



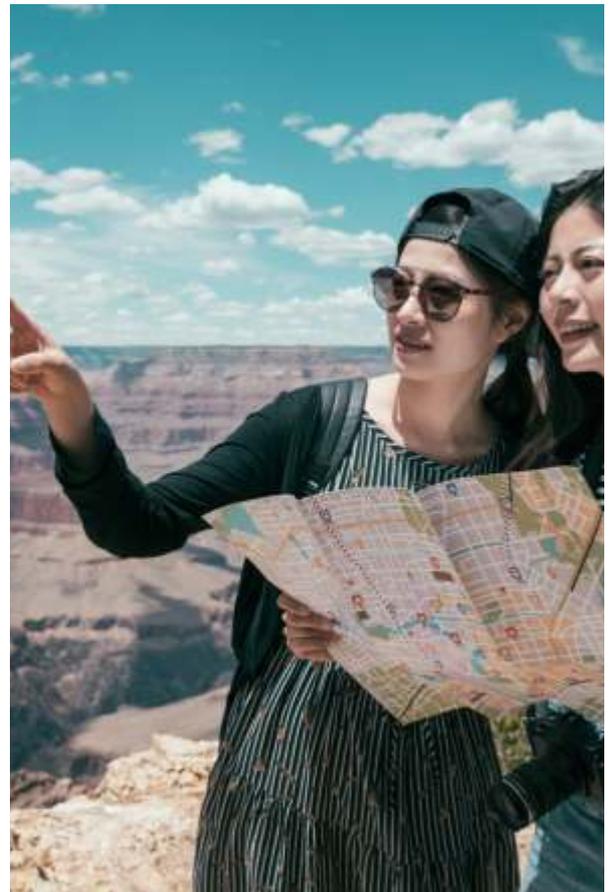
GASTRO-GUIDE



Co-funded by the  
Erasmus+ Programme  
of the European Union

# *GASTRO GUIDE ROUTES - stories of Gastro Guides and regional recipes.*

<https://www.gastro-guide.eu/>



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# THE PROJECT

Erasmus+ project: GASTRO-GUIDE - new professional profile for rural sustainability through education and promotion of agro-food and gastronomy

More information about the project:

<https://gastro-guide.eu/>

<https://www.facebook.com/GastroGuide22>

## ACKNOWLEDGEMENTS

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# INTRODUCTION

*“The basis of tourism is perception of otherness, of something being different from the usual.”*

— *Lucy M. Long, Culinary Tourism*

The main objective of the GASTRO-GUIDE project is to develop a new professional profile for coaches in the area of gastronomy and cultural tourism in rural areas.

The project focuses in the development of the new professional profile of GASTRO-GUIDE. The GASTRO-GUIDE helps local villagers express their knowledge to those who come in order to welcome better the visitors. He/she gains the didactic collaboration and the hospitality of his/her own neighbors by teaching them the skills of receiving visitors. Gastro Guide encourages his/her local villagers' neighbors to be enterprising by producing handmade food, rehabilitating old houses and proposing guest lodgings, helping them to be creative, handicrafts such as ceramics, etc. And also create small plantations of autochthonous food products, farm animals. He/she can encourage local people to preserve plants/food and encourage those who run restaurants to use local food/plants in their quality local cuisine. On one side the Gastro-Guide trains his/her local neighbors, and in the other side he/she teaches the visitors about the village's culture, gastronomy, local food products etc. The Gastro Guide makes its small village a didactic space for learning and experimentation for catering workers, food production companies and people of all ages interested in gastronomy. The project focuses in the further strengthening of the competences in the tourism especially in the Gastronomy tourism in rural low development regions through the development of the professional profile of the person who works as coach/trainer to inhabitants (mainly young, unemployment, women, disable) to cover their lack of skills regarding the local communities; gastronomy, cultural and natural heritage.

# THE GUIDE

*In the “Gastro-Guide routes” you will find 50 stories of GASTRO-GUIDES from 6 partner countries: Bulgaria, Greece, Italy, Lithuania, Poland and Spain, and their suggestions/advises how to become a GASTRO-GUIDE, interesting information about the regions and local recipes.*

*The stories of Gastro Guides, presented in this Guide, will help to understand the new profession better and decide on your new vocational pathway. For others, who love to travel, it will be a source of information thru the beauty of the world, the different nooks and crannies and amazing landscapes.*

*We hope, you can find a lot of inspiration and motivation from our Gastro Guides. On our Youtube channel: <https://www.youtube.com/@gastro-guide/videos>, you can find videos of the Gastro Guides and get to know them better.*

# BULGARIA 01





**GALINA NIKOLOVA**

**History teacher  
Bulgaria, North-Eastern Region**

### **MY GASTRO GUIDE STORY**

As a historian, I have a deep understanding of the history, culture and lifestyle of various civilizations and people from ancient to modern times. My professional experience in various institutions and with children, youth and adults includes organizing folklore festivals and other events, developing tourist itineraries for North and South Dobrudja, tour guiding on routes in the region, teaching ethnography, research and publications on Christmas and Easter holidays, customs of the Bulgarian people and traditions in holiday food preparation.

*I accept the challenge to be a gastro guide because I am not afraid to experiment, to challenge myself to learn and look for new things and to share them with others.*

### **MY ADVICE FOR OTHER GASTRO GUIDES**

In order to love the cultural and historical heritage of a country, one must know it. A shared experience is a very reliable source of knowledge.



Bulgaria, North-Eastern region, v. Krushari



50 min

## STEWED CHICKEN WITH PRUNES

### Ingredients

4 servings	Chicken	1	Bay leaf
6-7	Onions		Black pepper (whole)
3-4 cloves	Garlic		Savory
100 g	Dried prunes		Salt
400 g	Canned tomatoes		Fresh parsley
1 tbsp.	Paprika		Sunflower oil
1 tbsp.	Flour		

### Preparation

01

Chop the onion and garlic roughly. Soak the prunes in hot water.

02

Saute the chicken servings with the onion and garlic. Season with salt, paprika, black pepper and bay leaf. Add the tomatoes, savory and a little water. Cook on low heat until the ingredients are cooked. Add the prunes and add the flour diluted in a little cold water. Cook a little more until it thickens slightly. Before serving, sprinkle the chopped parsley.

03

**Enjoy your meal!**

*The dish is best served warm.*



Bulgaria, Northern Black  
Sea coast



DARINA ARGIROVA

**Hotelier; Tour operator; Teacher of tourism.  
Bulgaria, Northern Black Sea coast**

### MY GASTRO GUIDE STORY

My education is in the field of International Economic Relations and Law with a Master's degree in Geography and Tourism and a professional qualification as a Geography Teacher.

I have professional experience as a travel agent and tour guide. I have been running my own hotel and licensed tour agency for over 10 years.

I invest a lot of time, ideas and passion in the work of local associations for the sustainable development of tourism in the region of the Northern Bulgarian Black Sea coast, for the preservation and promotion of the unique natural and archaeological wealth, the lifestyle, culture and culinary traditions of the local population. Our successes have been rewarded with prizes in the field of tourism at national and regional level: "Overall contribution to the development of tourism in the maritime region" /2020/, "Association, factor in the Bulgarian tourism for 2014", "Business lady in tourism 2017", "Person of the year in tourism" /2020/, articles in various publications, etc.

As a gastro guide, I will support the development of the region's tourism potential and the entrepreneurship of the local community.

*To return to our roots, to discover  
and preserve the tastes of childhood  
with authentic local products and  
culinary recipes.*

### MY ADVICE FOR OTHER GASTRO GUIDES

Be more open to innovation and combine the "new" with culinary traditions.



40 min



Fish and fish products

## OVEN BAKED LEFFER (BLUEFISH) WITH POTATO GARNISH

### Ingredients

2 pcs	Fresh Black Sea leffer	3 cloves	Crushed garlic
200 g	Olive oil	6 sprigs	Rosemary
20 g	Lemon zest	1/2 lemon	Juice
30 g	Lovage	1	Lemon
	Salt	8	Cherry tomatoes
	White pepper	10 ml	cow butter flavored with garlic
	Black pepper	2 pinches	Chopped dill
1 tsp	Dried vegetable mix /carrot, onion, leek/	200 g	Potatoes

### Preparation

01

The fish is cleaned and filleted. Season each fillet on both sides with olive oil, lemon zest, a pinch of salt, white and black pepper, a little crushed garlic, finely chopped lovage, 4-5 small sprigs of rosemary, lemon juice.

02

Bake in oven/convection oven for 6 minutes at 65% humidity.

03

The peeled potatoes are cut into cubes, boiled and fried in a deep fryer. Season with dill, crushed garlic and a mix of dried spices.

04

Garnish each plate with 2 cherry tomatoes cut into halves, quarter lemon, sprig of rosemary.

05

**Enjoy your meal!**

The dish is best served warm.



## IVALINA TRAIKOVA

**Tour guide**  
**Bulgaria, Northern region**

### MY GASTRO GUIDE STORY

I am a graduate of the College of Tourism with a degree in Tour Guiding and a Master's degree in Tourism. I am a member of the Association of Tour Guides in Bulgaria.

My interests and aspirations are focused on preserving and developing Bulgarian culture and promoting our country as a tourist destination.

I accept the challenge of becoming a gastro guide because I am interested in all kinds of tourism and I wish to gain knowledge, experience and improve in this field.

*I believe that every type of tourism has its admirers. Along with Bulgarian history, nature and culture, Bulgarian cuisine, especially the traditional one, deserves to occupy a significant place in every tourist's experience.*

### MY ADVICE FOR OTHER GASTRO GUIDES

To encourage, support and promote entrepreneurship in agro and gastro-tourism in their regions.



 30 min

 Dairy

 Meat

## MEAT AND VEGETABLES BAKED ON A CAST IRON PAN

### Ingredients

500 g	Pork meat	300 ml	White wine
200 g	Fresh green pepper	100 ml	Cooking cream
200 g	Mushrooms	100 ml	Sunflower oil
200 g	Onions	¼	Lemon
200 g	Baby carrots	100 g	Yellow cheese
200 g	Broccoli		A sprig of parsley
200 g	Cauliflower		Mix of spices

### Preparation

**01** Cut the meat into small pieces for cooking. Cut the vegetables into crescents, excluding the baby carrots.

**02** In a pan with hot oil fry the meat. Add onion, green pepper, mushrooms, a bit of the dry spice mix. After a short saute, add the baby carrots, broccoli florets and cauliflower florets and the white wine. Cover the dish and simmer until the wine has evaporated. Finally add the cream.

**03** Transfer the cooked products from the pan to a hot cast iron pan. Decorate with 3-4 strips of cheese, a quarter of a lemon and a sprig of parsley.

**04** **Enjoy your meal!**  
Best served warm.



Bulgaria, Northern Black  
Sea coast



## KRASIMIR MITEV

**Sailor, Entrepreneur in the field of rural tourism  
Bulgaria, Northern Black Sea coast**

### MY GASTRO GUIDE STORY

I worked in my specialty "Shipbuilding" until 2006, and after that I turned to tourism. In my region I try to preserve the authenticity of the buildings and the Bulgarian way of life of my ancestors from the beginning of the 20th century.

Running the community centre in the village, we managed to revive this half-forgotten institution and turn it into a centre for preserving and passing on to the next generations the traditions, the local culture, ancestral memory, customs, folklore, fishing as a traditional livelihood.

My interests are culture, nature and the culinary arts.

*Let us keep our roots alive.*

### MY ADVICE FOR OTHER GASTRO GUIDES

To preserve and pass on to the next generations the knowledge of the culture and lifestyle of the local community.



