that are produced, cultivated and have their origin the local area) were used during this step.

The **thematic areas** covered by the research were the following:

- Traditional and local products commonly used for breakfast, and traditional recipes (such as pies, special soups and cakes) usually served for local breakfast: identification, mapping special features, description and classification by product category
- The existing "Greek Breakfast Initiative"

Following the research, a list including the traditional and local products and recipes identified from Corfu was created. The main columns for the identification of the list of products used, is explained below:

- Product categories: Selection of one of the following categories (those are specifically selected for breakfast): olive oil, olives, citrus fruit, meat, wine, milk, yogurt, cheese, honey, egg, fresh fruit juice (not packed) (i.e. orange juice), fresh drinks by herbs (i.e. tea), fresh drinks by fruits (i.e. lemonade), pies, soups, cakes, omelettes, bread, sweet, marmalade.
- Type: selection if it is traditional/local product or a recipe made using local products
- Origin: selection of one of the following categories: Greece/Corfu, Greece/Grevena, Albania/Vlora, Albania/Gjirokastra

Step 2: Analysis and description of the products and recipes identified

According to the data and information collected during the research, a **detailed description** of each local traditional product/recipe was followed.

Step 3: Identification of the products and recipes that are already registered in the 'Greek Breakfast Initiative'

This step included the necessary actions taken by Corfu Chamber for the identification of the products and recipes that are **already registered in the 'Greek Breakfast Initiative'**.

In order to achieve this, the Corfu Chamber implemented an analysis of the data collected under step 1 in order to identify those traditional & local products & recipes that are already registered in the 'Greek Breakfast Initiative'.

Following the research, Corfu Chamber prepared a list of the traditional and local products and recipes already registered or/not in the above mentioned initiative.

Step 4: Selection of those that could be better promoted in the local tourism outlets under the CBTB cross-border traditional breakfast

For the selection of those traditional & local products that are usually used for breakfast and traditional recipes that are usually served for breakfast on the local area a set of criteria were used.

Among others, some indicative **criteria** used are the following:

COMMON: The traditional & local products & recipes should be common for the whole cross-border area

UNIQUE: It is highly recommended to promote products that are unique in the cross-border area, are not produced anywhere else

ORIGIN: The product should be produced/cultivated in Corfu and the recipe mainly include as ingredients the local products

SAMPLE: It is highly recommended that a sample of products could be able to be available to the public via festivals, events, WSs and other events taken place in the project

PRODUCTION: The products selected should have a good production capacity and are still produced till today.

STILL UNKNOWN: Priority could be given to products/recipes that are not already included in the National Breakfasts and other initiatives.

Step 5: Conduction of a report including the previous steps

Corfu Chamber after implementing the steps presented above proceeded to the elaboration of a partner report mapping all the information collected on previous steps and identifying the local traditional products/recipes.

The report analyzes and presents in detail the **traditional & local products that are usually used for breakfast and traditional recipes that are usually served for breakfast on the local area and recommendation of those to be added in the Nation Breakfast initiatives lists**, mapping in detail the information and data collected during the previous steps.

D. DEFINING THE TRADITIONAL BREAKFAST IN CORFU

a) Theoretical framework/Gastronomy/Corfu

Corfu spent seven centuries under Western domination, a fact that had a decisive effect on the island's town planning, architecture, art, language, social structure, economy and culture. This influence extended Corfu's gastronomic culture and cuisine. The French (whose rule was limited to less than a decade) had a negligible impact and the British Protectorate 1815-1864 left a legacy of **ginger beer** and English **puddings**. The Venetians on the other hand, overlords for some 400 years, brought immense changes. During the Renaissance Venice was at the centre of the **spice and sugar** trade supplying Europe with luxury and wealth. Venetian domination of Corfu extended to the kitchen and the Corfiot diet. They introduced new foods from the Americas and Indies and taught the locals how to prepare them. **Corn, tomatoes, beans, peppers, coffee and chocolate** were among the many items brought to the island by the Venetians, which were soon embraced by the Corfiots into dishes which have come down to us today in nearly unaltered form.

In the villages the diet of the Corfiots was based mainly on **legumes, wheat and weeds** as well as **pies** with or without foil (zorka) with meat, fish or dairy filling. There is a great variety in the traditional **sweets** of Corfu. Sykomaïda, made with must and dried figs and flavored with aniseed pepper and ouzo, is well known. Fogatsa is a kind of sweet bread. Tzaletia (kind of **bread** with raisin and corn that is fried and covered with sugar), Fogatsa (kind of croissant), fried **pies, creams** and traditional rice pudding, but also the well-known 'mantolato' (made from almonds, sugar, vanilla and honey) could be found in Corfiot breakfast. **Cheese and other dairy products** play also an important role in the Greek and Corfiot cuisine. There is also a long tradition in **cold cuts** in Corfu. Noumboulo is a sausage of excellent quality from smoked pork sirloin, an ideal meze for wine and ouzo. Lots of delicious salamis and sausages also exist.

