

**'Traditional Breakfast of the C/B area: Branding Scheme and Mobile Application for the preservation and promotion of common traditional gastronomy' -"CBTB"**

Deliverable 3.2 Definition of Traditional Breakfast of the cross-border area (CBTB) – Joint Report



### Project Details:

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

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Responsible Partner: **Chamber of Corfu**

Involved Partners: **Chamber of Corfu, Chamber of Grevena, Chamber of Commerce and Industry of Vlora, National Coastal Agency, ECO-Partners for Sustainable Development.**

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## A. INTRODUCTION

Under the framework of the Action " Definition of CBTB" of the WP<sub>3</sub> (CBTB Branding Scheme) of the CBTB project, the elaboration of studies was foreseen including an analytical list of the common traditional and local products that are usually used for breakfast and traditional recipes (like pies, special soups and cakes) that are usually served for breakfast in the c/b area. Each project partner collected the respective information identifying the traditional and local products that are usually used for breakfast and traditional recipes that are usually served for breakfast in its territory and then the Chamber of Corfu elaborated 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. These studies were further connected to the "Greek Breakfast Initiative" and any other similar initiative or project that was implemented in Albania.

The current deliverable '**Definition of Traditional Breakfast of the Cross-Border area (CBTB)**' was prepared by the Chamber of Corfu with input received by the project partners Chamber of Grevena, the Chamber of Commerce and Industry of Vlora, the National Coastal Agency, and the ECO-Partners for Sustainable Development. Specifically, the current deliverable is based on the data collected under the partner deliverables 3.1.1, 3.1.2, 3.2.1, 3.2.2, 3.5.1, 3.5.2 from the respective partners Chamber of Grevena, Chamber of Corfu and ECO-Partners.

All the partners under the current deliverable, worked together in order to identify the traditional & local products that are usually used for breakfast, traditional recipes that are usually served for breakfast in their territory. Then, the Chamber of Corfu, collected and consolidated the information and data received by the partners and elaborated in collaboration of the project partners the current final deliverable.

Specifically, the current deliverable includes the analytical list and description of the traditional and local products and recipes that are used for breakfast or are served for breakfast in the cross-border area of CBTB project (**Corfu – Greece, Grevena – Greece, Vlore – Albania, Gjirokaster – Albania**) as well as the selection of those that better characterize the c/b area and could be better promoted in the local tourism outlets in the c/b area under the **CBTB** traditional breakfast.

**The objectives** of the current deliverable is a) the identification of all the common traditional & local products that are usually used for breakfast, traditional recipes (like pies, special soups and cakes) that are usually served for breakfast in the c/b area and b) the definition of the CBTB Breakfast. Specifically, the Report includes the following:

- The methodology followed for the elaboration of the deliverable
- Mapping of the gastronomy structure, cuisine and breakfast of the c/b area.
- Identification and mapping of the traditional & local products that are usually used for breakfast and traditional recipes that are usually served for breakfast in the c/b area – List and description
- Identification of the products and recipes that are already registered in the 'Greek Breakfast Initiative' & other Albanian initiatives
- Selection and identification of those that could be better promoted in the c/b local tourism outlets under the CBTB cross-border traditional breakfast, and definition of the CBTB breakfast
- Connection with the 'Greek Breakfast Initiative' and other relevant initiative in Albania/ cross-border area

## B. METHODOLOGY

This section presents a methodological approach for **defining the Traditional Breakfast in the cross-border area** (in other words the CBTB Breakfast) and includes all the actions necessary taken by the project partners for the **identification of all the common traditional & local products that are usually used for breakfast and traditional recipes that are usually served for breakfast and for the selection of those that could be better promoted in the local tourism outlets under the CBTB cross-border traditional breakfast. This activity will be connected and will enrich the "Greek Breakfast Initiative" and any other similar initiative or project that was implemented in Albania.**

In order to achieve this, the methodological approach proposed by the Chamber of Corfu and followed under the current deliverable, includes 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 (on partner & c/b level)
2. Analysis and description of the products and recipes identified (on partner & c/b level)
3. Identification of the products and recipes that are already registered in the 'Greek Breakfast Initiative' and any other similar initiative or project that is implemented in Albania (on partner level)
4. Conduction of a report (1 report per partner) including the previous steps (on partner level - Dels.3.1.1, 3.2.1, 3.5.1 and Dels.3.1.2, 3.2.2, 3.5.2)
5. Selection of those that better characterize the cross-border area and could be better promoted in the local tourism outlets under the CBTB cross-border traditional breakfast
6. Consolidation of the reports and definition of CBTB cross-border traditional breakfast

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 (on partner & c/b level)**

This step includes the necessary actions taken by each project partner 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 order to achieve this, initially each partner implemented a **desktop research** for the collection of the necessary data. In particular, the research included 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 were studies, reports, statistics and other documents as well as other sites (Greek breakfast initiative, Albania initiatives) 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 also used during this step.

The **thematic areas** covered by the research are 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" (for Greek partners)
- Other similar initiatives or projects implemented in Albania (from Albanian partners)
- Other best practices of relevant initiatives/projects in the cross-border area and EU

Following the research, each partner filled and prepared a list of the traditional and local products and recipes identified. The identification of the products and recipes took place as follows:

\*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 (on partner & c/b level)**

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

### **Step 3: Identification of the products and recipes that are already registered in the 'Greek Breakfast Initiative' and any other similar initiative or project that is implemented in Albania (on partner level)**

This step includes the necessary actions taken by each project partner for the identification of the products and recipes that are **already registered in the 'Greek Breakfast Initiative' and/or any other similar initiative or project that is implemented in Albania accordingly.**

In order to achieve this, initially each partner 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' and any other similar initiative or project that is implemented in Albania. Special focus, should be given to the sites of the Greek Breakfast Initiative' and/or any other similar initiative or project that is implemented in Albania.

Following the research, each partner filled and prepared a list of the traditional and local products and recipes already registered or/not in the above mentioned initiatives.

#### **Step 4: Conduction of a report (1 report per partner) including the previous steps (on partner level)**

All partners 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 (step 1-step 3).

The reports analyzed and presented 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.

#### **Step 5: Selection of those that better characterize the cross-border area and could be better promoted in the local tourism outlets under the CBTB cross-border traditional breakfast**

For the section of those common 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 previously defined.

Among others, some indicative **criteria** used were 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 the project cross-border area and the recipe mainly include as ingredients the local cross-border 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.

The criteria were commonly defined by the Lead Partner and Chamber of Corfu and the input received by the project partners.

#### **Step 6: Consolidation of the reports and definition of CBTB cross-border traditional breakfast**

The reports were then given to the Chamber of Corfu who worked out the **consolidation and synthesis** of the available information and data collected by the partners under partner reports (step 4).

The aim of this step was the **definition of CBTB including:** Consolidation of the reports, identification of the common traditional & local products that are usually used for breakfast and traditional recipes that are usually served for breakfast on the cross-border area and selection of those that better

characterize the cross-border area and could be better promoted in the local tourism outlets in the project area under the CBTB cross-border traditional breakfast.

After collecting all the reports, the Chamber of Corfu elaborated a **joint consolidated Report (the current report)**.