20 min



Dairy



Spicy food

## GAGAUZ SPECIALITY “SPICY CHEESE”

### Ingredients

200 g	Hot peppers (green)
300 g	Homemade cheese (White Bulgarian cheese)
3 tbsp.	Sunflower oil
2-3 pinches	Savory
2-3 pinches	Paprika

### Preparation

- 01** Remove the stems from the hot peppers and cut them into rings. Crumble the cheese.
- 02** In a frying pan with heated oil fry the hot peppers until lightly browned. Add the crumbled cheese. Stir until the water from the cheese evaporates and the mixture thickens. Take it off the heat and sprinkle with the savory and paprika.
- 03** The dish is served warm as a spread with homemade bread or toast.
- 04** **Enjoy your meal!**  
But be careful, it's quite hot spicy.



LIDIYA KOSTOVA

**Master Craftsman  
Bulgaria, North-West region**

### MY GASTRO GUIDE STORY

As a certified craftsman, I am often engaged in handmade souvenirs, paintings, jewelry, soaps making, etc. with various techniques such as decoupage, quilling, painting, decoration.

I moved to the village of Sumer a few years ago and totally fall in love in the rural way of life and the local community. I currently work here as a Chairperson of the local Community center.

We are trying to turn our village into a tourist destination with various initiatives and festivals. My interest in cooking goes back to my early childhood. I love and have always loved to cook, to experiment, but also to keep the old recipes and pass them on to my daughter.

I started researching what products and dishes the local population prepared in the past. I came to the conclusion that combining my knowledge and skills with the local people's interest in food and cooking would contribute to preserving and promoting the old knowledge of culinary traditions.

And so it happened! Our culinary festival "Sumerian Delights" that we started to organize in the village a few years ago has now become an annual event.

*I will give my all, ideas and hard work to make a great gastro route for visitors to North-West Bulgaria and turn the village into a popular tourist destination.*

### MY ADVICE FOR OTHER GASTRO GUIDES

Each region has its unique history, nature, culture, culinary traditions. This priceless wealth must be preserved and passed on to future generations.



30 min



Vegan

## “TOPENITSA” WITH ROASTED PEPPERS

### Ingredients

500 g	Roasted red peppers
500 g	Roasted tomatoes
2	Onions
	Salt

### Preparation

- 01** The roasted red peppers are cleaned of skins, stems and seeds. Peel the roasted tomatoes. Peel the onions. Each product is finely chopped and crushed in a wooden or marble mortar.
- 02** In a suitably sized pot, mix all the ingredients and add salt.
- 03** Served with warm bread for dipping.
- 04** **Enjoy your meal!**



## MILENA MINCHEVA

**Entrepreneur**

**North-East of Bulgaria, Dobrudzha Region**

### MY GASTRO GUIDE STORY

I am a descendant of an old Dobrudzha family whose main livelihood was farming, and whose property was confiscated in the last century.

After our family regained ownership of the ancestral lands and buildings, we started cultivation of bread wheat, rye, spelt, corn, sunflowers, beans, safflower, etc.

We acquired a stone mill to produce boutique quantities of flour from certified, organic, in-house produce. We call them our preservative-free, enhancer-free live flours. Our oil is amber, cold-pressed from organic, high oleic sunflower.

Our philosophy is to leave a clean earth trail behind for generations to come.

We organize educational workshops, camps, and picnics for young and old, with an emphasis on the experience of food preparation.

*We search, preserve and create a community of connoisseurs of Bulgarianness in Dobrudzha!*

### MY ADVICE FOR OTHER GASTRO GUIDES

To be explorers and keepers of traditions and to pass them on to the next generation.



50 min



Gluten

## TRADITIONAL DOBRUDZHA FLATBREAD

### Ingredients

370 g	Organic white wheat flour
100 g	Lard/butter
175 ml	Boiling water
1 tsp	Salt
1 tsp	Vinegar

**The flatbread can be made with a filling (optional). Some options for the filling are: Bulgarian white cheese, yellow cheese and eggs.**

### Preparation

01

Knead the ingredients to form a smooth ball of dough that will rise for 20 minutes. Divide into four smaller balls which are rolled out to a thickness of 0,5 mm. With a knife, shape into rectangles, squares or other shapes, but so that they can be easily baked and turned over.

02

Stuffing (bulgarian white cheese, eggs, yellow cheese) is placed in a square in the shaped dough and it is folded into a triangle.

03

Bake the rolled out dough on a baking sheet for 3-4 minutes on each side.

The stuffed flatbreads are baked for up to 6 minutes on each side.

04

The flatbread is served warm, lightly brushed on one side with sunflower oil infused with garlic and rosemary.

**Enjoy your meal!**



## NIKOLAY PANAYOTOV

**Travel Agent**

**Bulgaria, Central Dobrudzha Region**

### MY GASTRO GUIDE STORY

In addition to my degree in economics, I have a PhD in Tourism.

I am currently the manager and owner of a travel agency and the Executive Director of the Bulgarian Association for Rural and Ecological Tourism. My interests are in tourism development in the region; exploring the history, natural and archaeological resources; culture; folklore and culinary traditions of the local community.

I am the founder and organizer of the culinary festival "Feast of the clay-pots". I participate in the implementation of national and cross-border projects related to tourism and international cooperation, in the conceptualization and construction of eco-trails, landscape parks, etc. in the region.

*Food is an universal language and the best way to get to know and immerse yourself in the culture of a nation.*

### MY ADVICE FOR OTHER GASTRO GUIDES

Help tourists, through agro- and gastro-tourism, to experience local traditions, tastes, historical influences, the richness of the land and the specificities of the culinary culture of the region.



50 min



Fish

## DANUBE FISH SOUP

### Ingredients

200-300 g	At least 3 types of fresh Danube fish /catfish, flounder, bream/
100 ml	Vegetable oil
3	Onions
1	Carrot
1	Fresh green pepper
1 bundle	Lovage
	Salt
1	Fresh red pepper
	1 tsp Ground black pepper
	Lemon juice or vinegar
	Water

### Preparation

01

The cleaned fish is boiled in water seasoned with a little bit of salt and oil until it begins to separate from the bones. Remove with a slotted spoon and allow the stock to settle and strain. Add the ground black pepper.

02

Fry the chopped carrot and onion with a little oil.

03

Add the fried vegetables and fish to the fish stock, and once boiling, add the chopped fresh green and red peppers and cook until they get soft. After taking the broth off the heat, add the chopped lovage.

04

The fish soup is served warm, flavored with lemon juice or vinegar.  
**Enjoy your meal!**



## PETROSLAV PANAYOTOV

**Manager of a travel agency  
Bulgaria, Northern Black Sea coast**

### MY GASTRO GUIDE STORY

My Bachelor's Degree is in Finance with a major in International Tourism Business.

My interest in tourism dates back to my childhood years and is related to my parents' work in this field.

Currently I am a manager in our family travel agency company.

I have an interest in developing new tourism products and itineraries, and wish to gain and develop experience as a tour guide.

*I believe that gastro- and agro-tourism have potential for development and thus can contribute to tourism sector as a whole.*

### MY ADVICE FOR OTHER GASTRO GUIDES

To combine the traditional with the innovative, to turn gastro- and agro-tourism into an attractive experience.



1 hour



Gluten



Dairy

## HOMEMADE “PARLENKA” (TRADITIONAL BREAD)

### Ingredients

500 g	Flour	3 tbsp	Vegetable oil
14 g	Dry yeast		A pinch of baking soda
400 g	Yogurt		Lukewarm water
1	Egg		
1 tbsp.	Salt		
1 tsp	Sugar		

### Preparation

01

Mix the bread yeast, sugar, lukewarm water, a pinch of salt, 1 tablespoon flour and leave to rise. Add the baking soda to the yogurt and whisk to incorporate. Break the egg into the sifted flour, add the yogurt, oil, salt and yeast. Knead until a not too stiff dough forms. Let it rise for 30 min.

02

The dough is divided into small balls which are rolled out or shaped by hand.

03

Bake on a dry Teflon pan or frying pan.

04

Serve warm, brushed with butter or garlic-flavored oil.  
**Enjoy your meal!**

# GREECE

# 02

## MAGNESIA





## ATHANASIOS DEMESLIS

[Olive oil producer]

[Greece, Magnesia, Achillion]

High Polyphenol Organic Extra Virgin Olive Oil from Greece - Myrolion

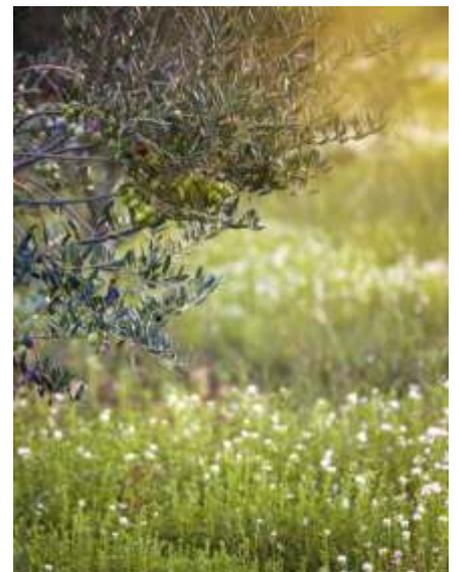
### MY GASTRO GUIDE STORY

I am an olive cultivator and olive oil producer from Achillion. "Myrolion" is my family's business, which focuses on olive cultivation with regenerative practices, aiming at the development of biodiversity for the olives and the region in general. We are expert in making olive oil rich in polyphenols, compounds with proven health advantages. As a Gastro-Guide, I want to put my skills and knowledge to work helping our community thrive by highlighting the distinctive characteristics that make our region unique.

*Along with my parents, we started taking care of my grandfather's land and soon received the first fruit of this process. It was so different from the city life we were used to and quite refreshing!*

### MY DREAMY PLACE, ACHILLION

At the very tip of the Pagasitikos Gulf, nestled between the majestic Pelion and Othri mountains, sits the charming little village of Achillion. Walking amid the ancient olive trees, seeing the ancient communities, and even the little churches in our village center and our port, all contribute to the area's rich cultural, natural, and culinary legacy. Sure, you may eat out at one of our village's few excellent taverns, where they all serve up unique specialties of our traditional cuisine. Without a doubt, our area is an absolute treasure chest of agro-foods; fishing, hunting, olive growing, and animal husbandry are all here for your tasting pleasure.



### MY ADVICE FOR OTHER GASTRO GUIDES

Future Gastro-Guides should contribute their expertise and experience to the creation of synergies within their community, to highlight the unique qualities of their area.



🕒 25min

✓ Vegan

## OLIVE BREAD “ELIOPSOMO”

### Ingredients

¼ cup	Extra-virgin olive oil
2 cups	Water
500 gr	All-purpose flour
200 gr	Olives cut in slices
8 gr	Yeast
1-2 pieces	Dry onions cut in slices
	A pinch of salt, oregano and thyme

### Preparation

- 01** Sauté the onions in a pan using olive oil. Warm the water to medium temperature, mix it with the yeast, pour it into a jug and mix it well.
- 02** Place the flour in a bowl and add the dissolved yeast and olive oil. Then, mix them until a thick mixture is formed. Finally, add the onions, the olives, salt, oregano and thyme.
- 03** Grease a baking tray with olive oil, place the dough and let it rest for 30'. Drizzle the surface with olive oil and bake for 30'-35'
- 04** **Eat it, while it is still warm!!!**



## ZISIS PAPATRIANTAFILLOU

[Worker in fish farm]  
[Greece, Magnesia, Volos]

### MY GASTRO GUIDE STORY

My name is Zisis, and I work for one of Greece's biggest fish farms. I have a degree in agricultural sciences with a concentration in fishology. I chose to become a Gastro-Guide so that I could do my part to improve the quality of the local products in Volos. Tsipouro, a native drink popular in Volos, is often served with fish dishes. This makes it a perfect complement to the fish we rear for the table.

### WHY VOLOS?

Due to its strategic position, our city may undoubtedly serve as an intriguing tourist destination. For foodies and history lovers interested in the "tsipouradiko" idea, and for those who appreciate the majesty of our location—between Pelion, the Mountain of Centaurs, and the Pagasitikos Gulf—this is the perfect destination.