A trademark for the island is the liqueur **kumquat**. Kumquat fruit (PGI since 1994) may become a dessert and jam, liqueur and fruit glaze. Kumquat is cultivated in Corfu. Kumquat jam is the most widely known but there are also bergamot, orange, apple, pear, plum, figs and berries jams and marmelades. Another very famous product is the tsitsimbira, with lemon **juice**, fresh lemon oil, grated ginger, excellent quality water and sugar.

One can find a wide selection of traditional Corfiot products for breakfast such as **bread, butter, sweets, juices and several varieties of jams**.

Traditional Corfu Food is an international fusion. Corfu's gastronomy tradition is unique because it has been influenced by a variety of cultures such as the British, the French and the Italians. Though Greek and Venetian are the strongest influences, spices from the east, cooking methods from France as well as other parts of the Mediterranean and even the remnants of British occupation, have all left their mark on Corfu food. Corfiot cuisine is dominated by the use of **wine, garlic and eastern spices, like cloves, allspice, cinnamon and more**. Corfu is a verdant green garden. Corfu may be a Greek island, but it has its own local cuisine with dishes that cannot be found anywhere else in Greece.

The present-day Corfiot cuisine has the typical Mediterranean characteristics. **Oil, pepper, legumes, pasta and vegetables have a common base**. The island is also famous for **olive oil, wine, cereals and honey productions**.

BREAKFAST

Breakfast is a great source of energy. The high nutritional value and the quality of the Mediterranean products, along with their tradition and experiential character, account for Greek breakfast's special features.

Greek breakfast ingredients are classified as follows:

- Bread, pastries, buns
- Cheese, yoghurt, traditional yoghurt, butter, sour milk, etc
- Cold cuts, meat
- Honey, sesame bar, tahini
- Local traditional marmalades
- Olive oil and olives
- Eggs (boiled, fried, omelets)
- Pies (cheese pies, green pies, etc)
- Local sweets
- Fresh fruit, juices, fruit salads, seasonal vegetables, local or biological
- Warm traditional soup (frumenty, pulses, etc)
- Cereals (wheat, frumenty, etc)
- Herbal drinks
- Greek coffee

THE LOCAL INDUSTRY SERVING THE LOCAL PRODUCTS

Corfu, as one of the most dynamic tourist destinations definitions, in terms of food will not leave anyone unsatisfied, as she has hangouts for all tastes. From fine dining in Corfu but also restaurants of 5-star hotels on the island, which show in an innovative way the Corfiot cuisine. There are good restaurants that cultivate in a modern or simpler way the delicious idiom of the island.

Old and new tavern owners maintain its tradition while other chefs promote the new creative Corfiot kitchen.

A significant number Corfu hotels has adopted the Greek Breakfast with local products and delicacies in their breakfast buffet.

b) Traditional & local products that are usually used for breakfast and traditional recipes that are usually served for breakfast in Corfu

i. General overview

The local and traditional products identified in Corfu island refer to the following categories: olive oil, dairy products (milk, yogurt, cheese, butter), honey, cold cut. A total of 23 traditional products are identified. Under the framework of the CBTB project, a local and traditional product is a product that is cultivated and produced and is usually served for breakfast and traditional recipes that are usually served for breakfast.

ii. List of the local and traditional products and recipes usually used for breakfast

Here is the list of the local and traditional products and recipes usually used for breakfast in Corfu.