## C. THE FRAMEWORK OF CBTB PROJECT

### a) Background

The partnership of CBTB project has been involved in the last years in projects aiming to enhance **sustainable development mainly in the general field of entrepreneurship and tourism**. In this effort, they have identified the need for the development of tourism, not only at entrepreneurial level, but also in terms of the preservation of local products and traditions. Based on the fact that there is a recent trend in the cross-border area to **preserve and promote local cultural heritage**, the partners responded to the challenge of combining this trend with the wider efforts for sustainable tourism development, through mapping and promotion of traditional gastronomy. Furthermore, stakeholders in the tourism industry have already acknowledge the fact that **tourists are becoming more sophisticated and they seek a holistic experience including discovering cultural and gastronomical secrets** instead of the conventional sea - sun pattern. Thus the need for upgrading tourism product towards that direction is common in both sides of the borders.

**Sustainable tourism** development is a major issue as part of most European, regional and national policies of Greece and Albania. In the framework of "Europe 2020 Strategy" tourism development is characterized as key sector for all cross-border productive systems. Despite the applied measures, the cross-border area lacks a holistic management and promotion plan for the development of mild tourist products, hence the main tourist product remains the "sea-sun" concept. The CBTB project aims, thus, to provide a holistic management and promotion toolkit for the attraction of quality tourism in the area and the support of local economy.

**The CBTB project focuses on the local traditional gastronomy, as a significant element of the cultural heritage, common in the c/b area.** Breakfast is be the focal point of the project for numerous reasons:

- Hotels are the cornerstone of the tourism sector and breakfast is a meal that almost all hotels provide. In addition, other tourism enterprises (restaurants, coffee – bars) occasionally serve breakfast, hence they could also apply the brand.
- Breakfast gives travellers the first taste of the gastronomic culture of each place or area.
- Breakfast was also chosen because it capitalizes an initiative of the Greek Tourism Organization ("Greek Breakfast"), which – in the case of CBTB project – will be applied in the cross-border area as a unified area and will be enriched with products from both countries.

**Main objective of the project is to develop a cross-border gastronomic tradition including a number of products and recipes, jointly selected by the partnership in that way to the area as one destination.**

## b) Description of CBTB project

The project acronym CBTB represents the title of the project '**Traditional Breakfast of the C/B area: Branding Scheme and Mobile Application for the preservation and promotion of common traditional gastronomy**'. The project is funded under the Programme IPA II CBC Interreg 'Greece – Italy'.

The consortium of the project is consisted of the Chamber of Grevena (Lead partner) (Greece), the Chamber of Corfu (Greece), the Chamber of Commerce and Industry of Vlora (Albania), the National Coastal Agency (Albania), and the ECO-Partners for Sustainable Development (Albania). The project partners having being involved in the last years in projects aiming to enhance sustainable development mainly in the general field of entrepreneurship and tourism identified the need for the development of tourism, not only at entrepreneurial level, but also in terms of the preservation of the local cultural heritage (the local products, traditions and gastronomy).

**The local traditional gastronomy of the cross-border area has its own special character** and could be developed as a tourism product and promoted as such. Local/ traditional gastronomy can be combined in a very strong promotional advantage that will enhance the attractiveness of a rough cross-border area and will develop a new targeted destination. Expected change: New approach to tourism development with respect to common culture and traditions.

The overall objective of the CBTB project is contributing to:

- Preservation and promotion of cross-border traditional gastronomy
- Development of a new integrated sustainable tourism product for the promotion of the cross-border area as a tourist destination.

**One of the main outputs of the project is the development of a common brand for the tourism enterprises (mainly hotels, but also others serving breakfast as well) that will wish to apply the “Cross-border Traditional Breakfast – CBTB Breakfast”.** The hotels of the c/b area will benefit directly by the project, while the local actors (regional authorities, municipalities, local associations) and the rest of the tourist enterprises (restaurants, tourism agencies) will have a holistic promotional tool for the destination management of the area. Under the current deliverable, this CBTB Breakfast will be defined.

## c) The c/b breakfast as a mean for sustainable tourism

Sustainable tourism development is a major issue as part of most EU, regional and national policies of Greece and Albania. In the framework of “Europe 2020 Strategy” tourism development is characterized as key sector for all cross-border productive systems.

Corfu and Gjirokastra, included in the UNESCO World Heritage List, as well as Vlore and Grevena are some of the most popular areas for tourism in Greece and Albania. Corfu and Vlore have been considered significant location for tourists with a large number of museums, parks, castles and other attractions as well as with significant number of farms involved in agricultural and livestock production. Moreover, they offer a significant number of Hotels and accommodation units. Rural tourism and agritourism seems to be less developed, despite the great potential available. Creating

sustainable agritourism that combines staying on the farm with enjoying the beaches of beautiful and offering a unique experience to tourists visiting the areas would make it possible tourism in these areas to take place throughout the year and not only during the high season.

The CBTB project focuses on the local traditional gastronomy of these above mentioned targeted territories, as a significant element of the cultural heritage.

## d) Traditional products

Regards to traditional agri-food products, European Union recognizes the existence of the so-called Guaranteed Traditional Specific Products (Commission of the European Communities, 2006) which does not protect the place of origin but the composition of the product, which asks from the certified producers to comply with certain specifications. In this category, there is a clear reference to the concept of word tradition. More recently, following the Regulation 1151/2012 (European Union, 2012) in order a product be considered as traditional must be produced for a significant period of time which is defined in 30 years.

Other sources define traditional foods and products as:

- representations of a group belonging to a defined area and forming part of a culture that implies the cooperation of individuals in that area
- foods which have a specific characteristic or characteristics which distinguish them from other similar foods either on the basis of their ingredients, or their composition, or the way they are produced / processed

Furthermore, a local product is considered something that:

- is produced locally or regionally,
- contributes to the local or regional rural development strategy,
- is sold to consumers through the smallest, most rational and efficient network possible, without the mediation of actors other than the producer or the a)local producer, b)association, c) the body or cooperative responsible for matching supply and demand, d) the consumer.
- may be sold at local retail stores or at a flea market under a local contract, but not at a central retail store if it bears the local foodstuff mark,
- is addressed to consumers based on one or more specific characteristics such as taste, freshness, high quality, cultural character, local tradition, local product, animal welfare, environmental dimension, health dimension, or the aspect of sustainable consumption,
- is sold as close as possible and in a rational and efficient manner. The distance varies depending on the product, the area and the conditions, but it raises the key question of whether the point of sale is closest to the consumer (with a deviation of 1 to 50 km),
- is connected to a local food system.

## e) Breakfast

Breakfast is considered as the main meal of vacations as is a great source of energy and includes high nutritional value. The quality of the local products, along with their tradition and experiential character, account for Greek's and Albanian's breakfast's special features.

Breakfast in Greece and Albania may vary from place to place. But raw materials are selected by the producers while of high quality products and of high nutritional value products and traditional dishes compose the local gastronomic culture and the special physiognomy of each area.

Traditionally in the morning, tourists and residents in Greece and Albania consume large amounts of animal fats, eggs, pies, cheese, butter, bread and milk.

Generally, the Greek - Albania breakfast main 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, omelettes)
- 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 (for Greece)

## D. IDENTIFYING THE TRADITIONAL & LOCAL PRODUCTS & RECIPES SERVED FOR BREAKFAST IN THE C/B AREA

### a) General overview

After the desktop research implemented by the project partners of CBTB project, a total of **58 traditional and local products that are usually used for breakfast and traditional recipes that are usually served for breakfast were identified in the cross-border area.**

In more details, for **Corfu**, a total number of **23** traditional and local products that are usually used for breakfast and traditional recipes that are usually served for breakfast were identified in Corfu. Those can be classified in the following categories: **Olive oil, dairy products (cheese, butter, milk, yogurt), cold cut, honey, marmalade, bread, cake, sweet, citrus fruit, pie and fruit salad.** Those products, we can say that characterize the Corfu area and tradition.