*One of the issues I see, as someone who knows the fishing community, is that our local fishermen often work alone. This needs to change!*

### MY ADVICE FOR OTHER GASTRO GUIDES

Living in Volos and being familiar with the fishing community has made me realize that one of the issues we face is the fact that our local fishermen often work alone. As a result, "bad" competition that isn't necessary comes into being. The ability to organize the locals and train them to work together as a team seems to be the primary focus of the Gastro-Guides.



1 hour 10 min

## STUFFED ZUCCHINI WITH MINCED MEAT AND EGG/LEMON SAUCE

### Ingredients

1 cup	Extra virgin olive oil	<b>For the egg-lemon sause</b>
8 pieces	zucchini's for stuffing	
2 pieces	Dry onions finely chopped	3 eggs.
½ handful	Parsley / drill	The juice of 3 lemons
500 gr	Minced beef	1tbsp of cornstarch
1 cup	Rice	
	Salt and pepper	
	1 grated carrot & 2 chopped carrots	

### Preparation

- 01** Cut the top of all zucchinis and remove the interior. In a bowl, put the minced beef, the rice,  $\frac{3}{4}$  of the olive oil, the onion, the dill, the parsley, the grated carrot, half of the zucchinis' flesh and half a cup of water. Knead well, add salt and pepper.
- 02** Stuff the zucchinis with the mixture and place them in a wide pot, next to each other. Add water to cover them, add the remaining olive oil and simmer for about 20'. Remove the pot from the heat and keep the stock warm.
- 03** Separate the yolks and the egg whites, whisk the whites. Add the egg yolks, cornstarch, lemon, salt, pepper and mix well. Add the hot stock, gradually until the mixture reaches the same temperature. Add it slowly into the saucepan. Simmer for about 1' and our stuffed zucchinis are ready.
- 04** Serve with finely chopped dill and enjoy!



## MATINA KARKALIA

[Owner of “Barakounda”]  
[Greece, Magnesia, Volos]

### MY GASTRO GUIDE STORY

Any foodie with an interest in the tradition of "tsipouradiko" should make an immediate trip for the tsipouradiko - restaurant "Barakounda", for its delectable fresh seafood and fish. The restaurant's owner and active Gastro-Guide, Matina, is an expert on the regional cuisine. The origins of "tsipouradiko" are revealed by her; this tradition is intricately bound up with the aromatic and flavorful norms of the locals.

### THE IDEA OF TSIPOURADIKO

In the past, when Volos was still an industrial city, it was common practice for workers to unwind with a "tsipouro" and some local meze in their neighborhood coffee shop. That way, after a long day at work, folks could relax and then go home for lunch. That is where the idea of the "tsipouradiko" originated. Because Volos is one of the few places in Greece where you may experience the full flavor of the sea with the intoxicating scent of "tsipouro", that has become a trademark of the city.



*As Gastro-Guides, we are never content to rest on our merits; rather, we are relentless in our pursuit of culinary innovation, particularly in the realm of traditional tsipouro and its accompanying appetizers!*

### MY ADVICE FOR OTHER GASTRO GUIDES

I think it's crucial to keep this culinary legacy of our city vibrant and alive in my role as a Gastro-Guide. People with strong communication skills, familiarity with the area's history, and understanding of how food enterprises are structured and run would be ideal. Having a love for our place and working together as a team is what matters most!



40 min



Gluten free

## GRILLED OCTOPUS

### Ingredients

1 whole	Octopus
3 pieces	Onions
3 spoons	Vinegar / red wine
1 spoon	Peppercorns
50 gr	Extra virgin olive oil

### Preparation

- 01** Rinse the octopus tentacles to remove dirt. Add big onion chunks to a cooking pot and place the octopus mantle-up on the onions.
- 02** Pour vinegar and peppercorns into the pot and cover with plastic wrap. To tenderize the octopus, boil in a pot over medium heat for 20–25 minutes. Take the pot from the heat, gently remove the plastic wrap, and examine the octopus for tenderness. Take the octopus out of the the pot and let it cool.
- 03** Remove the beak and mantle. Expel any remaining innards and separate its tentacles. Grease the tentacles and mantle and grill it till golden for 3–4 minutes each side.
- 04** Serve with fresh chopped carrots and cabbage. **Enjoy!**



## THEO OIKONOMIDIS

[Bartender]  
[Greece, Magnesia, Agria]

### MY GASTRO GUIDE STORY

Theo is a new Gastro-Guide, from Agria. He has constant exposure to the culinary arts as a result of his upbringing in a family of chefs. Theo is currently very much interested in the liquor industry, where he is learning all he can about the history and flavors of Thessaly's wine, tsipouro, and liqueur. Because of his regular contact with both tourists and local entrepreneurs, he is well-suited to the role of Gastro-Guide because he is familiar with the perspectives of both groups on the region's attractions and potential for growth.

*Magnesia well worth a visit if you're looking for delicious seafood straight from the Aegean and Pagasitic Gulf, as well as meat from Thessaly and Pelion's famous herbs and spices.*

### MY ADVICE FOR OTHER GASTRO GUIDES

The area has great potential, which I can attest to from my experience as a Gastro-Guide. I believe that this potential may be realized through collaborative efforts involving initiatives, programs, advertising, and marketing that make use of the natural infrastructure and raw materials. If I could give future Gastro-Guides and entrepreneurs any piece of advice, it would be to always be looking for new and innovative ways to improve your service, to use fresh ingredients whenever possible, and to train your staff to be more knowledgeable and helpful to tourists.



[Greece, Agria]



40 min

## SPETZOFAI (PELION TRADITIONAL RECIPE WITH HOMEMADE SAUSAGE AND PEPPERS)

### Ingredients

1 kg	Pelion sausages
½ kg	Green peppers
4 pieces	Ripe tomatoes
2 cups	Extra-virgin olive oil
1-2 pieces	Chili peppers
1 piece	Chopped clove of garlic
1 pinch	Salt and freshly ground black pepper to taste

### Preparation

- 01** Wash the peppers, remove the stalks and spores and dry them. Get your pan ready with half of the given portion of olive oil.
- 02** Fry the green peppers, add the chopped tomatoes, the garlic, the chili peppers, add salt and pepper. Fry the sausages, which are cut into pieces, with the remaining olive oil in another pan and add to the peppers.
- 03** Simmer for about 10 minutes.
- 04** **Spetzofai, is ready!**



## ANNA POURSANIDOU

[Organic farmer]

[Greece, Magnesia, Drakeia]

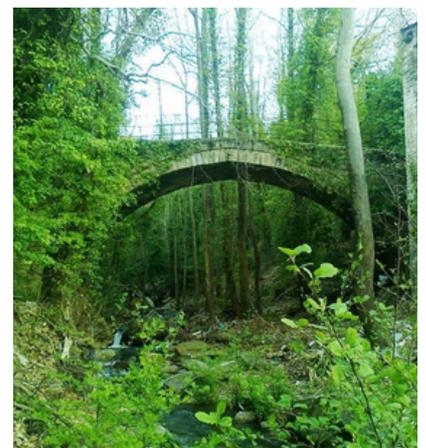
### MY GASTRO GUIDE STORY

The agro-food abundance of my area is well-known to me as an organic farmer and Gastro-Guide who is in his third generation of farming. We grow delicious organic apples in our orchards, that we either sell them raw on the market or use them to make drinks, pastries, and regional delicacies. Also, we create tsipouro, the regional alcoholic beverage with deep cultural roots that is well-known across Greece.

### A VISIT TO DRAKEIA WILL SURPRISE YOU PLEASANTLY!

Drakeia is a picturesque community rich in history and culture as well as with stunning natural scenery. There are many examples of the area's prosperity, such as the many festivals and celebrations held throughout the year with local delicacies like apples, cherries, chestnuts, wild mushrooms, and more.

Experience a once-in-a-lifetime opportunity to immerse yourself in this traditional Greek village on the Mountain of the Centaurs, as you wonder through its lovely paths and stone-cobbled streets, the stream with a stunning old arch bridge with a stone mill nearby, pay your respects at the war memorial, visit our folklore museum and indulge in a traditional Greek meal at one of the local taverns. Drakeia is a destination that will delight your senses.



### MY ADVICE FOR OTHER GASTRO GUIDES

The area's beauties and traditions have left all who have visited our community in awe. They immerse themselves in our culture as they eat our food and hear our stories. It seems to me that if we collaborate, we can provide a delightful escape and an exceptional experience daily!



1 hour

## ROOSTER WITH TOMATO SAUCE AND TRADITIONAL GREEK PASTA (CHILOPITES)

### Ingredients

1 whole	Rooster	1 stick	Cinnamon stick
1 piece	Hopped onion	2-3	Allspice berries
1 piece	Grated tomato	2-3	Bay leaves
1 tbsp	Tomato paste	500 gr	Greek chilopites or spaghetti
½ cup	Red wine	100 gr	Kefalotyri (hard yellow cheese)
1 cup	Extra-virgin olive oil		
1 tsp	Salt / pepper		
1 pinch	Sugar		

### Preparation

- 01** Cut the rooster in big pieces, add salt and pepper, and fry them for a while from both sides. Add the onion and sauté for 5 more minutes. Pour the wine and let it boil.
- 02** Add the grated tomato, the tomato paste, the sugar, the cinnamon, the bay leaves, the allspice berries and the salt. Pour 2-3 glasses of warm water and let the rooster boil on low heat for 1 hour and 30'.
- 03** Boil the pasta in salted water, then drain. Serve the pasta with the cooked rooster on top. Sprinkle kefalotyri cheese on top.
- 04** It is seriously next level deliciousness!



## ANTONIS MARKOZANIS

[Owner of Mikro Beach Hotel]  
[Greece, Magnesia, Mikro]  
<https://www.mikrobeachhotel.gr/en/>

### MY GASTRO GUIDE STORY

I can speak from experience as the owner of the South Pelion establishment "Mikro Beach Hotel" on how ideal the region is for peaceful family vacations. The region provides us with a delectable culinary experience complemented by the breathtaking scenery of the Aegean Sea. Local honey, wine, olives, and olive oil, a variety of herbs and spices grown here, traditional dairy products, and shellfish and fish caught that day are just a few of the numerous high-quality items that tourists love. As a result, I became a Gastro-Guide in order to offer our gastronomic richness as a comprehensive experience to guests who choose to visit and know us.

*Although our area is most popular during the summer, Gastro-Guides can promote it as a great place to visit at any time of year!*

### MY ADVICE FOR OTHER GASTRO GUIDES

It would be wonderful if there were other Gastro-Guides in the surrounding villages. That way, when people come to our the area, they can learn about our history, cuisine, and folklore all at once. It seems to me that if we work together, we can provide an enjoyable getaway and a wonderful experience every single day!





15 min

## GREEK RICE PUDDING (RYZOGALO)

### Ingredients

1 cup	Rice
3 cups	Water
1ltr	Fresh milk
½ cup	Brown or white sugar
½tsp xtract	Vanilla extract
1 stick	Cinnamon
	Orange or lemon peel or rose water

### Preparation

- 01** In a casserole, boil the water and the rice in low heat. Add the milk, the sugar and the vanilla. Constantly stir until slightly thickens.
- 02** If you like to add some extra flavor to your Greek rice pudding, add lemon peel or orange zest.
- 03** Fill individual bowls, with the ryzogalo and store in the fridge. Sprinkle cinnamon and serve.
- 04** Really delicious, despite its seeming simplicity!



## CHRISTOS KOTSANIS

[General Manager, Agora 1955]  
[Greece, Magnesia, Portaria]  
<https://www.facebook.com/agora1955>

### MY GASTRO GUIDE STORY

I live and work in Portaria Pelion, a beautiful mountainous area of central Greece. The business I work for is called Agora 1955, it is a deli shop specializing in local products and gastronomy of the region. The biggest advantage of Pelion is its location. It is one of the first areas to be officially declared a tourist destination in Greece due to its natural environment. The combination of mountain and sea is a unique geographical morphology in which products are developed and their uniqueness is recognised. This is the best environment for a Gastro-Guide to work and live.