No.	NAME	Product category*	Type**	Origin
1	Olive oil	Olive oil	Product	Greece/Corfu
2	Corfu' cheese	Cheese (dairy product)	Product	Greece/Corfu
3	Salado	Cold cut	Product	Greece/Corfu
4	Corfu graviera	Cheese	Product	Greece/Corfu
5	Noumboulo	Cold cut	Product	Greece/Corfu
6	Honey	Honey	Product	Greece/Corfu
7	Corfu butter	Butter (dairy product)	Product	Greece/Corfu
8	Milk	Milk (dairy product)	Product	Greece/Corfu
9	Yogurt	Yogurt (dairy product)	Product	Greece/Corfu
10	Koum kouat (marmalade)	Marmalade	Recipe	Greece/Corfu
11	Panada	Bread	Recipe	Greece/Corfu
12	Poutinga (Apple pudding)	Cake	Recipe	Greece/Corfu
13	Banketa	Sweet	Recipe	Greece/Corfu
14	Pantespani	Sweet	Recipe	Greece/Corfu
15	Fogatsa	Sweet	Recipe	Greece/Corfu
16	Sikomaida	Sweet	Recipe	Greece/Corfu
17	Koum kuat (fruit)	Citrus fruit	Product	
18	Tzaletia	Pie	Recipe	Greece/Corfu
19	Pasta flora	Sweet	Recipe	Greece/Corfu
20	Naranza salad	Fruit salad	Recipe	Greece/Corfu
21	Bolsevikos	Sweet	Recipe	Greece/Corfu
22	Polenta	Sweet	Recipe	Greece/Corfu
23	Mantolata	Sweet	Recipe	Greece/Corfu

Table 1: Identification of the list of traditional products & recipes of Corfu that could be used for breakfast

iii. Brief description of the local and traditional products and recipes usually used for breakfast



SHORT PRESENTATION OF THE PRODUCT/RECIPE

NAME	<i>Olive oil</i>
PRODUCT CATEGORY	<i>Olive oil</i>
TYPE	<i>Product</i>
ORIGIN	<i>Greece/Corfu</i>

SHORT DESCRIPTION (*max 800 characters including spaces*)

The olive oil found in Corfu island may be extra virgin olive oil, virgin olive oil, olive oil enriched with aromas of herbs and organic oils. The olive oil is produced in that way in order all olive oil nutrition ingredients be preserved and acidity be kept at minimum levels with no additive chemicals.

Extraordinary quality with substances beneficial to the human organism. Some of the varieties also include Ω_3 and Ω_6 that are good for the human organism.

It can be used for food, sweets etc.

The olive oil found in Corfu is mostly derived by mechanical methods and cold pressed. The latest years the new entrepreneurs occupied in the standardization of the olive oil, use new methods to produce extra virgin olive oil that is now awarded abroad.

The standardization and bottling facilities, in which this olive oil which is good enough for export could be processed, are almost absent in the island, with some individual exceptions. Thus, most of the olive oil is exported to Italy, where it is refined and sold as Italian.



SHORT PRESENTATION OF THE PRODUCT/RECIPE

NAME	<i>Corfu (Corfou) cheese</i>
PRODUCT CATEGORY	<i>Cheese</i>
TYPE	<i>Product</i>
ORIGIN	<i>Greece/Corfu</i>

SHORT DESCRIPTION (*max 800 characters including spaces*)

Corfu (corfou) cheese is a local cow's cheese with a particular tang. It was not produced in Corfu until the 1960s, and used the Italian pecorino as a prototype.

Spicy cheese made from cow's milk, a copy of the Italian Pecorino.

It includes high level of calcium.

It can be served with cold cuts or alone or added in local traditional food.

It is produced in local dairy companies.



SHORT PRESENTATION OF THE PRODUCT/RECIPE

NAME	Salado
PRODUCT CATEGORY	Colt cut
TYPE	<i>Product</i>
ORIGIN	<i>Greece/Corfu</i>

SHORT DESCRIPTION (max 800 characters including spaces)

Salado (salami of Corfu) is the exclusive cold cut of Corfu.

Local traditional salami, Corfu salado is made with excellent quality pork and beef, with lots of pepper and salt. It is hung and smoked with aromatic branches from the Corfiot land.

It is an excellent delicacy of the rich Greek Corfiot gastronomy. It is an excellent meze in Greek and Corfiot drinks such as tsipouro and ouzo, but also red wines. It can be ideally accompanied with the excellent Corfu cheese dish.

Though completely uncooked, salami is not raw, but cured. Salame cotto—typical of the Piedmont region in Italy—is cooked or smoked before or after curing to impart a specific flavor, but not for any benefit of cooking. Before cooking, a cotto salame is considered raw and not ready to eat.

Three major stages are involved in the production of salami: preparation of raw materials, fermentation, and ripening and drying. Minor differences in the formulation of the meat or production techniques give rise to the various kinds of salami across different countries.



SHORT PRESENTATION OF THE PRODUCT/RECIPE

NAME	Corfu graviera
PRODUCT CATEGORY	<i>Cheese</i>
TYPE	<i>Product</i>
ORIGIN	<i>Greece/Corfu</i>

SHORT DESCRIPTION (max 800 characters including spaces)

Graviera' cheese is the second most popular cheese in Greece after 'feta' thanks to its special sweet and slightly salty taste.