For **Vlora and Gjirokastra**, a total number of **13** traditional and local products that are usually used for breakfast and traditional recipes that are usually served for breakfast were identified in Vlora and Gjirokastra. Those can be classified in the following categories: Sweet Cake, Mountain herb for Tea, Dairy product (Caw Yogurt drink, Sheep Yogurt, cheese), Pie, honey, Soup. Those products, we can say that characterize the Vlora and Gjirokastra area and tradition.

For **Grevena**, a total number of **22** traditional and local products that are usually used for breakfast and traditional recipes that are usually served for breakfast were identified in Grevena. Those can be classified in the following categories: dairy products (Cheese, Yogurt), Bread, Mushrooms, Honey, Herbs, Pie, Soup, Sweet, Omelette. Those products, we can say that characterize the Vlora and Grevena area and tradition.

b) List of the local and traditional products and recipes usually used for breakfast in the c/b area

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
24	Revani	Sweet Cake	Recipe	Albania/Vlora
25	Manxurane	Mountain herb for Tea	Product	Albania/Gjirokastra
26	Mountain Tea	Mountain herb for Tea	Product	Albania/Vlora Gjirokastra
27	Karkanaqe	Sweet Cake	Recipe	Albania/Gjirokastra
28	Dhalle / Buttermilk	Caw Yogurt drink (dairy product)	Product	Albania/Vlora Gjirokastra
29	Sheep yoghurt with honey and nuts Llogora	Sheep Yogurt (dairy product)	Recipe	Albania/Vlora
30	Harapash/memelige	Pie	Recipe	Albania/Vlora, Gjirokastra
31	Byrek	Pie	Recipe	Albania/Vlora, Gjirokastra
32	Mjalti shumelulesh Lunxheria/ Lunxheria Honey	Honey	Product	Albania/Gjirokastra
33	Petulla, Kila, Kulece, Pite (donuts)	Pie	Recipe	Albania/Vlora Gjirokastra
34	Trahana	Pie	Recipe	Albania/Vlora Gjirokastra
35	Paçe	Soup	Recipe	Albania/Gjirokastra

36	Cottage cheese from Tragjas Vlora	Cheese (dairy product)	Product	Albania/Vlora, Gjirokaster
37	Feta PDO	Cheese (dairy product)	Product	Greece/Grevena
38	Kaseri PDO	Cheese (dairy product)	Product	Greece/Grevena
39	Manouri PDO	Cheese (dairy product)	Product	Greece/Grevena
40	Anevato PDO	Cheese (dairy product)	Product	Greece/Grevena
41	Batzos PDO	Cheese (dairy product)	Product	Greece/Grevena
42	Kefalograviera PDO	Cheese (dairy product)	Product	Greece/Grevena
43	Bread	Bread	Recipe	Greece/Grevena
44	Mushrooms	Mushrooms	Product	Greece/Grevena
45	Honey	Honey	Product	Greece/Grevena
46	Herbs	Herbs	Product	Greece/Grevena
47	Yogurt	Yogurt (dairy product)	Product	Greece/Grevena
48	Mushroom pie with leek	Pie	Recipe	Greece/Grevena
49	Pie with Mushroom	Pie	Recipe	Greece/Grevena
50	Soup with mushrooms	Soup	Recipe	Greece/Grevena
51	Trahanas with mushrooms	Soup	Recipe	Greece/Grevena
52	Petoura	Sweet	Recipe	Greece/Grevena
53	Petoura with tomatoes, onions and butter	Pie	Recipe	Greece/Grevena
54	Pie with anevato cheese or feta PDO	Pie	Recipe	Greece/Grevena
55	Omelet with Bantzo PDO	Omelette	Recipe	Greece/Grevena
56	Laggites	Sweet	Recipe	Greece/Grevena
57	Batzina	Pie	Recipe	Greece/Grevena
58	Pie with greens	Pie	Recipe	Greece/Grevena

\*Product categories: 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: Product, Recipe

\*\*\*Origin: Greece/Corfu, Greece/Grevena, Albania/Vlora, Albania/Gjirokastra

c) Brief description of the local and traditional products and recipes usually used for breakfast in the c/b area

i. Corfu, Greece



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  $\Omega_3$  and  $\Omega_6$  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 fomicado" (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 Fomicado 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 Fomicado 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*

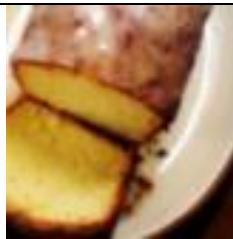
TYPE *Recipe*

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 bun (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>
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PRODUCT CATEGORY	<i>Sweet</i>
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TYPE	<i>Recipe</i>
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ORIGIN	<i>Greece/Corfu</i>
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#### 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 12<sup>th</sup> 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'.

## ii. Vlore and Gjirokastra, Albania



### SHORT PRESENTATION OF THE PRODUCT/RECIPE

NAME	<i>Revani</i>
PRODUCT CATEGORY	Cake
TYPE	Recipe
ORIGIN	Albania/Vlora (in every restaurant of agritourism unit in Llogora)

### SHORT DESCRIPTION (*max 800 characters including spaces*)

Revani is one of the oldest and well known sweet cake in Albania. In different regions it is cooked differently but in Vlora it can be tasted always, so that is the reason we choose the recipe of Vlora Region.



**SHORT PRESENTATION OF THE PRODUCT/RECIPE**

NAME	<i>Manxurane</i>
PRODUCT CATEGORY	Mountain herb for tea
TYPE	Product
ORIGIN	Albania/Gjirokastra

SHORT DESCRIPTION (max 800 characters including spaces)

SHORT DESCRIPTION (max 800 characters including spaces)

Every old gjirokastrian house cultivate this plant. If you go to old traditional houses, you can see this plant in balconies, or amid different flowers in the yard. The most unique thing is for what is used this herb. In this case, gjirokastrian are adding it to the home-made coffee. There is a special way to prepare coffee in their tradition. They have a special stone, with a hole, and there they put some coffee beans and smash up them with a big rock or a stone tool. With the coffee beans they put some leaves of manxurana to have a better and special taste. And they know what they do. The taste is just amazing and very aromatic. When they serve this coffee to you with in a small cup, they put some leaves of manxurana too, behind it. It is good to see the herb that you also have inside the coffee. There are many songs about this tradition. In the songs, gjirokastrians appraise the housewives who serve you this kind of coffee with manxurana. They also called beautiful girls manxurana, or compare aromatic things with manxurana



#### SHORT PRESENTATION OF THE PRODUCT/RECIPE

NAME	<i>Mountain Tea</i>
PRODUCT CATEGORY	Mountain herb for tea
TYPE	Product
ORIGIN	Albania/Vlora (Dukat),Gjirokastra (Cajup Mountain)

#### SHORT DESCRIPTION (max 800 characters including spaces)

Mountain Tea: Çaj Mali, also known as Albanian mountain tea and Sideritis Raeseri, is a wild-growing herb that has been used as a healthy, caffeine-free tea for centuries, is a delicately sweet tea that grows along Albania's Mediterranean coastline at an altitude of 1800m. Traditionally used as a remedy for colds and other health issues, this delicious herbal tea is rich in iron and antioxidants.