*Leaving Pelion, every visitor should take with them some of the herbs, wine, olives, jams or spoon sweets.*

### MY ADVICE FOR OTHER GASTRO GUIDES

The cooperation between local businesses in the primary (such as agriculture, mining, and forestry) and secondary (including manufacturing, processing, and construction) sectors can indeed offer significant benefits for rural areas, particularly in fostering innovation and retaining young people. The role of Gastro Guides is to facilitate this successful cooperation.





20 min

## GREEK FRIED DONUTS (LOUKOUMADES)

### Ingredients

500 gr	Flour
8 gr	Dry yeast
¾ tsp	Salt
2 cups	Lukewarm water
	Extra-virgin olive oil
	Flower honey
	Cinnamon
	Sesame seeds and walnuts

### Preparation

- 01** In a big bowl, add the flour and the yeast. Add the water slowly and mix until a thick batter is formed. Then add the salt. Cover the bowl and set aside in a warm place for 1-2 hours, until it doubles in size.
- 02** In a deep pot, heat the olive oil. Dip your left hand into the batter and carefully clench your fist so that the batter coming out of the gap, next to your thumb so that it forms a little ball. Dip a tablespoon in water and place the batter ball in it, so that it may easily come off when you let it fall onto the hot oil in order to fry it. Repeat the same procedure with the rest of the batter.
- 03** Fry them until golden brown and place into absorbent paper. Place on a platter, sprinkle with honey, and cinnamon on top, walnuts and sesame seeds.
- 04** More simple than you think, this treat is loved by both young and old.



## STEFANOS KARAIKOS

[Owner of Agritourism Farm]  
[Greece, Magnesia, Portaria]  
<https://www.peliongastronomy.gr>

### MY GASTRO GUIDE STORY

I am the owner of an agritourism farm in Pelion, in central Greece. I believe farms are at the core of the GastroGuides concept. Pelion has a long history from Ancient Greece that is often associated with gastronomy. Pelion was the site of the famous wedding of Peleus and Thetis, where Paris awarded the golden apple to Helen of Troy. It was also from our region that Jason embarked on his Argonautic expedition. Finally, our region is considered the residence of the mythical Chiron the Centaur, who was the greatest botanist and teacher of the heroes of Ancient Greece, such as Hercules and Theseus. In my experience, combining agritourism and gastronomy with heritage can offer multiple benefits to a region.

*In Pelion, there are over 1,000 species of herbs that are used either in cooking or as infusions, which every visitor to the region should try and take with them. One of the most typical dishes of Pelion is the greens with eggs, in which wild greens and herbs, depending on the season, are used.*

### MY ADVICE FOR OTHER GASTRO GUIDES

Before becoming familiar with the GastroGuide program in detail, I was already motivating people in my region to get involved in agritourism and gastronomy. Essentially, I was acting as a GastroGuide empirically. Currently, there is a remarkable training program available that contains all the necessary information and skills. Therefore, I urge those interested in getting involved to register and follow the training modules on the platform. Individuals with expertise in gastronomy and agritourism, such as GastroGuides, can assist young entrepreneurs in developing their ideas and help a destination grow sustainably, all while respecting the environment and the local community.





5 min

## COOKED GREENS WITH POACHED EGGS (IN OLIVE OIL WITH TOMATO SAUCE)

### Ingredients

4 whole	Eggs
500 gr	Wild greens
2 dry & 4 fresh	Onions
$\frac{1}{4}$	Chopped dill / parsley
$\frac{1}{2}$	$\frac{1}{2}$ chopped fennel
2-3 leaves	Peppermint
1-2 pieces	Chopped tomatoes
1 pinch	Salt and freshly ground black pepper to taste,
1-2 cups	Extra-virgin olive oil,
1 whole	Chili pepper

### Preparation

- 01** Wash the greens and chop them.
- 02** Put olive oil in a pan and sauté the onions, add the greens, the tomatoes, salt, pepper and a cup of water and let them simmer.
- 03** Just before they are done, smash the eggs over the greens and cover the pot until the egg whites and yolks are cooked.
- 04** The cooking time is just four minutes, but the memories it makes lasts a lifetime!



Greece, Portaria



## GIORGOS KANDILAS

[Chef]  
[Greece, Magnesia, Portaria]  
<https://www.hotel-kritsa.gr>

### MY GASTRO GUIDE STORY

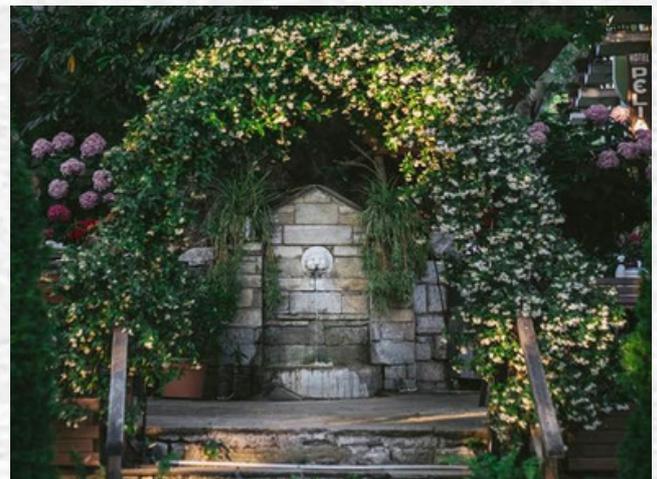
I work in Portaria Pelion as a chef at Kritsa Gastronomy Hotel. I've been a chef for over 15 years, continually amazed by the region's culinary heritage. The unique products and diverse culinary traditions found in each village on our mountain never fail to captivate me. Pelion's connection to various herbs and spices imparts a distinctive flavor to every dish I create. The abundant running waters contribute to nutrient-rich soil, fostering the growth of numerous vegetables and fruits. My culinary philosophy revolves around crafting dishes rooted in Pelion and Greek cuisine, embracing the essence of home cooking. Beyond modern techniques, we prioritize locally sourced products and organic ingredients cultivated on our farm.



*One standout regional product is called "Chichiravla", harvested only in Pelion and incorporated into our cuisine, crafting an outstanding meze that truly represents our area.*

### MY ADVICE FOR OTHER GASTRO GUIDES

Gastronomy serves as a vital tool for revitalizing threatened rural areas, providing opportunities for young people to cultivate creative and innovative business ventures. By fostering gastronomic initiatives, we enable the youth to remain in their communities, contributing to a higher quality of life. The role of gastronomic guides is to assist all stakeholders in discovering pathways that allow them to express creativity and enhance each locale across economic, environmental, and social dimensions, thereby establishing the groundwork for a more sustainable future.





15 min

## SCRAMBLED EGGS WITH FRESH TOMATO AND FETA CHEESE (STRAPATSADA)

### Ingredients

3	Eggs
3	Grated tomatoes
50gr	Feta cheese in pieces
1 pinch	Salt, sugar, freshly ground black pepper
½ cup	Extra-virgin olive oil
1-2 slices	Peppers

### Preparation

- 01** Add olive oil in a large saucepan and wait until it's hot. Add the grated tomatoes, salt, sugar, pepper and simmer for 4'-5'.
- 02** Add the eggs and stir constantly, until the eggs are cooked and there is no moisture left in the pan.
- 03** Add one slice of feta in pieces and fresh parsley on top and serve. If desired add peppers in the tomato mix.
- 04** This is incredibly easy, yet the flavor is absolutely mind-blowing!

# LITHUANIA 04





## DANUTĖ KUPČIŪNIENĖ

Lithuania, Širvintos Region

### MY GASTRO GUIDE STORY

In our household, beekeeping is a family affair involving my daughter Raminta and her family. We started with a couple of beehives for our personal use and now have around 50 bee colonies. Tourists can dive into a world of sweetness and well-being with us. From our origins in honey, we now offer a hive of delights - pollen, royal jelly, and exclusive blends of honey with freeze-dried berries. This summer, our serene summerhouse became a haven for apitherapy, where the scent of bee venom and honey meets the gentle hum of bees. Discover relaxation for respiratory issues and a retreat from stress, fatigue, and burnout. Join us on a journey where nature's richness meets holistic wellness.

*Join our family's beekeeping journey, offering diverse bee products and a serene summerhouse turned apitherapy sanctuary—a sweet symphony of nature's wellness in one harmonious experience.*

### MY ADVICE FOR OTHER GASTRO GUIDES

Consider highlighting the unique blend of nature and wellness in your region. Simple beekeeping journey can evolve from honey production to a diverse array of bee products and an exclusive apitherapy sanctuary, offer a sweet symphony for visitors. Tourists can discover a haven that goes beyond flavors, promising relaxation, rejuvenation, and the perfect blend of culinary and wellness delights. You just have to open your mind - an unforgettable experience awaits you, so don't pass on to the incredible opportunity!



 ~ 1 h

✓ for 8 people

## HONEY CAKE RECIPE

### Ingredients

#### For the biscuit

370 g flour  
2 eggs  
50 g butter  
50 g sugar  
40 g brown sugar  
2 tsp honey  
1 tsp vinegar  
0,5 tsp soda

#### For the cream filling

1,5 tsp gelatin  
900 g sour cream 30%  
60 ml cold water  
6 tsp powdered sugar  
0,5 lemon

### Preparation

- 01** Beat eggs in a metal bowl (or pot), pour honey, add butter, add sugar and place over the pot with water. Heat, stirring constantly, until sugar dissolves and it becomes one solid mass, but do not boil.
- 02** Add vinegar-slaked soda to the resulting mass, mix. Finally, add flour and knead the dough. The dough should not stick to your hands at all. Then divide it into 5 equal parts and roll out each part very thinly directly on the baking paper (roll the sheets very thinly, because they puff up during baking). Take a round shape of the desired size and cut the dough placing the shape on top of each rolled sheet of dough.
- 03** Bake one sheet for 5 minutes in an oven heated to 180 degrees (celsius). Bake the cutted edges of the dough as well (while baking one sheet, roll another, after removing the baked one, immediately put a new one to bake, and so on until you bake them all). Cool the baked sheets on the grill.
- 04** Pour gelatin with water and leave to swell. Dissolve the gelatin over low heat while stirring (do not boil). Leave to cool.
- 05** Put sour cream in a large bowl, add powdered sugar and beat until it is stiff. Add lemon juice, mix, taste to check if nothing is missing. Pour the gelatin into the cream in a small stream while whisking. Put it in the fridge for 5-10 minutes so that the cream hardens a little. Finally, spread the biscuit sheets and decorate. Place in the refrigerator for at least a day. DELICIOUS!!!



## DALIA ĖMUŽYTĖ

Lithuania, Širvintos Region

### MY GASTRO GUIDE STORY

I'm Dalia Ėmužytė, owner of the Griciūnai ecological goat farm near Vilnius, with 27 years of passion for goat cheese and meat production. Our visitors savor a unique selection of regional goat cheeses, an exclusive heritage not found elsewhere. We also offer the rare delight of goat meat, promising a culinary experience when prepared with expertise. As I personally introduce the products and dishes of the farm to guests, there's a need to collaborate with other entrepreneurs and open up opportunities to attract more travelers to the region.

### GRANDMOTHERS LEGACY

Having relocated from Vilnius to nurture my roots, I've brought with me the cherished legacy of my renowned grandmother, a celebrated farmer whose cheeses were once honored by none other than President's wife Smetonienė herself before the war. Today, that legacy thrives as my cheeses are bestowed with national heritage certificates, a testament to the enduring quality.

But the richness doesn't end there – discover a symphony of flavors as our homemade jams, liver sausage, and other delectable dishes carry forward the culinary heritage passed down from my grandmother. Join us in savoring the past while indulging in the present, where each bite tells a tale of history and tradition. Experience the authentic taste of our family's dedication and passion at Griciūnai, where every product is a celebration of our enduring culinary legacy.