It is known for its excellent quality, the traditional way of preparation, its pure ingredients and its pleasant taste. It is characterized by its light yellow color and asymmetrical holes. This cheese has a very pleasant and slightly salty taste, with a rich aroma of pure milk, causing a feeling of well-being and fullness to anyone who tastes it.

The excellent quality and taste of the cheese is based on the traditional breeding of the animals that graze freely in the mountainous and semi-mountainous areas of Corfu, and are bred with the rich in nutrients flora of the island.

It includes high level of calcium. Graviera is without technological or chemical interventions, retains all the nutrients and its special taste.

It is consumed alone, accompanies our food, becomes saganaki, and is included in our toast or salad.

It is produced in local dairy companies.



SHORT PRESENTATION OF THE PRODUCT/RECIPE

NAME	<i>Nouboulo</i>
PRODUCT CATEGORY	<i>Meat (cold cut)</i>
TYPE	<i>Product</i>
ORIGIN	<i>Greece/Corfu</i>

CHARACTERISTICS & SPECIALTIES

"Nouboulo fumicado" (from the Venetian nombolo) is the Corfiot prosciutto, an exclusive cold cut of Corfu or elsewhere the local "king" of cold cuts' specialties.

The Nouboulo Foumikado had first been located in the area of "Oros" (mountain) of Corfu at times when the Corfiots conserved their food by natural means. The Nouboulo Foumikado in all of its forms (atomic, loaf, in slices etc) is one of the most popular products of Corfu. It has roots back to the long period of Venetian Rule which left among other things, a huge legacy of traditional production of cold cuts. Sinarades Village holds tight this long gastronomical tradition, having the most specified nouboulo producer in the whole island. The etymology of the Venetian word "nombolo" has a unique interest. It means "a strand of rope", which is probably a visual simile of a tenderloin used for the production of nouboulo or the intestine that is encased. This nautical term, first appears during the 14th -15th c. and presents similarities with the Greek nautical term -synonymous with the Italian –"empolo" - "εμπολο". The first strand is seen as the axis around which the rest of the rope is twisted.

The Nouboulo is a first quality traditional Corfiot Delicatessen made of a whole piece of pork fillet which is marinated in local wine & seasonings, put inside a natural intestine, slightly smoked by burning of aromatic branches and let it mature naturally until it acquires a delicate flavor.

The Venetian era offered to Corfu the tradition for the production of cold cuts/sausages. Nouboulo is a pork tenderloin (smoked cured pork). Nouboulo (from Venetian nombolo: loin) is a traditional charcuterie product of the Island of Corfu. It is made from whole pork tenderloin, cured with salt and spices and marinated in wine. It is then encased in natural intestine, usually together with a strip of fat, and smoked over a mixture of herbs, including sage, bay laurel, thyme, terebinth and myrtle. It is consumed thinly sliced, usually on fresh bread.

Although it is enjoyed all year round, it is traditionally served as an hors d'oeuvre on Christmas and New Year's days.

It is a unique choice for a buffet where it can be served in thin slices with small breads that contain little or no salt at all. Ideal for a first cold course or as an ingredient inside a light main course. It is also suitable to be accompanied by all types of alcohol extracts, beer & wine. Nouboulo should be cut in very thin slices, to show off their light pink colour, served with soft cheeses and can accompany the two other typically Corfiot deli treats – the exceptional and unusual sykomaïda and kumquat or in summer by slices of cool melon, It is also excellent with strapatsada, eggs scrambled with tomatoes.



SHORT PRESENTATION OF THE PRODUCT/RECIPE

NAME	<i>Honey</i>
PRODUCT CATEGORY	<i>Honey</i>
TYPE	<i>Product</i>
ORIGIN	<i>Greece/Corfu</i>

SHORT DESCRIPTION (max 800 characters including spaces)

A wide variety of bee products from Corfu is offered like honey, organic honey, pollen, Royal Jelly, etc.

As honey is the key component of the Mediterranean diet, bee-keeping in Corfu is flourishing and produces quality bee products that are successfully comparable to similar products worldwide.

Participation in worldwide competitions gave awards to Greek producers from Corfu. Honey was considered as the 'food of the gods' according to the ancient Greeks. Natural product, a shield for the organism.

The honey is available in jams.



SHORT PRESENTATION OF THE PRODUCT/RECIPE

NAME	Corfu butter
PRODUCT CATEGORY	<i>Butter</i>
TYPE	<i>Product</i>
ORIGIN	<i>Greece/Corfu</i>

SHORT DESCRIPTION (*max 800 characters including spaces*)

This butter is produced based on the original recipe and is known for its special and very characteristic taste. The authentic Corfu butter is produced from fresh pasteurized cream of cow's milk. The milk comes from Corfiot animals that are fed exclusively by the rich and unique local flora of, making it the only one in the world for its purity.