#### SHORT PRESENTATION OF THE PRODUCT/RECIPE

NAME	<i>Karkanaqe</i>
PRODUCT CATEGORY	Sweet
TYPE	Recipe
ORIGIN	Albania/Gjirokaster

#### SHORT DESCRIPTION (max 800 characters including spaces)

Karkanaqe have always been used as Sunday cakes in Gjirokastra where children took crumbly biscuits in their hands and ran through the stone alleys playing.  
You can accompany your morning coffee or a glass of milk or tea on the veranda of your home.



**SHORT PRESENTATION OF THE PRODUCT/RECIPE**

NAME	<i>Dhalle / Buttermilk</i>
PRODUCT CATEGORY	
TYPE	Diary product from milk
ORIGIN	Product

**SHORT DESCRIPTION** (*max 800 characters including spaces*)

**Buttermilk (dhalle):** is a traditional and healthy yogurt-based drink in Albania made by blending yogurt with water or milk and spices. It is especially popular during the summer month and it may be served with salt, according to taste.



**SHORT PRESENTATION OF THE PRODUCT/RECIPE**

NAME	<i>Sheep yoghurt with honey and nuts Llogora</i>
PRODUCT CATEGORY	Diary product: sheep yogurt
TYPE	Recipe
ORIGIN	Albania/Vlora (every restaurant and agritourism in Llogora)

**SHORT DESCRIPTION** (*max 800 characters including spaces*)

This recipe is very popular in the Llogora area. It is not difficult at all and the uniqueness lies in the sour cream. It should be homemade yogurt, greasy and thick. The yogurt is prepared by the restaurants or agritourism units using the milk from local farmers. The honey used is in general This honey is collected in the forests of the slopes of Llogara, but also further, from Palas to Borsh.

The vegetation of the area, the great richness of flowers and aromas, combined with the marine and mountain climate, make this honey very popular all over the country.



#### SHORT PRESENTATION OF THE PRODUCT/RECIPE

NAME	<i>Harapash/memelige</i>
PRODUCT CATEGORY	Pie
TYPE	Recipe
ORIGIN	Albania/Vlora (All restaurant and agritourism units in Llogora),

#### SHORT DESCRIPTION *(max 800 characters including spaces)*

Harapash is known as a specialty of all Albanian territories but mainly of southern Albania. His recipe has been cooked for centuries especially during the cold months as it was served in warm family, just out of the oven



#### SHORT PRESENTATION OF THE PRODUCT/RECIPE

NAME	<i>Byrek</i>
PRODUCT CATEGORY	Pie
TYPE	Recipe
ORIGIN	Albania/Vlora, Gjirokastra

#### SHORT DESCRIPTION *(max 800 characters including spaces)*

Among the mastery of recipes in Albanian cuisine, undoubtedly the unique tradition of pie and cabbage is the most attractive taste not only for Albanians but mostly for foreign tourists. Pies can be prepared with a variety of products, with cheese and milk, with onions and tomatoes, with spinach or leeks but the wild cabbage pie is the most wonderful of all. It has not only a unique taste, but also high nutritional values that come from the wild cabbage with which it is prepared.



**SHORT PRESENTATION OF THE PRODUCT/RECIPE**

NAME	<i>Mjalti shumelulesh Lunxheria/ Lunxheria Honey</i>
PRODUCT CATEGORY	Honey
TYPE	Product
ORIGIN	Albania/Gjirokastra (lunxheri)

**SHORT DESCRIPTION** (*max 800 characters including spaces*)

Mjalti shumelulesh Lunxheria is an organic certified honey, collected by the flowers of the Lunxheria Mountain near Gjirokastra.

Honey of Himara

This honey is collected in the forests of the slopes of Llogara, but also further, from Palas to Borsh.

The vegetation of the area, the great richness of flowers and aromas, combined with the marine and mountain climate, make this honey very popular all over the country.

Gjirokastra Mountains Honey

The mountain pastures of the Gjirokastra region are a good natural base that provides a honey with healthy values.

The honey of the mountains and ranges of Gjirokastra covers the needs of the surrounding population and reaches the markets of the main cities.



#### SHORT PRESENTATION OF THE PRODUCT/RECIPE

NAME	<i>Petulla, Kila, Kulece, Pite (donuts)</i>
PRODUCT CATEGORY	Pie
TYPE	Recipe
ORIGIN	Albania/Vlora, Gjirokastra

#### SHORT DESCRIPTION (max 800 characters including spaces)

**Petulla** is a traditional fried dough made from wheat or buckwheat flour, which is as well a popular dish among the Albanians and served with powdered sugar, feta cheese, raspberry jam but mostly with honey.



#### SHORT PRESENTATION OF THE PRODUCT/RECIPE

NAME	<i>Trahana</i>
PRODUCT CATEGORY	Pie
TYPE	Recipe
ORIGIN	Albania/Vlora (Homemade), Gjirokastra (Homemade)

#### SHORT DESCRIPTION (max 800 characters including spaces)

**Trahana:** In [Albania](#) it is made with wheat flour and yoghurt into small pasta-like chunks which are dried and crushed; the powder is used to cook a soup which is served with bread cubes.





#### SHORT PRESENTATION OF THE PRODUCT/RECIPE

NAME	<i>Paçe</i>
PRODUCT CATEGORY	Soup
TYPE	Recipe
ORIGIN	Gjirokastra (same as indicated in the list of the step 1)

#### SHORT DESCRIPTION (*max 800 characters including spaces*)

Paçe of Gjirokastra, as a very popular dish is the first cooking dish based on traditional specialties. It can be consumed early in the morning.



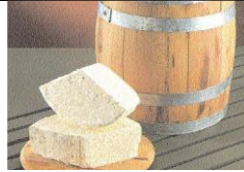
#### SHORT PRESENTATION OF THE PRODUCT/RECIPE

NAME	<i>Cottage cheese from Tragjas Vlora</i>
PRODUCT CATEGORY	Diary product: Cheese
TYPE	Product
ORIGIN	Albania/Vlora (Tragjas), Gjirokaster( Libohove)

#### SHORT DESCRIPTION (*max 800 characters including spaces*)

Cottage cheese is a fantastic breakfast food. It has a high level of protein which increases metabolism, gives you the feeling of being full and thus helps you with weight.

### iii. Grevena, Greece

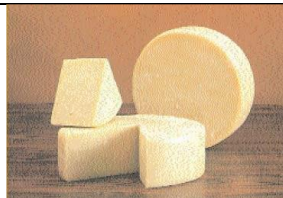


#### SHORT PRESENTATION OF THE PRODUCT/RECIPE

NAME	<i>Feta PDO</i>
PRODUCT CATEGORY	Cheese (dairy product)
TYPE	<i>Product</i>
ORIGIN	<i>Greece/Grevena</i>

#### SHORT DESCRIPTION (*max 800 characters including spaces*)

Feta PDO is the white cheese that is traditionally produced in Greece and specifically throughout the mainland of Greece and in the prefecture of Lesvos, from sheep's milk or a mixture of it with goat's milk. The name Feta dates from the time of Venetian rule in Greece, in the 17th century and probably derives its etymological origin from the Latin word fette. The name Feta was finally imposed in the 19th century.



#### SHORT PRESENTATION OF THE PRODUCT/RECIPE

NAME	<i>Kseri PDO</i>
PRODUCT CATEGORY	<i>Cheese</i>
TYPE	<i>Product</i>
ORIGIN	<i>Greece/Grevena</i>

#### SHORT DESCRIPTION (*max 800 characters including spaces*)

Kseri PDO is the semi-hard cheese that is traditionally produced in Greece and specifically in Macedonia, Thessaly and the regions of Lesvos and Xanthi from sheep's milk or a mixture with goat which can not exceed 20% by weight. Kseri is one of the most popular cheeses in the country with a history of many decades and shows a high per capita consumption. It was spread in the Greek market between the years 1885-1890, first in Thessaly under the name "kaskavali", which was gradually replaced by the name Kseri.