### HISTORY AND NATURE OF THE AREA

I inherited this land from my grandparents 27 years ago. Once a hub for peat extraction and whip bundle production in an ancient village, our land boasts a unique history. Surrounded by natural wonders like forests and the protected area of 'Žalioji giria' (Green Forest), our location is a haven for diverse wildlife, from deer and elk to foxes, lynxes, wolves, and more. Immerse yourself in the rich tapestry of our farm's story, where nature and history come together in a harmonious embrace.

### MY ADVICE FOR OTHER GASTRO GUIDES

As the allure of gastronomic tourism grows, collaboration becomes key. Let's create a network (guild) where we share insights, recommend must-visit destinations, and indulge in each other's unique culinary treasures. Our guild members specialize in distinct offerings, ensuring a diverse and unforgettable experience. Explore the natural, ecological, and sustainable delights firsthand. Strive for a harmonious balance between urban charm and the serenity of nature. Join us in a journey of flavors, shared recommendations, and the discovery of culinary wonders that transcend borders and unite food enthusiasts worldwide.



## FRIED GOAT CHEESE WITH CUCUMBER SAUCE RECIPE

 ~ 45 min

✓ vegetarian

✓ for 2 people

### Ingredients

0.4 kg Traditional sweet goat's milk cheese

2 Tomatoes

According to your taste add:

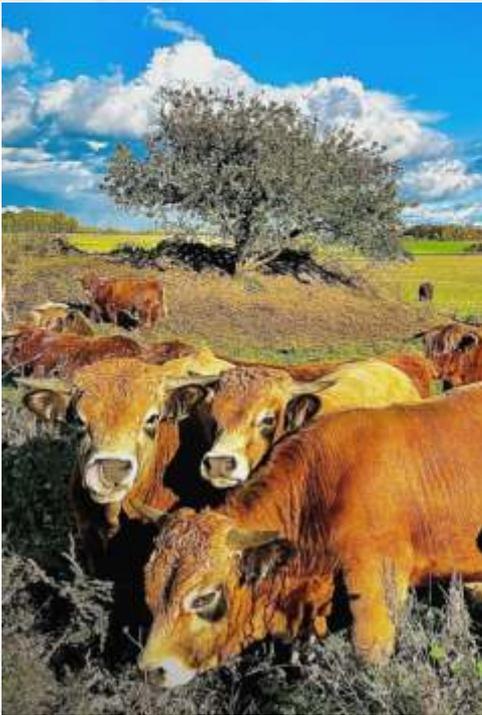
- olive or other oil
- salt
- pepper
- flour
- dill
- garlic

### Cucumber sauce

According to your taste add:  
mayonnaise, garlic, pepper,  
dill, pickled cucumber

### Preparation

- 01** Cut the goat cheese and tomatoes into slices.
- 02** Squeeze the garlic in a bowl, sprinkle with salt and pepper and mix everything.
- 03** Rub each slice of cheese with a garlic mash and let it stand for 30 min.
- 04** Roll the cheese slices in flour.
- 05** Pour a little oil on a heated pan and fry one side of the cheese. After turning the cheese over, place a tomato on each cheese slice and sprinkle with salt and dill.
- 06** **PREPARING THE CUCUMBER SAUCE**  
To prepare cucumber sauce for fried cheese, squeeze garlic into mayonnaise (if you like it spicy add more garlic). Add grated pickled cucumber (if you like it more sour add more cucumber).  
Season the sauce with pepper and dill.  
Mix everything well
- 07** Baked goat cheese with cucumber sauce is served hot. ENJOY!



## KRISTINA AND ARŪNAS MARTINĖLIAI

Lithuania, Širvintos Region

### OUR GASTRO GUIDE STORY

Established in 1996, Martinėliai is a picturesque farm in the countryside, dedicated to cultivating nature's finest bounty. Our Highland breed cattle freely roam the fields. Whether you seek breeding cattle or succulent meat, Martinėliai has you covered. Our organic crops, including buckwheat, spelt wheat, red clover, peas, and oats, are nurtured with utmost care, showcasing our commitment to sustainable and wholesome farming.

Indulge in Martinėliai's offerings – from succulent Highland cattle meat to biodynamic flour. Our facilities ensure the finest quality products from our fields to your table. Meet the family behind Martinėliai – Augustinas, Julius, and us, cultivating a legacy of sustainable farming. When you choose Martinėliai, you choose more than organic produce – you choose a commitment to quality, sustainability, and a genuine connection to the land.

*Your visit to Martinėliai ecological farm isn't just a destination, it's an opportunity for connection, education, and creating lasting memories.*

### OUR ADVICE FOR OTHER GASTRO GUIDES

- Be open to those curious about product origins, offer an immersive culinary experience.
- Explore the heritage, witness the farming process, and uncover the secrets behind the unique flavors.
- Taste the difference in products that celebrate commitment to quality and sustainability.
- Be storytellers of ecological consciousness, heritage preservation, and culinary excellence.



~ 30 min

✓ for 2-3 people

✓ vegetarian

## SPELT FLOUR PANCAKES WITH POMACHKE RECIPE

### Ingredients

#### For the pancakes

2 cups Hot water (40-50 degrees C)  
1 cup Spelt flour  
1 Egg  
According to your taste add salt

#### For the sauce "pomachke"

1 spoon Butter  
2 spoons Sour cream  
1 Onion  
According to your taste add smoked or salted fat, salt, pepper and mushrooms (boletus or champignons, or other)

### Preparation

**01** Add salt and flour to the water and mix everything well. Then add the egg and mix well again. The dough should be liquid. Leave it for 15 min. to rest.

**02** Grease a well-heated pan with fat and bake pancakes.

#### PREPARING THE "POMACHKE" SAUCE

**03** After baking the pancakes, we prepare the sauce. Finely chop the fat and onion. Fry it. Add butter and sliced mushrooms. Fry everything, add sour cream, season with salt and pepper (if desired). Let it stew a little.

**04** Dip the pancakes in the sauce and ENJOY!



## KASIA JANKUN

Lithuania, Širvintos Region

### MY GASTRO GUIDE STORY

I am Kasia Jankun and also I'm the owner of Širvintai district farm. This is a family farm that started from scratch almost 30 years ago. We are delighted that over these years we have been able to achieve and develop so much.

It all started with the traditions of my grandmother and my mother, as my both of them had a number of cows, so we continue their legacy. Currently, we raise 70 cows, and we process all the dairy production ourselves as a family.

We create our own recipes and add something innovative, but we also remember the recipes of our grandparents.

*We strive to improve in everything that we do, with a clear vision to attract tourists from all over the world. Here visitors could taste our products, discover new flavors, and fall in love with them.*

### MY ADVICE FOR OTHER GASTRO GUIDES

I sincerely aspire to make a lasting impression on individuals opting for a gastro-guide course and pathway. Through this experience, they have the potential to uncover fascinating insights, broadening their understanding and appreciation for the culinary world.



~ 2:15 h



for 2-3 people



vegetarian

## BUTTER WITH HERBS AND SPICES RECIPE

### Ingredients

200 g Butter

1 L Salted water

According to your taste add garlic

According to your taste add dill

Bread

### Preparation

01

Put the butter into salted water and leave it for 2 hours.

02

After extracting the butter from the salted water, season it with various herbs and spices: garlic, dill, etc.

03

Mix everything.

04

Spread the prepared butter on black bread and serve it to the table. ENJOY!



## RASA IR ANDRIUS PRUSAKOVAI

Lithuania, Kaišiadorys Region

### OUR GASTRO GUIDE STORY

We are the new Bačkonys ecological farm, in existence for only 4 years. We grow vegetables for ourselves and others. In mid-November, we still have green vegetables, cabbage leaves, lettuce, and onion greens in our unheated greenhouse.

Our farm has four greenhouses covering a total of 16 acres of enclosed ground. In them, we cultivate various vegetables such as tomatoes, bell peppers, cucumbers, and more – the daily products in Lithuania.

Additionally, we raise 25 Highland breed cows. They roam freely in the fields and find their own food. In winter, we supplement their diet with hay, but we do not provide additional grains or additives because our farm is certified organic.

We also raise and sell the eggs of the chickens. They are unique too, as they are outdoors all year round, as the doors never close to the outside..

### HISTORY AND NATURE OF THE AREA

Bačkonys Ecological Farm is situated between two major cities, halfway between Vilnius and Kaunas, not far from the highway, just 4 km from Žiežmariai. Žiežmariai has been known as a Jewish town since ancient times. The main road from Kaunas to Vilnius used to pass through Žiežmariai, where bustling markets thrived. Today, one of the oldest synagogues in Lithuania, and possibly in Europe, has been fully restored in Žiežmariai.

In the past, Bačkonys was also known as mostly inhabited by the Russian ancient religion exiles as the Tsar Peter the Great (Peter the First) resettled them from Russia, and they dispersed to various locations in the Kaišiadorys district. One of those places was Bačkonys. When our family moved from the city to a homestead in this village we bought a house from an elderly woman who was a Russian ancient religion believer. We are currently restoring this homestead.

### OUR ADVICE FOR OTHER GASTRO GUIDES

Unlock the potential for business growth by embracing new services with confidence! Take a bold step into the exciting realm of gastronomic tourism, fearlessly tackling the challenges that await. Ready for the journey? Elevate your offerings by providing people with a taste of a healthy and balanced culinary experience! Seize the opportunity to stand out in the vibrant world of food and hospitality. Your success story begins with embracing innovation and meeting the demands of today's adventurous consumers.



 ~ 20 min.

✓ for 2 people

✓ vegetarian

## OMELET WITH EGGPLANT AND BASIL RECIPE

### Ingredients

- 6 Eggs
- 1 Eggplant
- 1 Tomato
- 200 g Hard cheese
- 2 spoons Olive oil

According to your taste add Ghi butter for cooking

According to your taste add basil leaves

According to your taste add spices: pepper, salt, turmeric, oregano, dill, green onions

### Preparation

- 01** Cut the eggplant into slices or sticks and put it in a bowl.
- 02** Splash it with olive oil, season with spices.
- 03** Heat a pan with butter, fry the prepared eggplant.
- 04** Beat the eggs and pour them into the pan on top of the eggplants. Close the lid, fry a little.
- 05** Then put a layer of grated hard cheese, put sliced tomato on top, sprinkle with spices, add basil leaves.
- 06** After closing the lid, fry for a few minutes until the cheese melts. ENJOY!



## EGLĖ OSTVALDS

Lithuania, Kaišiadorys Region

### MY GASTRO GUIDE STORY

I am the founder and owner of the cheese factory "Ostvalds fabrica." I recently started this business and thus began my journey into cheesemaking three years ago. I am delighted to share that my business has been successful. I have received recognition that propels me forward. Despite being in the cheese industry for only three years, I have already earned two gold medals from the exhibition "Choose Lithuanian Goods."

I produce cheeses. One of my favorites, aside from those that have won gold medals, is smoked cheese. It is interesting because it allows for improvisation. In total, we produce about 11 flavors of cheese, mainly from fresh sweet milk. My cheese factory differs from larger ones in that I only use milk and natural additives, such as spices and fruits.

*Lift the curtain on your production process! Invite tourists to witness the magic as your products come to life. From farm to table, showcase the meticulous steps involved in creating your signature items. It's not just about what they taste; it's about the story and passion that goes into every mouthwatering morsel.*

### MY ADVICE FOR OTHER GASTRO GUIDES

Are you ready to transform your business into a culinary haven and captivate the hearts (and taste buds!) of tourists from around the globe? Say goodbye to the ordinary and welcome a new era of gastronomic delight as you embark on the journey of becoming a sought-after Gastro-Guide! Until now, you've been producing and trading exceptional products. Now, it's time to invite tourists on an immersive experience through the world of your gastronomic treats. Take your offerings to the next level by incorporating educational and tasting activities. Engage tourists in the art of gastronomy, sharing the secrets of your trade and providing hands-on experiences. Watch as their appreciation for your products deepens, creating lasting memories and loyal customers.