It is produced from the dairy companies, without technological or chemical interventions, and retains all its nutrients and vitamins. It is a natural source of vitamins A and D.

It is spreadable and can also be used in cooking and confectionary. The butter is usually used in pies, cakes and sweets as well as in bread.

The butter is produced and packaged in local dairy companies. The most important factor for ensuring the quality of the cheese products is their immediate processing and disposal.



SHORT PRESENTATION OF THE PRODUCT/RECIPE

NAME	Milk
PRODUCT CATEGORY	<i>Milk</i>
TYPE	<i>Product</i>
ORIGIN	<i>Greece/Corfu</i>

SHORT DESCRIPTION (max 800 characters including spaces)

The most important factor for ensuring the quality of our milk, dairy and cheese products is their immediate processing and disposal.

Milk, without technological or chemical interventions, retains all its nutrients and vitamins from mother nature and arrives, in just a few hours, fresh in the refrigerator.

It is ideal for breakfast because it gives you the energy you need to get started. It is our ally against stress. Proven to help against skin aging. It is a rich source of antioxidants. It is our most important ally against osteoporosis.

It can be served as drink as well as used for cakes, creams (rizogalo) etc.

The fresh milk is produced from cow's milk of Corfu, retaining all its vitamins, nutrients, fats and rich taste, suitable for kids.



SHORT PRESENTATION OF THE PRODUCT/RECIPE

NAME	Yogurt
PRODUCT CATEGORY	Yogurt
TYPE	<i>Product</i>
ORIGIN	<i>Greece/Corfu</i>

SHORT DESCRIPTION (*max 800 characters including spaces*)

The traditional cow yogurt from Corfiot cow milk is prepared with the original recipe that gives it the characteristic skin, special texture and irresistible taste.

This milk dessert favors the human body with all its properties and incomparable taste. Distinctive in taste, unique in quality, it is produced in just a few hours from milk milking so that it can be enjoyed fresh, with all the nutrients. Made only with milk and yogurt yeast, it is ideal for those who want to combine a balanced diet with enjoyment.

It can be served alone or as ingredient in cooking and cakes.

The yogurt is produced from cow's milk of Corfu, retaining all its vitamins, nutrients, fats and rich taste, suitable for kids.



SHORT PRESENTATION OF THE PRODUCT/RECIPE

NAME	<i>Koum kouat (marmalade)</i>
PRODUCT CATEGORY	<i>Marmalade</i>
TYPE	<i>Recipe</i>
ORIGIN	<i>Greece/Corfu</i>

SHORT DESCRIPTION (max 800 characters including spaces)

Marmalade (jam) made by the citrus fruit of Corfu, kumkuat. The marmalade may be used in the bread as breakfast.

The ingredients for the preparation of the jam are: sugar, water and chopped, deseeded kumquats.

Other citrus fruits (lemon, pergamont, organge etc) could be used for the preparation of the marmalade following the same recipe.



SHORT PRESENTATION OF THE PRODUCT/RECIPE

NAME	Panada
------	--------

PRODUCT CATEGORY	<i>Bread</i>
------------------	--------------

TYPE	<i>Recipe</i>
------	---------------

ORIGIN	<i>Greece/Corfu</i>
--------	---------------------

SHORT DESCRIPTION (*max 800 characters including spaces*)

Panada derives from the Latin word for bread, panis. Barley bread, sometime stale and fried, with olive oil, onions, tomato paste, oregano, thyme and salt. This was a poor people's snack.

Panada is a sort of bread soup found in some Western European and Southern European cuisines and consisting of stale bread boiled to a pulp in water or other liquids.



SHORT PRESENTATION OF THE PRODUCT/RECIPE

NAME	<i>Putinga</i>
------	----------------

PRODUCT CATEGORY	<i>Sweet</i>
------------------	--------------

TYPE	<i>Recipe</i>
------	---------------

ORIGIN	<i>Greece/Corfu</i>
--------	---------------------

SHORT DESCRIPTION (*max 800 characters including spaces*)

It is a pudding, a sweet influenced by the English. It consists of dry bread and dried fruits and raisins.

It is usually server during Christmas.



SHORT PRESENTATION OF THE PRODUCT/RECIPE

NAME *Banketa*

PRODUCT CATEGORY *Sweet*

TYPE *Recipe*

ORIGIN *Greece/Corfu*

SHORT DESCRIPTION (max 800 characters including spaces)

Marzipan/crushed almond sweet with tangerine peel, dusted with confectioner's sugar.