**SHORT PRESENTATION OF THE PRODUCT/RECIPE**

NAME	<i>Manouri PDO</i>
PRODUCT CATEGORY	<i>Cheese</i>
TYPE	<i>Product</i>
ORIGIN	<i>Greece/Grevena</i>

**SHORT DESCRIPTION (max 800 characters including spaces)**

Manouri PDO is the whey cheese traditionally produced in Greece and specifically in Thessaly, Central and Western Macedonia from sheep's or goat's milk whey or mixtures these. Cheese is well known for its excellent organoleptic characteristics. It is a fine table whey cheese produced at least from the last century.



**SHORT PRESENTATION OF THE PRODUCT/RECIPE**

NAME	<i>Anevato PDO</i>
PRODUCT CATEGORY	<i>Cheese</i>
TYPE	<i>Product</i>
ORIGIN	<i>Greece/Grevena</i>

**SHORT DESCRIPTION (max 800 characters including spaces)**

Anevato PDO is the cheese that is traditionally produced in the Prefecture of Grevena and in the province of Voio of the Prefecture of Kozani from sheep's milk, goat's milk or mixtures of these.

Large flocks of sheep and goats were raised in the mountains. In the morning the shepherds milked the animals, collected the milk in cauldrons and added a small amount of rennet. In the evening, after grazing the animals, the milk had thickened and the cheese had risen and stood out from the whey. For this reason it was named Anevato. Once a week shepherds would go down to the villages to stock up on food and promote the Rider in the market (Ministry of Rural Development and Food, 2006).

Anevato PDO is produced in the Regional Unit of Grevena and in the Province of Voio of the Regional Unit of Kozani (area 3,306 square kilometers).

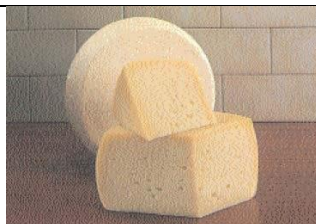


**SHORT PRESENTATION OF THE PRODUCT/RECIPE**

NAME	<i>Batzos PDO</i>
PRODUCT CATEGORY	<i>Cheese</i>
TYPE	<i>Product</i>
ORIGIN	<i>Greece/Grevena</i>

**SHORT DESCRIPTION (max 800 characters including spaces)**

Batzos PDO is the cheese traditionally produced in the regions of Western and Central Macedonia from sheep's milk, goat's milk, or mixtures thereof. Batzos was created and developed in our country where it is continuously prepared for many decades. Since 1952, the technology of its preparation has been described in detail: The milk used is usually goat's milk, raw or mixed with sheep's milk not more than 30% if Manurion is to be prepared.



**SHORT PRESENTATION OF THE PRODUCT/RECIPE**

NAME	<i>Kefalograviera PDO</i>
PRODUCT CATEGORY	<i>Cheese</i>
TYPE	<i>Product</i>
ORIGIN	<i>Greece/Grevena</i>

**SHORT DESCRIPTION (max 800 characters including spaces)**

Kefalograviera PDO is the cheese traditionally produced in the regions of Western Macedonia, Epirus and the regions of Evritania and Etoloakarnania from sheep's milk, or a mixture of it with goat at most 10% by weight. Kefalograviera is a widespread cheese. It was prepared for the first time by the dairy industry Dodoni SA in Epirus. Later it became popular and its production was extended to other areas of mainland Greece (Ministry of Rural Development and Food, 2006).



#### SHORT PRESENTATION OF THE PRODUCT/RECIPE

NAME	<i>Bread</i>
PRODUCT CATEGORY	<i>Bread</i>
TYPE	<i>Product</i>
ORIGIN	<i>Greece/Grevena</i>

#### SHORT DESCRIPTION (*max 800 characters including spaces*)

In the Prefecture of Grevena there are a total of nine flour mills. Some of the flour mills distribute some of their products as exclusively Grevenian products. It should be mentioned that relatively recently a private certification model "Greek Flour Flour" appeared, created by the Hellenic Flour Manufacturers Association in collaboration with the Inspection and Certification Organization TUV Hellas. According to this model, in which five large companies in the sector already participate (Louli Mills, Crete Mills, Papafili Mills, Kepenos Mills, Asopos Mills), the mills are not obliged to buy exclusively Greek raw material, as only the milling and packaging to be made in Greece.

In other words, this private model resembles the PGI label which requires one of the stages of production, processing, and processing to take place within a specific geographical area (in this case, the whole country). As for the local products from Grevena that use local flours, these are the noodles, the petoura and the evriston (homemade Pontian noodles) produced by the two women's cooperatives of the Grevena Prefecture.

SHORT PRESENTATION OF THE PRODUCT/RECIPE	
NAME	<i>Mushrooms</i>
PRODUCT CATEGORY	<i>Mushrooms</i>
TYPE	<i>Product</i>
ORIGIN	<i>Greece/Grevena</i>
<p>SHORT DESCRIPTION (<i>max 800 characters including spaces</i>)</p> <p>In the Regional Unit of Grevena there are 8 units that produce or trade products with mushrooms. Of these, 4 produce some or all of their products, while some of these 4 collaborate with other laboratories to produce products with the logic of the 'fason'. Most of these companies collect wild mushrooms which they market packaged, or produce other processed products containing wild mushrooms, along with other raw materials (including sweet mushroom spoon, Turkish delight with mushrooms, pickled mushrooms, mushroom bran, cookies with mushrooms, risotto and oatmeal with mushrooms). The collection and consumption of wild mushrooms is a fundamental ingredient in Greek cuisine and gastronomy (Kalogeropoulos et al., 2013). Regarding the truffle, there are 4 farms and a total of 48 acres of grafted forest species in the Grevena prefecture as already mentioned. One of the companies has 16 acres with Oak and Gavri which have been vaccinated 6 years ago and this year will be the first year of truffle production. The same company submitted a proposal through the LEADER Program for the creation of a truffle processing and packaging unit which has been approved although not yet implemented.</p>	



**SHORT PRESENTATION OF THE PRODUCT/RECIPE**

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

**SHORT DESCRIPTION (max 800 characters including spaces)**

There is a company outside the Grevena Prefecture which buys significant quantities of Grevena honey and packs it outside it. As far as the product is concerned, the honey from Grevena itself is mainly related to flower honey (in contrast to the average annual national production in which flower honey is the minority) but also to small quantities of oak, chestnut and fir honey.