 ~ 15 min.

✓ for 2 people

✓ vegetarian

## "LIMASOLIS" CHEESE ROAST WITH MELON AND BALSAMIC SAUCE RECIPE

### Ingredients

150 g	Cheese "Limasolis"
200 g	Melon
50 g	Butter
50 g	Balsamic sauce
4-5	Mint leaves

### Preparation

- 01** In a pan add the butter and when it melts add the cheese. Fry it on both sides on a low heat. It should soften and become brown
- 02** On a separate plate cut the melon into cubes.
- 03** On a plate with the sliced melon put the baked cheese and sprinkle it with balsamic sauce.
- 04** Garnish with mint leaves. ENJOY!



## ODETA LUKOŠIŪNAITĖ

Lithuania, Ukmergė Region

### MY GASTRO GUIDE STORY

Welcome to the heart of culinary discovery at the Ukmergė Regional History Museum's Educational Center in Užugiris! As the curator of our educational programs, I am thrilled to invite you to a gastronomic adventure that transcends mere cooking—it's an immersion into the rich tapestry of our cultural heritage.

Established eight years ago, our center is a haven for creative minds, where we encourage you to bring your culinary dreams to life. Our fully-equipped kitchen boasts a specialized oven for crafting delectable delights such as kugel, buns, and gingerbread. Whether you're a budding chef or a seasoned food enthusiast, our doors are open to both children and adults seeking an unforgettable experience.

Join us, and we'll guide you through the art of crafting a perfect shakotis, sharing the secrets and techniques that make it a true culinary masterpiece. Indulge in the warm, comforting taste of our freshly baked kugel, and let us regale you with the fascinating stories behind each dish. At the Ukmergė Regional History Museum's Educational Center, we're not just teaching you how to cook—we're inviting you to savor the flavors of tradition and innovation.



*I love what I do and I love my job.  
So, I share what I know with an open  
heart and it pays off!*

### MY ADVICE FOR OTHER GASTRO GUIDES

Embarking on a mission to promote gastro tourism involves more than just showcasing culinary skills—it's a journey of cultural enrichment and national pride. First and foremost, spreading the word about gastro tourism means becoming an ambassador for your culinary expertise. When visitors come to experience your offerings, it's an opportunity to not only demonstrate your culinary prowess but also to extol the virtues of your homeland. Delving into the rich history of your region and weaving in fascinating facts adds layers of context to the gastronomic adventure, making it a holistic experience.



 ~ 2:45 h.

✓ for 3-4 people

✓ vegetarian

## SOFIJA'S GINGERBREAD RECIPE

Sofija was the president's, Antanas Smetona, wife

### Ingredients

- 2 Eggs
- 130 g Sugar
- 100 g Butter
- 100 g Honey
- 500 g Flour

A pinch of salt, allspice, bitter pepper, grounded cloves, vanilla

### Preparation

- 01** Put sugar, honey, butter, salt and spices for gingerbread in a pot. Heat on low heat, stirring constantly, do not let it boil.
- 02** After removing the pot from the heat, allow the mass to cool down.
- 03** Add the eggs into the cooled mass and mix everything well. The last step is to add flour and knead well, leave the dough for a couple of hours in the cool place.
- 04** After that, roll out the dough until it becomes 0,5 cm thick, press out the desired images with molds, you can cut them out or make paper stencils beforehand.
- 05** Bake in the oven, but watch for them not to burn. If you bake in the industrial oven, heat it to 180 degrees and bake for about 7-8 minutes. ENJOY!



## MINDAUGAS STRAGIS

Lithuania, Ukmergė Region

### MY GASTRO GUIDE STORY

Welcome to Leonpolis Manor, where tradition meets innovation under my stewardship as the proud owner. As a family-driven business, Leonpolis Manor is not just a place; it's a thriving agricultural unit deeply rooted in preserving heritage and fostering sustainable practices. Nestled in the heart of the Ukmergė region, our manor enjoys a strategic location—equidistant from major cities like Vilnius, Kaunas, and Panevėžys, positioned conveniently along the international highway to Riga and Daugpilis.

Our commitment to community spirit is reflected in every facet of Leonpolis Manor. With a history dating back to the 16th century, we carry forward unique traditions that add a rich layer to the tapestry of our heritage. Delve into the 19th-century roots of Manor farming, inspired by the legacy of Benediktas Tiškevičius, the Count of Raudondvaris, who revitalized the manor and leased it for agricultural development. At Leonpolis Manor, our agricultural focus centers on the specialization of root crops. Join us in a journey that goes beyond farming – it's a commitment to sustainability, community, and the discovery of hidden historical gems. Come, be a part of our story, and experience the timeless charm of Leonpolis Manor.

*As a gastro-guide, sharing your knowledge not only attracts tourists but also promotes your region, opportunities, and country, creating a memorable experience for visitors.*

### MY ADVICE FOR OTHER GASTRO GUIDES

In every field, collaboration is key, and when it comes to building a community, the possibilities are endless. Embrace experimentation, because unexpected flavors await your discovery. By uniting under the banner of this project, we not only amplify our collective impact but also attract attention and support from authorities. As more individuals join the movement, the allure of gastronomic experiences grows, creating a magnetic pull that everyone wants to be a part of. Let's collaborate, innovate, and together, let's create a gastronomic legacy that captivates both palates and hearts 57



~ few weeks



vegetarian

## APPLE CHEESE RECIPE

### Ingredients

- 5 kg Antanovka apples
- 1 kg Sugar

### Preparation

- 01** Peel and cut apples into slices, pour sugar on them and wait until syrup appears.
- 02** Pour the syrup into another bowl, boil and cook until half of it remains, then add the chopped apples.
- 03** Boil for 1.5-2 hours, it is necessary to stir, because there is a possibility that it will stick to the bottom.
- 04** We put the resulting hot mass in the cheese bags, press them down, and keep it until the syrup stops running.
- 05** Dry the cheese at a temperature of 50°-60° for 6 hours. We mature the already dried cheese for several weeks before eating. ENJOY!

# ITALY

## EMILIA ROMAGNA

# 03





## MILENA

**Consortium of Protection and Promotion of PGI  
Piadina Romagnola  
Italy, Emilia Romagna**

### MY GASTRO GUIDE STORY

I am Milena, and for four generations I have been the lady of the Piadina Romagnola. They call me that because I've been making Piadina my whole life and Piadina is my life. I was born and had lived in Cervia and for generations all my relatives have been making Piadina Romagnola.

So Piadina is in my DNA, and it is also the identifying

DNA of Romagna, as a product that you have to taste when you come here. The Romagna is synonymous with Piadina Romagnola, with friendliness and hospitality. Piadina is something that now everyone is more or less familiar with, thanks also to what we have done so far to promote it.

As early as 2013 we had the institution of the PGI specification which went to protect this product, like other Italian products that characterise our region, but also the whole of Italy. The Piadina is the typical street food of this area and has ancient origins; it is even mentioned in Etruscan times. I feel I am transferring what tradition is, because we have fully respected it, with the ingredients, with a PGI specification in which we have perfectly found ourselves.

Once upon a time there were small wooden shacks in the street with bins, iron bins, where a stone and a pan was placed and the piadina was cooked. Now we have little kiosks that give an identity and are synonymous with handmade Piadina Romagnola. The Piadina has remained tied to tradition and at the same time has evolved, going against customer requests, with new recipes and new combinations.

### MY ADVICE FOR OTHER GASTRO GUIDES

Bring the tradition of which you are part and which is part of you. Be a guide for all those people who want to try and get to know your products and those of your land, help them to test them and act as a gastronomic guide for what are the combinations, how they are best consumed and eaten in all their facets and possibilities.



## IGP PIADINA ROMAGNOLA WITH PDO PIACENTINA COPPA, ROCKET PESTO AND STRACCIATELLA

✓ Finger food

### Ingredients

#### x4 PGI Piadine Romagnole

200 g	PDO Coppa Piacentina		
250 g	Fresh stracciatella	50 g	Pine nuts
100 g	Fresh rocket	50 g	Pecorino cheese
60 g	PDO Parmigiano Reggiano		Salt and pepper
1 clove	Garlic		
150 g	Extra virgin olive oil		

01

The first step will be to prepare the pesto: clean the rocket leaves under plenty of cold water, drying them carefully on a sheet of absorbent paper. Be careful not to crush them too much to avoid them darkening and losing their bright green color.

02

Place them in the pestle together with the pine nuts, a pinch of salt and pepper, the cheeses and a first spoonful of oil. Crush with a mortar, adding oil when necessary, until you obtain the typical consistency of pesto.

03

Let it rest in the fridge with a cap or cling film so that it thickens and concentrates all the flavours.

04

Meanwhile, heat the PGI Piadina Romagna on both sides for four minutes and, once cooked, fill them with PDO Coppa Piacentina, stracciatella and, to your liking, the pesto that you removed from the fridge a few seconds before serving.

05

Enjoy your meal!

### Preparation



## ANDREA MANCUSO

**Consortium for the Protection of PGI Balsamic  
Vinegar of Modena  
Italy, Emilia Romagna**

### MY GASTRO GUIDE STORY

I am Andrea Mancuso Morini, I am from Emilia Romagna and I work for the Balsamic Consortium of Modena PGI. The consortium protects and promotes the product of excellence of our territory that is now known all over the world. It is a product that is linked to the territory of Modena and Reggio Emilia, two provinces of our beautiful region that have a history

stretching back thousands of years. A history that begins as far back as the times of the ancient Romans and that over the centuries has been handed down from generation to generation until today.

I am a Gastroguide who has the good fortune to tell, to transmit, but also to relate with people who love our territory and love the products that our territory and all of Italy has to offer and who love the biodiversity that exists in our cuisine, in our gastronomy. As a gastro-guide I meet the most diverse people, young people, passionate gourmets, those who know nothing yet but are curious and want to discover something more. It is important to know how to tell, but also to work with all the stakeholders, with all the parties that are involved in this beautiful story in which everyone has a role. We, with consortium, work as a team to promote the best. Teamwork is a fundamental. I believe that one of the most beautiful things you can do when you visit a territory, a different country, a different region, is to experience the products first hand, to experience the producers, so go and get to know the most unknown realities.

### MY ADVICE FOR OTHER GASTRO GUIDES

This is, in summary, what the Gastroguide must do: have a passion for the product, the territory, that it represents. The Gastroguide should have this role, as a coordinator of the different people, entities, realities, he must be able to talk to the companies and know the companies, who make the products, produce them, make them.



## PARMESAN RISOTTO WITH MODENA PGI BALSAMIC VINEGAR PODS

✓ First course

### Ingredients

- 320g Vialone nano rice
- Aged Modena PGI Balsamic Vinegar
- 1l Meat or vegetable broth
- ½ Small onion
- Butter to taste
- Grated PDO Parmigiano Reggiano

### Preparation

- 01** Place some grated PDO Parmigiano Reggiano in a bowl with the addition of a few drops of aged Modena PGI Balsamic Vinegar. Mix well and form uniform balls which you will place on a rectangle of baking paper.
- 02** Fold the paper over the ball, then flatten and form thin waffles to leave in the middle of the baking paper. Cook quickly in a non-stick pan on both sides. Remove them from the heat.
- 03** In a saucepan, lightly fry the finely chopped onion, after a couple of minutes toast the rice. Continue cooking the risotto, adding the broth little at a time.
- 04** Once cooked, when the rice is al dente, stir in a knob of cold butter and PDO Parmigiano Reggiano, then mix and let it rest covered for a minute.
- 05** Serve the rice with 2 waffles per portion and adding a drizzle of aged Modena PGI Balsamic Vinegar on the side of the plate.
- 06** **Enjoy your meal!**  
Enjoy the risotto by mixing all the ingredients to taste.