These bite-sized pastries are the ultimate sweet treat. They're made from a mixture of crushed almonds, tangerine juice and sugar, which is made into a paste and moulded into little balls. Sometimes they're served with melted bitter chocolate in a type of ultra-indulgent fondue.



SHORT PRESENTATION OF THE PRODUCT/RECIPE

NAME *Pandespania*

PRODUCT CATEGORY *Cake*

TYPE *Recipe*

ORIGIN *Greece/Corfu*

SHORT DESCRIPTION (max 800 characters including spaces)

Little cakes originating from Spain (pan de Spagna) brought by Jews fleeing the Spanish Inquisition in 1492. A kind of sponge cake that is both light and fortifying, dusted with confectioner's sugar.



SHORT PRESENTATION OF THE PRODUCT/RECIPE

NAME	<i>Fogatsa</i>
PRODUCT CATEGORY	<i>Sweet bread</i>
TYPE	<i>Recipe</i>
ORIGIN	<i>Greece/Corfu</i>

SHORT DESCRIPTION (*max 800 characters including spaces*)

Fogatsa is a type of bread (similar to Tsoureki).

The fogatsa, contains all the ingredients of the bun such as sugar, flour, milk, butter, eggs and in addition a strong dose of Kum Kwat liqueur and pieces of the sweet Kum Kwat.

It is more compact than the bun and looks like a large loaf of bread.

Fogatsa is a type of bun of Venetian origin. It is made mainly at Easter and is found in all the traditional bakeries of the island and the city.

Fogatsa is a type of bun of Venetian origin which is prepared in Corfu, mainly during the Easter and Lilac period, but also throughout the year in specific confectioneries of Corfu. This traditional tsoureki, like the martyr and the word, is full of influences from the presence of the Venetians on the island. Two cultures have met for many years and offer the most beautiful and special bun that exists.

It is characterized as the Easter bread of Corfu and is a loan of a refined Venetian recipe. Its shape is usually round. A variation of the fogatsa are the columbines that are essentially produced from the same materials and are decorated with a red egg and a feather and have the shape of a braid.

Almost all the ingredients of a simple bun (eggs, milk, sugar, butter, flour, yeast, vanilla, orange zest) are required to make the fogatse, but the difference lies in the fact that extra kumquat is added, as well as the dessert and the spoon. liqueur.

A kind of brioche of Venetian origin, no doubt related to the French fougasse or Italian focaccia.



SHORT PRESENTATION OF THE PRODUCT/RECIPE

NAME	<i>Sikomaida</i>
------	------------------

PRODUCT CATEGORY	<i>Sweet</i>
------------------	--------------

TYPE	<i>Recipe</i>
------	---------------

ORIGIN	<i>Greece/Corfu</i>
--------	---------------------

SHORT DESCRIPTION (*max 800 characters including spaces*)

Literally, fig paste, a sweet in the shape of a hamburger made by kneading dried figs with grape must, ouzo or mastiha, chopped almonds and walnuts, and black pepper and then wrapped in walnut leaves.



SHORT PRESENTATION OF THE PRODUCT/RECIPE

NAME	Kumquat
PRODUCT CATEGORY	<i>Citrus fruit</i>
TYPE	<i>Product</i>
ORIGIN	<i>Greece/Corfu</i>

SHORT DESCRIPTION (max 800 characters including spaces)

The trademark of Corfu. The kumquat is a citrus fruit originating from China, by 1846 in Corfu, where it has been cultivated since the 12th century. Kumquat means 'Golden Orange' in Chinese.

It looks like a small, oval orange, but the kumquat, which originates in Asia, is a member of another species, fortunella. The flesh of a kumquat is quite dry and has a sharp flavour, while the skin is sweeter; the two different flavours complement each other well so that the fruit succeeds in both sweet and savoury dishes. The rind, flesh and pips of kumquats are all edible, though some people prefer to remove the pips.

Kumquat is an oval orange fruit with sweet and slightly acidic taste. The edible fruit closely resembles the orange (*Citrus sinensis*) in color and shape but is much smaller, being approximately the size of a large olive. Kumquat is a fairly cold-hardy citrus. Kumquat came and thrives in Corfu since the British domination. The English name "kumquat" derives from the Cantonese kamkwat ('golden mandarin orange').