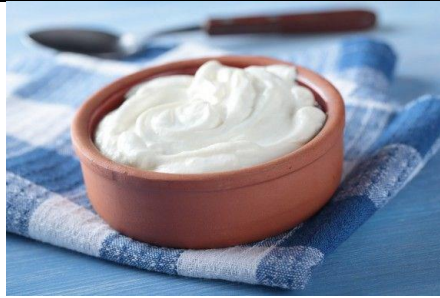
**SHORT PRESENTATION OF THE PRODUCT/RECIPE**

NAME	<i>herbs</i>
PRODUCT CATEGORY	<i>herbs</i>
TYPE	<i>Product</i>
ORIGIN	<i>Greece/Grevena</i>

**SHORT DESCRIPTION** (*max 800 characters including spaces*)

The main commercial aromatic and medicinal plants of Greece are the mountain tea, the sage, the oregano, the anise, the basil, the fennel, the chamomile, the laurel, the mint, the mint, the coriander, the cumin, and the typical products of some regions of Greece such as Chios mastic, Kozani saffron and the diktam of Crete. In the Prefecture of Grevena, there are 55 acres with lavender, 5 acres with aronia and 2 acres with tea according to the Directorate of Agricultural Economy. However, according to information from the entrepreneurs themselves, there is an orientation of small areas to other crops such as sage, rosemary, mint, honeysuckle, and sword grass. There is also a farm for the production of sea buckthorn (500 trees), which however has not yet produced fruit (it takes 5 years of cultivation to produce fruit). However, the farm works with one of the local mushroom companies that sells small quantities of dried sea buckthorn leaves mixed with honeysuckle in substandard packaging as a beverage.





**SHORT PRESENTATION OF THE PRODUCT/RECIPE**

NAME	<i>Yohurt</i>
PRODUCT CATEGORY	<i>Yohurt</i>
TYPE	<i>Product</i>
ORIGIN	<i>Greece/Grevena</i>

**SHORT DESCRIPTION (max 800 characters including spaces)**

In the Prefecture of Grevena, there is only one company that produces exclusively yogurt and which is located in Deskati. The company mainly produces sheep yogurt in quantities ranging between 8 and 10 tons / year. In the last 2-3 months it has started to produce small quantities of goat yogurt on a trial basis, while it is very likely that it will expand to the production of cow yogurt. The distribution of the products is done by the entrepreneur himself within Deskati. However, it trades its products on the beaches of Katerini and Larissa as well as in the city of Larissa. The company does not have its own animals, ie it is not a verticalization effort. However, it cooperates with specific producers.

In addition to this business, the dairies also produce some quantities of traditional cow and goat yogurt in quantities determined by existing demand.

**SHORT PRESENTATION OF THE PRODUCT/RECIPE**

NAME	<i>Mushroom pie with leek</i>
PRODUCT CATEGORY	<i>Pie</i>
TYPE	<i>Recipe</i>
ORIGIN	<i>Greece/Grevena</i>

**SHORT DESCRIPTION (max 800 characters including spaces)**

The recipe includes the following ingredients: mushrooms, feta cheese, butter, sour cream, fresh milk, eggs, leeks, puff pastry, Salt and pepper

SHORT PRESENTATION OF THE PRODUCT/RECIPE	
NAME	Pie with <i>Mushroom</i>
PRODUCT CATEGORY	<i>Pie</i>
TYPE	<i>Recipe</i>
ORIGIN	<i>Greece/Grevena</i>
SHORT DESCRIPTION ( <i>max 800 characters including spaces</i> )	
The recipe includes the following ingredients: sheets (made of dough),mushrooms,chopped walnuts,olive oil,dried onions, wine, salt, black pepper.	

SHORT PRESENTATION OF THE PRODUCT/RECIPE	
NAME	<i>Soup with mushrooms</i>
PRODUCT CATEGORY	<i>Soup</i>
TYPE	<i>Recipe</i>
ORIGIN	<i>Greece/Grevena</i>
SHORT DESCRIPTION ( <i>max 800 characters including spaces</i> )	
The recipe includes the following ingredients: fresh mushrooms,chicken and vegetable broth,milk,trachana, butter,olive oil,white wine, pepper.	

SHORT PRESENTATION OF THE PRODUCT/RECIPE	
NAME	<i>Trahanas with mushrooms</i>
PRODUCT CATEGORY	<i>Soup</i>
TYPE	<i>Recipe</i>
ORIGIN	<i>Greece/Grevena</i>
SHORT DESCRIPTION ( <i>max 800 characters including spaces</i> )	
<p>The recipe includes the following ingredients:trachanas,mushrooms,onion,tomato juice,cognac wine, milk,kefalograviera.</p>	

SHORT PRESENTATION OF THE PRODUCT/RECIPE	
NAME	<i>Petoura</i>
PRODUCT CATEGORY	<i>Sweet</i>
TYPE	<i>Recipe</i>
ORIGIN	<i>Greece/Grevena</i>
SHORT DESCRIPTION ( <i>max 800 characters including spaces</i> )	
<p>The recipe includes the following ingredients: flour,eggs,milk,coffee water,salt</p>	

SHORT PRESENTATION OF THE PRODUCT/RECIPE	
NAME	<i>Petoura with tomatoes, onions and butter</i>
PRODUCT CATEGORY	<i>pie</i>
TYPE	<i>Recipe</i>
ORIGIN	<i>Greece/Grevena</i>
SHORT DESCRIPTION ( <i>max 800 characters including spaces</i> )	
The recipe includes the following ingredients: water, petura,tomatoes,onion,butter or oil,salt,Feta PDO or Kefalograviera PDO	

SHORT PRESENTATION OF THE PRODUCT/RECIPE	
NAME	<i>Pie with anevato cheese or feta PDO</i>
PRODUCT CATEGORY	<i>Pie</i>
TYPE	<i>Recipe</i>
ORIGIN	<i>Greece/Grevena</i>
SHORT DESCRIPTION ( <i>max 800 characters including spaces</i> )	
The recipe includes the following ingredients: flour, Anevato or Feta,eggs,salt,olive oil,vinegar.	

SHORT PRESENTATION OF THE PRODUCT/RECIPE	
NAME	<i>Omelet with Bantzo PDO</i>
PRODUCT CATEGORY	<i>Omelette</i>
TYPE	<i>Recipe</i>
ORIGIN	<i>Greece/Grevena</i>
SHORT DESCRIPTION <i>(max 800 characters including spaces)</i>	
The recipe includes the following ingredients: eggs,Batzos PDO,oive oil, pepper	

SHORT PRESENTATION OF THE PRODUCT/RECIPE	
NAME	<i>Laggites</i>
PRODUCT CATEGORY	<i>Sweet</i>
TYPE	<i>Recipe</i>
ORIGIN	<i>Greece/Grevena</i>
SHORT DESCRIPTION <i>(max 800 characters including spaces)</i>	
The recipe includes the following ingredients: flour, hot water, dry yeast, salt, honey or sugar, olive oil, cinnamon, walnuts	

SHORT PRESENTATION OF THE PRODUCT/RECIPE	
NAME	<i>Batzina</i>
PRODUCT CATEGORY	<i>Pie</i>
TYPE	<i>Recipe</i>
ORIGIN	<i>Greece/Grevena</i>
SHORT DESCRIPTION ( <i>max 800 characters including spaces</i> )	
The recipe includes the following ingredients: zucchini, olive oil, milk, yeast, eggs Feta PDO, flour, toast	

SHORT PRESENTATION OF THE PRODUCT/RECIPE	
NAME	<i>Pie with greens</i>
PRODUCT CATEGORY	<i>Pie</i>
TYPE	<i>Recipe</i>
ORIGIN	<i>Greece/Grevena</i>
SHORT DESCRIPTION ( <i>max 800 characters including spaces</i> )	
The recipe includes the following ingredients: leaves, various greens (pazia, louvoudies, spinach, nettle), olive oil, onions, Feta PDO cheese, eggs, milk, breadcrumbs, salt, black pepper, dill.	

## d) Identification of list of products/recipes already registered on the 'Greek Breakfast' & other Albanian initiatives

The following table presents the list of the products and recipes registered in the 'Greek Breakfast Initiative'.

