



**DISCOVER THE CULINARY TREASURES OF GREECE** with award-winning Greek cookbook author Diane Kochilas in an 8-day journey to Athens, the Peloponnese, and Crete in the spring of 2010. This educational travel experience is coordinated by the Food & Culinary Professionals Dietetic Practice Group of the American Dietetic Association.

You will enjoy an insider's look at the culinary treasures of one of the Mediterranean's oldest, most healthful, and most delicious cuisines. The trip is planned for the spring, the most magical time of year in Greece, when the country is bursting with color, fresh fruits and vegetables, and so much more.

You will get a taste of village life, urban sophistication, and Greek food at every level, from fine dining to village home cooking. Together with Diane and her partner Yiorgos Kalostos, who is the spirit behind the culinary preservation program Aegean Cuisine, you'll visit markets, Greek homes, top restaurants, and artisan producers of the finest Greek products, from cheeses, honey, olive oil and much, much more.

The Culinary Treasures of Greece promises to be an unforgettable experience with one of the world's top Greek food authorities. The trip starts in cosmopolitan Athens and then move on to two of the most important and beautiful food areas in Greece: The Peloponnese and Crete. You'll get to know the cuisine and culture of Greece in a fabulous program that includes:

- Hands-on and Demo classes with premiere Greek chefs and Diane Kochilas
- Visits and hands-on cooking classes inside local village homes, in both venues, for an incredible glimpse of the authentic country cooking of Greece
- Visits to acclaimed food artisans, including award-winning winemakers, cheese makers, beekeepers, fishermen, pasta makers, farmers, foragers, etc.
- Market tours
- Lectures on the historical and nutritional facets of Greek cuisine, including a talk by world renowned physician-nutritionist Dr. Antonia Trichopoulou
- Visits to major historical and archeological sites
- Carefully structured menus that give the widest possible dining experiences, without repetition

Diane will make sure you feel at home and well-informed, by providing background material on Greek cuisine, wines, spirits, food products, etc.; English language recipes of all foods and dishes sampled; a list of restaurants, shops, and other points of interest for each venue, to facilitate your own exploration of each place.

Discover the timeless cuisine of Greece on a journey you'll always remember.

## **Who We Are in Brief**

Diane Kochilas is one of the foremost experts on Greek cuisine, an award-winning author of more than 15 books on Greek and Mediterranean culinary traditions, owner of the Glorious Greek Kitchen Cooking School, and partner-consulting chef at Pylos restaurant in New York City. An American Greek, Diane has been living in Greece since 1992, where, among other things, she is also the restaurant critic and food columnist for the country's largest daily newspaper, Ta Nea. She works closely with the Greek Foreign Trade Board and the Hellenic Duty Free Delicatessen. Ms. Kochilas has an enormous range of knowledge and an unsurpassed network of contacts with local artisan producers of every Greek food product, from cheeses to honey to olive oil, breads, herbs, and more, chefs, and home cooks. She brings a breadth of knowledge on Greek cuisine, wines and spirits, and food lore that will make this trip an unforgettable experience.

As a chef-restaurant partner, media professional, cookbook author, and cooking school operator Diane brings a wide range of knowledge, passion, and food experience to the trip. She is able to speak to journalists, chefs, and other culinary professionals with equal ease and has devoted her career to making the culinary traditions of Greece known and accessible to an American audience. As an American of Greek descent who has lived in Greece since 1992, Diane bridges both cultures seamlessly, easily communicating the unique facets of Greek culture and culinary lore to visitors.

George Kalostos is the Managing Director of the Center for Business and Technological Development (KETA) in the South Aegean Region and the creative force behind the culinary preservation and development program, run under the aegis of his office, called Aegean Cuisine. Mr. Kalostos brings a breadth of knowledge regarding logistics, organization, and technical support as well as an extensive network of contacts with local producers, chefs, and other food and wine specialists. He brings a well-honed organizational talent to the trip, and has, in his capacity as head of KETA, worked closely with journalists, organized press trips and events, brought together food and wine professionals, nutritionists, local producers, and lay people in large events in some of the most logistically difficult parts of the Greek islands.