Kumquat is a citrus tree, is grown extensively for almost a century in Corfu. The kumquats are a group of small fruit-bearing trees that stand 2.5 to 4.5 meters (8 to 15 ft) tall, with dense branches, sometimes bearing small thorns. The leaves are dark glossy green, and the flowers are white, similar to other citrus flowers, and can be borne singly or clustered within the leaves' axils. Depending on size, the kumquat tree can produce hundreds or even thousands of fruits each year. Production kumquat in Corfu reaches 100 tons per year.

Today, the kumquat, has earned PDO (Protected Designation of Origin) status and is mainly cultivated in Northern Corfu near the village of Nimfes.

The kumquat is usually not eaten raw, but is used for producing fine liqueurs, wonderful jams of marmalades, sweet spoon (a candied preserve that is wonderful in a small spoon), fruit glace, and in sweets (loukoumi with kumquat), or in a generous dollop poured over yogurt, ice cream etc. Kumquat jam is the most widely known but you can also find bergamot, orange, apple, pear, plum, figs and berries jams and marmelades. Generally is exploited in the best way as in baking, cooking and in cosmetics and toiletries. In the local cuisine it may be cooked as fresh with chicken, pork, pasta and wild animals as well grilled in the oven.

Apart from the number of culinary uses, they are also used in beauty products such as cosmetics and toiletries. In Corfu, you can easily find kumquat-based products at most touristic shops.



SHORT PRESENTATION OF THE PRODUCT/RECIPE

NAME	<i>Tzaletia</i>
PRODUCT CATEGORY	<i>Pie</i>
TYPE	<i>Recipe</i>
ORIGIN	<i>Greece/Corfu</i>

SHORT DESCRIPTION (*max 800 characters including spaces*)

Pieces of Fried Flour Dough eaten with sugar or honey or pastry syrup and cinnamon, look like the well-known donuts only that absorb less oil after being fried in a shallow pan. They are made with corn flour dough, but plain flour can also be used. They are flat and wide in shape like a bit of big meatballs.

Its main ingredients are: corn, salt, water, sugar, raisins, orange juice, olive oil.

They are suitable for breakfast.



SHORT PRESENTATION OF THE PRODUCT/RECIPE

NAME	<i>Pasta flora</i>
PRODUCT CATEGORY	<i>Pie</i>
TYPE	<i>Recipe</i>
ORIGIN	<i>Greece/Corfu</i>

SHORT DESCRIPTION (*max 800 characters including spaces*)

The ingredients for its preparation are: butter, sugar, eggs, flour, baking powder, vanilla, salt, koniak and koum kouat marmalade.



SHORT PRESENTATION OF THE PRODUCT/RECIPE

NAME	<i>Naranzasalad</i>
PRODUCT CATEGORY	<i>Fruits</i>
TYPE	<i>Recipe</i>
ORIGIN	<i>Greece/Corfu</i>

SHORT DESCRIPTION (max 800 characters including spaces)

In Italy naranza means orange, and this is why in Corfu they talk about the salad of naranza. It is a sweet offered in Corfu. The ingredients for its preparation are naranza (organs), red pepper, salt, olive oil. This is a very nice recipe for breakfast and for bread.



SHORT PRESENTATION OF THE PRODUCT/RECIPE

NAME	<i>Bolsevikos</i>
PRODUCT CATEGORY	<i>Sweet</i>
TYPE	<i>Recipe</i>
ORIGIN	<i>Greece/Corfu</i>

SHORT DESCRIPTION (max 800 characters including spaces)

Syrupy dessert in the shape of a large melomakarono, a simple but with fanatical sweet dessert, if one likes baklava and syrups in general you will definitely like the same, if not more, the Bolshevik



SHORT PRESENTATION OF THE PRODUCT/RECIPE

NAME	<i>Polenta</i>
PRODUCT CATEGORY	<i>Cream</i>
TYPE	<i>Recipe</i>
ORIGIN	<i>Greece/Corfu</i>

SHORT DESCRIPTION (max 800 characters including spaces)

It is boiled cornflour with water, looks like a cream. It also includes salt, olive oil and pepper.



SHORT PRESENTATION OF THE PRODUCT/RECIPE

NAME	<i>Mantolato</i>
PRODUCT CATEGORY	<i>Sweet</i>
TYPE	<i>Recipe</i>
ORIGIN	<i>Greece/Corfu</i>

SHORT DESCRIPTION (max 800 characters including spaces)

Nougat is a dessert made from tahini, egg white, honey and whole almonds. It is really strong and sticky like 'pasteli'.

c) List of products/recipes already registered on the 'Greek Breakfast'

The 'Greek Breakfast Initiative' includes a list of products and recipes that mainly characterise the local products and recipes from Greece. Those could be: bread, rusks, olive oil and olives, yogurt, honey and fresh fruits.