## VALENTINO BEGA

**Specialist in food&wine tourism and territorial marketing**  
**Italy, Emilia Romagna**

### MY GASTRO GUIDE STORY

I am Valentino Bega, a former manager in the promotion sector of Emilia-Romagna, and I am a self-certified gastronomic guide. I have worked extensively in the region, particularly on territorial marketing related to quality food products and quality wines. I was involved in the birth and development of the tourism/ food and wine dissemination project 'Strade dei vini e dei sapori' (Wine and flavour routes). The gastronomic heritage of our region is known and celebrated all over the world. What is hidden in these territories is the true nature, the roots of our agri-food culture. I come from the province of Ferrara, which has great identity products, one for all, the "salama da sugo" that few people know about. Slow tourism, pausing to appreciate and get to know the territory, the people, the culture, the art, the cuisine means enriching oneself with a heritage that every region has. Quality means culture, culture means being able to remember, but also to continuously dig into a territorial wealth that has no boundaries. I always think that every corner of this land is in itself a mine of good taste, of culture, of food, absolutely original. a gastro guide also has this task: the task of not letting people forget. All the inhabitants of this land are basically gastro guides, and could be if they wanted to be.

### MY ADVICE FOR OTHER GASTRO GUIDES

For a Gastro Guide it is the heart that speaks. Gastro Guides must be friends of the territory, of the people, they must know how to immerse themselves in the territory with affection and heart. A gastronomic guide must base his competence and culture on knowledge, study, understanding, research and investigation, he must interview, memorise and pass on. There is no need to invent, just observe.



✓ First course

## PGI PUMPKIN CAPPELLACCI OF FERRARA

### Ingredients

#### For the pastry

250 g White soft wheat flour type 00  
3 Eggs  
Salt

#### For the stuffing

400 g Pumpkin pulp  
120 g Grated PDO Parmigiano Reggiano  
60 g Breadcrumbs  
Nutmeg, salt and pepper

01

Prepare the pastry in the usual way, roll it out not too thinly and cut it into many squares which you will fill with the mixture that you have prepared separately.

02

Cook the pumpkin in the oven, remove the peel and, with the help of a fork, crush it until it becomes a rather homogeneous paste, add the PDO Parmigiano Reggiano cheese and nutmeg, and mix well.

03

With the help of a teaspoon, place some large walnuts in the center of the previously prepared square of puff pastry and close the squares as you are used to making cappelletti.

04

Cook them in plenty of salted water for about 5 minutes, picking them up with a spoon or slotted spoon as soon as they come to the surface.

05

Season with meat sauce or melted butter, sage and sprinkle with grated PDO Parmigiano Reggiano if desired.

06

Enjoy your meal!



## DANIELE DE LEO

**Agronomist , teacher and story teller**  
**Italy, Emilia Romagna**

### MY GASTRO GUIDE STORY

My name is Daniele De Leo and I am 58 years old, I am from Romagna. I graduated in agriculture, I was an agronomist for many years. At a certain point I had this vocation, this emotion: I wanted to be a divulgator, I wanted to be someone who talks to children, the youngest, the oldest, but also to the curious, to consumers, those who actually love our products. At that point I went from being an agronomist to a popularizer, an agri-food popularizer, then a story teller. For example, wine can be told, its aromas, its alcoholic content, all very nice and interesting, but there must be more behind it, a dream, a thought a suggestion. Why is that wine called that? This is what the Gastro Guide must do! Then it is obvious that there are intrinsic characteristics of the products that need to be known and told, for example if the wine is barrique, then it has spent a year, a year and a half in a wooden barrel. Whether balsamic vinegar is 12 years old or 25 years old is clearly different. There are nuances, there are differences, which we have to tell, but we also have to become 'emotionalists', which is a role with a new meaning.

### MY ADVICE FOR OTHER GASTRO GUIDES

What to do to become a Gastro Guide? Dissolve reservations push the accelerator, excite because our products are special and must be told in their speciality.



✓ First course

## PASSATELLI WITH ROMAGNA USE IN PDO PIACENTINA BACON SAUCE

### Ingredients

350 g	Breadcrumbs
350 g	Grated PDO Parmigiano Reggiano
50 g	White flour type «00»
8	Eggs
	Lemon peel to taste
	Nutmeg to taste
150 g	PDO Piacentina bacon
50 g	Courgettes
½	Red onion
	Extra virgin olive oil
	Pepper

### Preparation

01

Mix all the ingredients (i.e. the breadcrumbs, the PDO Parmigiano Reggiano, the eggs, the white flour type «00», the nutmeg and the lemon peel) very well until you obtain a homogeneous mixture. Once you have reached the right consistency, let it rest for at least 3 hours in the refrigerator.

02

For the sauce, cut the red onion into julienne strips and sauté in a non-stick pan, add the PDO Piacentina Bacon and turn off the heat so that it remains soft.

03

Separately, with a drizzle of extra virgin olive oil, sauté the courgettes, previously cut into crescents, for a few minutes and combine everything.

04

Using the appropriate tool (similar to a potato masher, but with larger holes), make passatelli and cook them in boiling salted water, taking great care to drain them as soon as they rise to the surface.

05

Season them with the PDO Piacentina Bacon sauce and courgettes and serve with a drizzle of raw extra virgin olive oil.



## PIETRO CAMPALDINI

**Agri-food products promotion Department of Emilia Romagna region  
Italy, Emilia Romagna**

### MY GASTRO GUIDE STORY

I am Pietro Campaldini, I come from Porretta Terme, a small town in the Apennines in the province of Bologna. For thirty years I have worked in tourism, for private companies, hotels and restaurants, but also public companies including municipalities and the Emilia-Romagna Region for which I work now. I became a Gastroguide out of passion first and foremost

because in my work we deal precisely with the promotion of certified quality products, i.e. PDO and PGI and all the organic products of which our region is full. I follow the consolidation of the 'Wine and Flavour routes' which are the tourist itineraries for food and wine lovers who come from all over the world to visit us. In our region, we have 10 routes to choose from to discover all our products and traditional dishes.

A Gastroguide must have knowledge of the products both from a historical point of view, but also how they have changed over time. For example, one last thought I can give you about Gastroguides is definitely to also know about food and wine pairings, I invite all those who want to become Gastroguides in Europe to understand what is the right pairing for their dishes. I am talking about wine, food, but also cocktails that can be made with local products, I am thinking for example of IGP peaches and "nectarines" from Romagna.

### MY ADVICE FOR OTHER GASTRO GUIDES

A gastroguide must have passion and love for their work and their land, and for the rediscovery of old traditions, but a good gastroguide must also know how to innovate and thus combine tradition with innovation. Why? Because that way we can catch all generations.



✓ Second course

## PGI WHITE VEAL CARPACCIO FROM APPENNINO CENTRALE WITH PDO TRADITIONAL BALSAMIC VINEGAR OF REGGIO EMILIA

### Ingredients

300 g	PGI White Veal from Appennino Centrale
150 g	Mixed salad
	PDO Colline di Romagna extra virgin olive oil
3 spoons	PDO Traditional Balsamic Vinegar of Reggion Emilia
	Salt and white pepper to taste

### Preparation

- 01** Cut the fillet into thin slices and very delicately beat them until you obtain very fine slices.
- 02** Combine the PDO Traditional Balsamic Vinegar of Reggion Emilia and PDO Colline di Romagna extra virgin olive oil in a bowl to form a sauce.
- 03** Arrange the previously washed, carefully dried and irregularly chopped salad on the plate, season it lightly with extra virgin olive oil, salt and pepper and place the meat on top.
- 04** Season everything with PDO Traditional Balsamic Vinegar of Reggion Emilia sauce.
- 05** Leave to rest for a few minutes and serve with a garnish of cherry tomatoes and fresh aromatic herbs.
- 06** **Enjoy your meal!**



## GIULIA GHIROTTI

**Teacher and expert in gastronomy, hospitality and social media communication  
Italy, Emilia Romagna**

### MY GASTRO GUIDE STORY

I am Giulia Ghirotti and I deal with professional training, communication and the organisation of food and wine events. All my activities are aimed at enhancing and promoting the food and wine excellence of my region, Emilia-Romagna. As a teacher, I address students and young people at professional hotel institutes, and our aim is precisely to train the new generations of restaurateurs and hoteliers in Emilia-Romagna. My lessons arise from a new need, that of responding to a new tourist demand, which is more attentive, more curious, more sensitive to the territory. Today the tendency is to do this more and more as a protagonist; therefore, with one's hands in the pie, perhaps following the advice of an azdora, a local guide. My profession stems from my background. I come from the catering industry, I have always been involved in catering and therefore in the organisation of events and receptions. In 2019, I attended an advanced training and specialisation course on PDO and PGI certified products. This course allowed me first and foremost to broaden my horizons, but above all to weave a network of knowledge of great professionals and experts in the field.

### MY ADVICE FOR OTHER GASTRO GUIDES

Nowadays, the tourism demand has changed and people are trying to explore the territory in a deeper way. And this can be done, for example, in a sustainable way, through hiking or biking. But in my opinion, the way to get to know a culture in a more authentic way is to do it through the table and therefore through gastronomy and through the experience of putting your "hands in the dough".



✓ Dessert

## COOKED WINTER PEAR WITH DOCG ALBANA DI ROMAGNA PASSITO WINE AND CHOCOLATE GLAZED

### Ingredients

200 g	Dark chocolate
130 g	Sugar
15 g	Butter
4	Emilia-Romagna PGI pears
1	Cinnamon stick
¼ l	Albana di Romagna DOCG passito wine

01

Peel the pears and wash them well. Then place them in a saucepan with the sugar, ½ liter of water and cinnamon.

02

Cook over a low heat for 30 minutes, add the Albana di Romagna DOCG passito wine only at the end and finish cooking, ensuring that the pears absorb all the liquids.

03

Melt the chocolate with the butter in a bain-marie.

04

When the pears are cooked and the chocolate melted, dip them and place them on a tray so that the excess chocolate drips off.

05

**Enjoy your meal!**

If desired, it can be served on soft custard or with whipped cream.

### Preparation



## CARLA BRIGLIADORI

**Chef, teacher and food historian**  
**Italy, Emilia Romagna**

### MY GASTRO GUIDE STORY

I am Carla Brigliadori, and I have been in charge of the Artusi cooking school for 13 years. My passion for the food of this territory stems from Pellegrino Artusi, the father of modern Italian cuisine, who loved to transport sensations into his kitchen, enhancing them with his hands, in the dough above all, working the products of this wonderful territory. Products that

cannot disregard the producer, but which together on a cook's table become magical and will transport you into the history and the journey, into the taste of this region that is truly magical, important and able to give you so many emotions. The father of Italian cuisine, Pellegrino Artusi, always taught us: sit at the table, share food, share experiences, and you will make that table an immensely large table, united with the products you have given to your guests. Sharing is a total sharing of emotion, product and experience. You have to work with your hands, feel a product, smell it, listen to it. The 5 senses are fundamental to the approach to a happy table, but above all to recovery because the product is so versatile, you can use all its parts, even the less noble ones, and thus invent new dishes.

### MY ADVICE FOR OTHER GASTRO GUIDES

Being Gastroguide is an invitation to follow us into the heart of regional products, in a total sharing of emotion and experience.



🕒 90 min

✓ Difficulty level:  
medium

## BASKET OF PDO PARMIGIANO REGGIANO WITH RAINBOW OF VEGETABLES AND PDO BRISIGHELLA EXTRA VIRGIN OLIVE OIL

### Ingredients

**x4 people**

- 200 g PDO Parmigiano Reggiano
- 70 g Courgettes
- 70 g PDO Bologna Potato
- 70 g Carrots
- 70 g Yellow pumpkin
- 60 g PDO Brisighella extra vergin olive oil
- salt and white pepper to taste

### Preparation

01

Peel and clean all the vegetables and, with the help of a mandolin, cut all the vegetables into sticks.