No.	NAME	Product category	Type	Origin	Initiative Registered	Link
1	Fogatsa	Sweet	Recipe	Greece/Corfu	Greek Breakfast Initiative	<a href="https://www.greekbreakfast.gr/recipe/fogatsa/">https://www.greekbreakfast.gr/recipe/fogatsa/</a>
2	Nouboulo	Cold cut	Recipe	Greece/Corfu	Greek Breakfast Initiative	<a href="https://www.greekbreakfast.gr/product/nouboulo-from-corfu/">https://www.greekbreakfast.gr/product/nouboulo-from-corfu/</a>
3	Koum kuat (fruit)	Citrus fruit	Product	Greece/Corfu	Greek Breakfast Initiative	<a href="https://www.greekbreakfast.gr/product/koum-kuat-kerkyras-pgi/">https://www.greekbreakfast.gr/product/koum-kuat-kerkyras-pgi/</a>
4	Koum kuat sweet spoon	Sweet	Recipe	Greece/Corfu	Greek Breakfast Initiative	<a href="https://www.greekbreakfast.gr/recipe/kumquat-preserve/">https://www.greekbreakfast.gr/recipe/kumquat-preserve/</a>
5	Oats carioca with Sikomaida	Sweet	Recipe	Greece/Corfu	Greek Breakfast Initiative	<a href="https://www.greekbreakfast.gr/recipe/oats-carioca-with-sykomaida-from-corfu/">https://www.greekbreakfast.gr/recipe/oats-carioca-with-sykomaida-from-corfu/</a>
6	Sikomaida cake	Sweet	Recipe	Greece/Corfu	Greek Breakfast Initiative	<a href="https://www.greekbreakfast.gr/recipe/sykomaida-cake/">https://www.greekbreakfast.gr/recipe/sykomaida-cake/</a>
7	Yoghurt pie	Pie	Recipe	Greece/Corfu	Greek Breakfast Initiative	<a href="https://www.greekbreakfast.gr/recipe/yoghurt-pie-of-corfu/">https://www.greekbreakfast.gr/recipe/yoghurt-pie-of-corfu/</a>
8	Pie with nouboulo and meat	Pie	Recipe	Greece/Corfu	Greek Breakfast Initiative	<a href="https://www.greekbreakfast.gr/recipe/corfu-pie-with-minced-meat-and-nouboulo/">https://www.greekbreakfast.gr/recipe/corfu-pie-with-minced-meat-and-nouboulo/</a>
9	Orange pie	Pie	Recipe	Greece/Corfu	Greek Breakfast Initiative	<a href="https://www.greekbreakfast.gr/recipe/orange-pie-from-corfu/">https://www.greekbreakfast.gr/recipe/orange-pie-from-corfu/</a>
10	Pancakes with kum kuat sweet spot, cinnamon and sugar	Sweet	Recipe	Greece/Corfu	Greek Breakfast Initiative	<a href="https://www.greekbreakfast.gr/recipe/pancakes-from-corfu-with-kumquat-preserve-cinnamon-and-sugar/">https://www.greekbreakfast.gr/recipe/pancakes-from-corfu-with-kumquat-preserve-cinnamon-and-sugar/</a>
11	Apple pudding	Sweet	Recipe	Greece/Corfu	Greek Breakfast Initiative	<a href="https://www.greekbreakfast.gr/recipe/apple-pudding-for-corfu/">https://www.greekbreakfast.gr/recipe/apple-pudding-for-corfu/</a>
12	Fogatsa brioche	Sweet cake	Recipe	Greece/Corfu	Greek Breakfast Initiative	<a href="https://www.greekbreakfast.gr/recipe/brioche-from-corfu-fogatsa/">https://www.greekbreakfast.gr/recipe/brioche-from-corfu-fogatsa/</a>

## E. DEFINING THE TRADITIONAL BREAKFAST IN THE CROSS-BORDER AREA UNDER CBTB

- a) Identification of the common traditional & local products that are usually used for breakfast and traditional recipes that are usually served for breakfast in the c/b area
  - i. Criteria for the selection of common traditional & local products/recipes

For the selection of the common traditional and local products that are usually used for breakfast and traditional recipes that are usually served for breakfast in the cross-border area that could be better promoted in the local tourism outlets in the c/b area under the CBTB traditional 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 products should be produced/cultivated in the cross-border area and the recipes mainly include as ingredients the local c/b products. Priority could be given to those certified as i.e. PDO/PGI/Organic or ISO, HACCP.

**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 (for example: Adequate primary production (crop production: acres / total cultivated area), adequate livestock production (number of livestock units / total livestock units) and adequate processed production).

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



## ii. Common traditional & local products/recipes for the 'CBTB traditional breakfast'

Following the above-mentioned criteria and methodology, the following **59 common** products and recipes are proposed that could be better promoted in the local tourism outlets in the c/b area under the 'CBTB traditional breakfast'.

After the analysis of the common products identified, the products could be classified in the following categories: olive oil, cheese, cold cut, honey, butter, milk/yogurt drink, yogurt and the recipes in the following categories: marmalade, bread, cake, sweet, sweet cake, pie, fruit salad, omelet, herb, soup.

No.	NAME	Product category*	Type**	Origin	
1	Olive oil	Olive oil	Product	Greece/Corfu	
2	Musai Olive oil		Product	Albania/Vlora	
3	Anevato PDO	Cheese	Product	Greece/Grevena	
4	Corfu' cheese		Product	Greece/Corfu	
5	Corfu graviera		Product	Greece/Corfu	
6	Cottage cheese from Tragjas Vlora		Product	Albania/Vlora, Gjirokaster	
7	Fresh cheese of Llogora		Product	Albania/Vlora	
8	Feta PDO		Product	Greece/Grevena	
9	Kefalograviera		Product	Greece/Grevena	
10	Kaseri		Product	Greece/Grevena	
11	Mpatzos		Product	Greece/Grevena	
12	Salado		Cold cut	Product	Greece/Corfu
13	Noumboulo			Product	Greece/Corfu
14	Sausage – Cold cuts	Product		Greece/Grevena	
15	Honey	Honey	Product	Greece/Corfu	
16	Mjalti shumelulesh Lunxheria/ Lunxheria Honey		Product	Albania/Gjirokastra	
17	Honey		Product	Greece/Grevena	
18	Corfu butter	Butter	Product	Greece/Corfu	
19	Milk	Milk/Yogurt drink	Product	Greece/Corfu	
20	Dhalle / Buttermilk		Product	Albania/Vlora Gjirokastra	
21	Yogurt	Yogurt	Product	Greece/Grevena	