The products from Corfu already registered in the 'Greek Breakfast Initiative' are the following:

Kum kouat fruit (PGI)
Noumboulo
Poutinga
Fogatsa
Pie with noumboulo
Kum quat sweet spoon
Orange pie
Pancakes
Yoghurt pie
Sikomaida

d) Recommendations on the products and recipes proposed to be included in the Greek Traditional breakfast and CBTB breakfast

Adding to the above, within the framework of the project the products and recipes that would be proposed to be added in the list of the registered products and recipes in the 'Greek Breakfast Initiative' are the following:

Olive oil
Corfu' cheese
Honey
Corfu butter
Sikomaida
Tzaletia
Bolsevikos

Moreover, regarding the selection of those traditional & local products that are usually used for breakfast and traditional recipes that are usually served for breakfast in Corfu to be included in the CBTB breakfast the following criteria were used:

COMMON: The traditional & local products & recipes were common for the whole cross-border area

UNIQUE: It is highly recommended to promote products that are unique in the cross-border area, are not produced anywhere else

ORIGIN: The product should be produced/cultivated in Corfu and the recipes mainly include as ingredients the local products

SAMPLE: It is highly recommended that a sample of products could be able to be available to the public via festivals, events, WSs and other cross-border events taken place in the project

PRODUCTION: The product selected should have a good production capacity and are still produced till today.

STILL UNKNOWN: Priority could be given to products/recipes that are not already included in the National Breakfasts and other initiatives.

Following the above mentioned criteria and methodology, the following products and recipes are proposed to be added in the 'CBTB Breakfast.

No.	NAME	Product category*	Type**	Origin
1	Olive oil	Olive oil	Product	Greece/Corfu
2	Corfu' cheese	Cheese (dairy product)	Product	Greece/Corfu
3	Salado	Cold cut	Product	Greece/Corfu
4	Corfu graviera	Cheese	Product	Greece/Corfu
5	Noumboulo	Cold cut	Product	Greece/Corfu
6	Honey	Honey	Product	Greece/Corfu
7	Corfu butter	Butter (dairy product)	Product	Greece/Corfu
8	Milk	Milk (dairy product)	Product	Greece/Corfu
9	Yogurt	Yogurt (dairy product)	Product	Greece/Corfu
10	Koum kouat (marmalade)	Marmalade	Recipe	Greece/Corfu
11	Poutinga (Apple pudding)	Cake	Recipe	Greece/Corfu
12	Pantespani	Sweet	Recipe	Greece/Corfu
13	Fogatsa	Sweet	Recipe	Greece/Corfu
14	Sikomaida	Sweet	Recipe	Greece/Corfu
15	Tzaletia	Pie	Recipe	Greece/Corfu
16	Pasta flora	Sweet	Recipe	Greece/Corfu
17	Naranzasalad	Salad	Recipe	Greece/Corfu

E. CONCLUSIONS

Under the framework of the CBTB project, the elaboration of a study is foreseen including an analytical list of the traditional and local products and recipes that are used for breakfast or are served for breakfast in the cross-border area as well as the analysis and proposition of those selected to be promoted via the CBTB breakfast.

The Chamber of Corfu in the context of the activity is responsible for the elaboration of a Report with the analytical list of the traditional and local products and recipes that are usually used or served for breakfast in Corfu and the identification of those that are common for Corfu and other areas of the c/b area and could define the CBTB Breakfast.

The current Report **D.3.2.2 Definition of CBTB** (Corfu) is a Regional Report including the identification of the traditional and local products and recipes that are usually used or served for breakfast in Corfu.

Specifically, the main outputs of the Report are the following:

- Corfu breakfast is combines the influences from Venetians, Byzantines and French rules with its unique history, gastronomy and agricultural production including: **olive oil, the kumquat recipes, dairy products** ('butter of Corfu' , 'graviera' cheese, 'Corfu' cheese, milk, yogurt), **cold cuts** ('Noumboulo' and 'Salado') as well as other products such as **honey and sweets** ('mantolato', 'sikomaida', 'fogatsa', 'tzaletia') as well as **bread**.
- A total of **23 traditional and local products and recipes that are used for breakfast or are served for breakfast from Corfu** have been identified
- Half of them are common with the Albanian territories (dairy products, honey, pie, citrus fruit).
- 'Tsitsibira', 'corfu cheese' , 'kumquat', 'naranja salad' are produced only in Corfu, while other products/recipes such as Noumboulo, Salado, graviera cheese, fogatsa etc. have influences from Italy