22	Yogurt		Product	Greece/Corfu
23	Sheep yoghurt with honey and nuts Llogora		Recipe	Albania/Vlora
24	Koum kouat (marmalade)	Marmalade	Recipe	Greece/Corfu
25	Marmalade (fig, cherries, quinces, oranges, strawberries)		Recipe	Albania/Vlora
26	Panada	Bread	Recipe	Greece/Corfu
27	Poutinga (Apple pudding)	Cake	Recipe	Greece/Corfu
28	Laggites		Recipe	Greece/Grevena
29	Pantespani		Recipe	Greece/Corfu
30	Sikomaida		Recipe	Greece/Corfu
31	Pasta flora		Recipe	Greece/Corfu
32	Fogatsa		Recipe	Greece/Corfu
33	Koum kuat sweet spoon	Sweet	Recipe	Greece/Corfu
34	Oats carioca with Sikomaida		Recipe	Greece/Corfu
35	Sikomaida cake		Recipe	Greece/Corfu
36	Pancakes with kum kuat sweet spot, cinnamon and sugar		Recipe	Greece/Corfu
37	Karkanaqe	Sweet Cake	Recipe	Albania/Gjirokastra
38	Fogatsa brioche		Recipe	Greece/Corfu
39	Mushroom pie with leek		Recipe	Greece/Grevena
40	Pie with Mushroom		Recipe	Greece/Grevena
41	Tzaletia		Recipe	Greece/Corfu
42	Harapash/memelige		Recipe	Albania/Vlora, Gjirokastra
43	Byrek		Recipe	Albania/Vlora, Gjirokastra
44	Petulla, Kila, Kulece, Pite (donuts)		Recipe	Albania/Vlora Gjirokastra
45	Pie with anevato cheese or feta PDO	Pie	Recipe	Greece/Grevena
46	Batzina		Recipe	Greece/Grevena
47	Pie with greens		Recipe	Greece/Grevena
48	Yoghurt pie		Recipe	Greece/Corfu
49	Pie with noumboulo and meat		Recipe	Greece/Corfu
50	Orange pie		Recipe	Greece/Corfu
51	Naranza salad	Fruit salad	Recipe	Greece/Corfu
52	Koum kuat (fruit)	Citrus fruit	Product	Greece/Corfu
53	Omelet with Bantzo PDO	Omelette	Recipe	Greece/Grevena
54	Manxurane		Product	Albania/Gjirokastra
55	Mountain Tea	Herb	Product	Albania/Vlora Gjirokastra
56	Herbs		Product	Greece/Grevena

57	Trahanas mushrooms	with	Soup	Recipe	Greece/Grevena
58	Trahana		Soup	Recipe	Albania/Vlora Gjirokastra
59	Paçe		Soup	Recipe	Albania/Gjirokastra

## b) Connection with the 'Greek Breakfast Initiative' and other relevant initiative in Albania/ cross-border area

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:

No.	NAME	Product category*	Type**	Origin	Initiative to be Registered
1	Olive oil	Olive oil	Product	Greece/Corfu	Greek Breakfast Initiative
2	Salado	Cold cut	Product	Greece/Corfu	Greek Breakfast Initiative
3	Corfu' cheese	Cheese	Product	Greece/Corfu	Greek Breakfast Initiative
4	Corfu graviera	Cheese	Product	Greece/Corfu	Greek Breakfast Initiative
5	Honey	Honey	Product	Greece/Corfu	Greek Breakfast Initiative
6	Corfu butter	Butter	Product	Greece/Corfu	Greek Breakfast Initiative
7	Milk	Milk	Product	Greece/Corfu	Greek Breakfast Initiative
8	Yogurt	Yogurt	Product	Greece/Corfu	Greek Breakfast Initiative
9	Koum (marmalade)	kouat Marmalade	Recipe	Greece/Corfu	Greek Breakfast Initiative
10	Panada	Bread	Recipe	Greece/Corfu	Greek Breakfast Initiative
11	Pantespani	Sweet	Recipe	Greece/Corfu	Greek Breakfast Initiative
12	Sikomaida	Sweet	Recipe	Greece/Corfu	Greek Breakfast Initiative
13	Pasta flora	Sweet	Recipe	Greece/Corfu	Greek Breakfast Initiative
14	Tzaletia	Pie	Recipe	Greece/Corfu	Greek Breakfast Initiative
15	Naranza salad	Fruit salad	Recipe	Greece/Corfu	Greek Breakfast Initiative

## F. CONCLUSIONS

The current deliverable entitled: '**Definition of Traditional Breakfast of the Cross-Border area (CBTB)**' has been elaborated by the Chamber of Corfu, in collaboration with the other project partners, under the framework of CBTB project.

CBTB project '**Traditional Breakfast of the C/B area: Branding Scheme and Mobile Application for the preservation and promotion of common traditional gastronomy**' is funded under the **framework of Interreg IPA II CBC «Greece-Albania 2014-2020»** programme. The main objective of the CBTB project is the creation of a new integrated sustainable tourism product that will **preserve the heritage (traditional gastronomy) of the cross-border area from Greece and Albania** that will attract more tourists and will offer sustainable economic development.

Under the framework of CBTB project, the elaboration of a deliverable is foreseen concerning the registration of all the **common traditional & local products that are usually used for breakfast, traditional recipes (like pies, special soups and cakes) that are usually served for breakfast**. This deliverable was connected and enriched the "Greek Breakfast Initiative" and any other similar initiative or project that was implemented in Albania. Specifically, the current deliverable includes the analytical list and description of the traditional and local products and recipes that are used for breakfast or are served for breakfast in the cross-border area of CBTB project (**Corfu – Greece, Grevena – Greece, Vlore – Albania, Gjirokaster – Albania**) as well as the selection of those that better characterize the c/b area and could be better promoted in the local tourism outlets in the c/b area under the **CBTB** traditional breakfast.

**The objectives** of the current deliverable is a) the identification of all the common traditional & local products that are usually used for breakfast, traditional recipes (like pies, special soups and cakes) that are usually served for breakfast in the c/b area and b) the definition of the CBTB Breakfast.

For the elaboration of the current study, all the project partners (the Chamber of Grevena, the Chamber of Corfu, the Chamber of Commerce and Industry of Vlora, the National Coastal Agency, and the ECO-Partners for Sustainable Development) worked together in order to identify the traditional & local products that are usually used for breakfast, traditional recipes that are usually served for breakfast in their territory. Then, the Chamber of Corfu, collected and consolidated the information and data received by the partners and elaborated in collaboration of the project partners the current final deliverable. Specifically, the main outputs of current deliverable are the following:

- A total of **58 traditional and local products** that are usually used for breakfast and traditional recipes that are usually served for breakfast were identified in the cross-border area (Corfu – Greece, Grevena – Greece, Vlore – Albania, Gjirokaster – Albania).
- A total of **15 products and recipes were registered in the 'Greek Breakfast Initiative'**
- A total of **59 common traditional and local products** that are usually used for breakfast and traditional recipes that are usually served for breakfast were proposed to be added in the 'CBTB Breakfast' and be promoted in the local tourism outlets in the c/b area under the 'CBTB traditional breakfast'.
- The common products of the 'CBTB Breakfast' belong in the following subcategories: products: **olive oil, cheese, cold cut, honey, butter, milk/yogurt drink, yogurt and recipes: marmalade, bread, cake, sweet, sweet cake, pie, fruit salad, omelet, herb, soup.**
- A number of 15 of those products and recipes originated in Corfu are proposed to be added in the 'Greek Breakfast Initiative'

## G. DEFINITIONS – KEY TERMS

**Local & Traditional products and recipes:** According to CBTB, local traditional products and recipes are defined as: The products/recipes that are locally cultivated, grown, produced or processed and then sold within the project territory, respecting local traditions and environment. In other words, traditional products are considered those that identity the area, that are based on local plant varieties or animal breeds, that are using local raw materials, that are using local know-how either in the primary production or their processing (local recipes). CBTB local traditional products and recipes produce profit for the local producers and businesses, and offer employment opportunities to the local community of the targeted rural area.

**CBTB breakfast:** The CBTB Breakfast consists common traditional & local products that are usually used for breakfast, traditional recipes (like pies, special soups and cakes) that are usually served for breakfast in the cross-border area and characterize the local c/b area towards representing a cross-border gastronomic tradition for breakfast.