02

Then blanch the cut vegetables in boiling salted water until cooked.

03

In a non-stick pan, lightly heat PDO Brisighella extra virgin olive oil and season the vegetables, seasoning with salt and pepper.

04

In the meantime, heat a small non-stick pan and cover the bottom with grated PDO Parmigiano Reggiano until you obtain a thin crepe, turning it from time to time and placing it over a glass to give it a basket shape.

05

Fill the basket with the vegetables sautéed in PDO Brisighella extra virgin olive oil and serve with PDO Parma Ham, PDO Culatello di Zibello DOP or Spalla cotta di San Secondo.

06

**Enjoy your meal!**



## STEFANO SILVI

**Nero Fermento company and sommelier  
Italy, Emilia Romagna**

### MY GASTRO GUIDE STORY

I am Stefano Silvi, engineer, Sommelier Ais EWST level three and one of the founding partners of the start-up Nero Fermento SRL in Ravenna. Nero Fermento, deals with the natural fermentation of white garlic and in particular the garlic of Voghiera DOP. This is a typical process from the East. We took inspiration from this culture and decided to bring this process, foreign to

our culinary tradition, using a local excellence, a humble but rich product, which is precisely the garlic of Voghiera DOP, the first DOP garlic in the whole of Europe.

This had been our company's inspiration from the very beginning and I am happy to say that both the consortium of Voghiera garlic, hence the tradition, and the Region, the so-called products of the territory, enthusiastically welcomed this idea of ours, this project of ours, and from the very beginning they accompanied us in our growth. The consortium saw in black garlic an opportunity, a new key for a centuries-old product such as Voghiera garlic, with a tradition dating back to the time of the Este family and even earlier. The Region saw an opportunity to propose something different and give a more contemporary interpretation of this traditional product.

It is really surprising to see how people who are not from this region or who perhaps come from abroad are impressed by the meticulousness, love and patience behind our most typical products.

### MY ADVICE FOR OTHER GASTRO GUIDES

Being a Gastroguide or otherwise promoting the territory simply means being sincere and showing the love one has for the excellence of the territory to other people.



## CAPPELLETTI WITH CREAMED COD ON MOUNTAIN PDO PARMIGIANO REGGIANO FONDUE, MEDICINA ONION AND VOGHIERA BLACK CREAM

✓ First course

### Ingredients

200 g	Traditional puff pastry
	Desalted cod
2 dl	Milk
1 dl	Water
	Salt and pepper
	Voghiera Black Cream
5 dl	Vegetable broth
8 cloves	Nero di Voghiera
	Extra virgin olive oil

### Preparation

01

We start by rolling out the dough according to the traditional method and let it rest.

02

Then prepare the vegetable broth according to the recipe you prefer (we suggest a clear and delicate broth, with carrots, courgettes, leek and celery) and soak the Nero di Voghiera segments in the hot broth for 3-5 minutes depending on the size.

03

Once the time has passed, remove the cloves, place them in the glass of a blender and blend them, slowly adding the broth until you reach the desired consistency, finally season with a drizzle of extra virgin olive oil and set everything aside.

04

Now cook the cod for 20 minutes with water and milk, blend it with the immersion blender, slowly adding the extra virgin olive oil until you obtain a frothy mixture and let it rest.

05

Roll out the pastry to create squares for the cappelletti, then fill them with the cod mixture and close them.

06

Cook the cappelletti in plenty of salted water, drain them and garnish them with the Nero di Voghiera cream and a sprig of parsley.

# POLAND 05





KATARZYNA JAKUBOWICZ CZACHUR

**Gastro Guide**  
**Bieszczady, Polska**

**Contact: <https://mietowyaniol.pl>**

### **My Gastro Guide story**

Once upon a time, as an energetic modern woman, I used to run meetings in corporate conference rooms. A few years ago, my husband and I took the slogan literally: "drop it all and drive into the Bieszczady Mountains!"

The main purpose of running our farm is that when you come to us as our guest, you leave as our friend. And you know what... it works out great for us! Thanks to this approach we have many friends who are happy to come back to us.

*We escaped from the hustle and bustle of 21st century cities to create a place where we welcome all our guests with an open heart, who want to spend their time and find peace in the Bieszczady Mountains.*

### **My advice for future Gastro Guides**

Share recipes with whoever wants to learn how to cook. It is very nice how tourists learn to cook from us and we organise cooking workshops for them, e.g. sourdough bread baking.... It smells heavenly in the house. And guests leave with the feeling that they've not only had a good time, but also learned something new.



 20 minutes

✓ A delicious dessert!

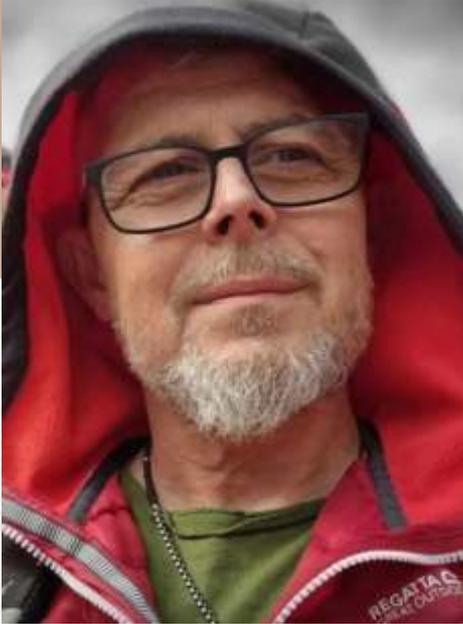
## COLD PISTACHIO CHEESECAKE

### Ingredients

250 g	Cottage cheese
250g	Mascarpone
370g	Pistachio cream
1 tsp	Vanilla extract
300 ml	Sweet cream, 30% fat
3 tsp	Gelatine
45 ml	Water

### Preparation

- 01** Pour water over the gelatine and leave to soak. Then gently dissolve it over a low heat, but be careful not to bring it to a boil as it will then lose its strength.
- 02** Combine the cheeses in the bowl of a food processor, add the vanilla and pistachio paste. Carefully mix everything together
- 03** Add about 10 tablespoons of the blended mixture to the dissolved and cooled gelatine. Again mix thoroughly and then add this to the rest of the mixture. It is important to balance the temperature of the two ingredients and avoid lumps.
- 04** Now pour the carefully mixed mixture into the cake tin and chill for a few hours or preferably overnight so that our cheesecake sets well



## PAWEŁ CZACHUR

Graphic designer, painter, musician  
Poland, Bieszczady

Contact: <https://www.facebook.com/profile.php?id=100020464680316>

### My Gastro Guide story

As Gastro Guide, musician, graphic designer and host of the "Mint Angel" guesthouse in Równia near Ustrzyki Dolne.

Music plays a key role in our guesthouse, where we organise musical evenings where guests can enjoy live concerts. I often reach for the instruments myself to provide additional entertainment and atmosphere.

As a graphic designer, I take care of the aesthetics of the guesthouse interior, creating a space that is both elegant and cosy. My artwork adorns the walls and interiors, adding a unique character to each room.

*My grandfather was the master of the kitchen, then came my dad and now I like to do a bit of cooking. From generation to generation I have been gifted with the genes to seek out flavours and aromas in the kitchen.*

### My advice future Gastro Guides

Don't be afraid to experiment in the kitchen, to seek your tastes and your joy in cooking.

Open your hearts to the space you have in the kitchen maze of smells, flavours and visual experiences.

Pass on your knowledge for others and share your piece of the kitchen with others by passing on your joy of cooking to them



4h + 24h



Exquisite



Traditional

## DEER STEW

### Ingredients

1 kg	Deer leg meat
8 cloves	garlic
6 grains	Allspice and juniper fruit
2 sp	Balsamic vinegar
To fit the dish:	Onion, carrot, root celery
	Red dry wine

### Preparation

01

As a first step, we cut the leg meat into sizable cubes and marinate it for a minimum of 24 hours, keeping it covered in the fridge. Our marinade consists of minced garlic, rosemary, allspice, juniper, black pepper and salt.

02

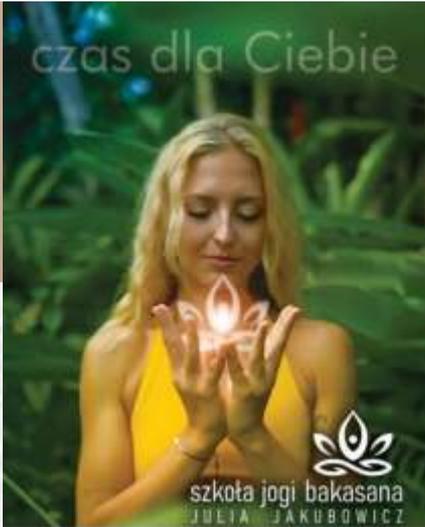
Prepare the onion, carrot and celery, which are cut into sizable cubes, and fry the marinated meat in a pan

03

Once our leg pieces are firmly browned, place them together with the previously chopped vegetables in an ovenproof dish and pour in the wine so that everything is covered with a layer 1 centimetre thick.

04

Add 2 tablespoons of balsamic vinegar, cover and simmer for about 3-4 hours on low heat. The marker that we can taste the first bite is when the meat has softened and the liquid marinade has turned into a thick and tangy sauce.



JULIA JAKUBOWICZ

Yoga instructor  
Poland Bieszczady

Contact: <https://flywithbakasana.pl/>

### My Gastro Guide story

I was taught cooking by my grandmother and mother, I learned how to cook healthily and followed recipes that I always improved and gave them even more of a twist in taste, because cooking without meat is also very tasty. Teaching yoga classes and combining them with vegetarian cooking is a passion for me and a source of deep satisfaction. I have been practising yoga and experimenting with cooking for many years, and this experience led me to the role of Gastro Guide.

*You can start your day with a sun salutation and good energy drawn from a yoga class.*

### My advice for the future Gastro Guides

As a Gastro Guide, I share knowledge about healthy eating, show how to prepare vegetarian dishes and encourage you to experiment with new flavours. It's not just about food, it's about creating a connection with nature and understanding how food affects our wellbeing. Take your guests on a journey to health and balance and I'm sure they'll appreciate it.



25 minut



Vegan



Low calorie



Simple

## BEAR GARLIC PESTO SOUP

also: wild garlic, *Allium ursinum*

### Ingredients

2	finely chopped onions
1	grated carrot
1/4	grated root celery
4	grains allspice
2	bay leaves
2-3	teaspoons of bear garlic pesto

### Preparation

- 01** In hot oil in a soup pot, fry the onion until brown, then add the grated celery and carrots. Fry everything for about 3-4 minutes.
- 02** Add 2 litres of water and throw in the allspice and bay leaves. Then add salt and pepper to taste. Boil everything together for about 15 minutes.
- 03** Add the bear garlic pesto. Bring everything to the boil and cook for 5 minutes.
- 04** Best served with poured dumplings



## ALEKSANDRA

Owner of bakery, food manufacture and shop Joyful Creation Boguchwała, Podkarpacie

Contact: <https://www.facebook.com/radosnatworczość>

### MY STORY

The Radosna Twórczość Bakery shop in Boguchwała (ul. Kopernika 6A) is an unusual place. The owner, the energetic and energetic Ola, bakes wonderful breads; she gets up at four o'clock in the morning to have fresh - still warm - breads waiting for the first customers. The wonderfulness of her breads lies in the added positive emotions, passion and "reliability". - 100% rye, buckwheat, spelt.

### MY ADVICE FOR OTHER GASTRO GUIDES

*My advice to others is to start with one good product and slowly market it or even give it away for tasting. Take part in local events and promote your products at them.*

### BOGUCHWAŁA

Boguchwała is home to the municipality's biggest tourist attraction - the palace and park complex. The Baroque palace, built between 1725 and 1729 by Prince Teodor Lubomirski, is surrounded by a park to the south and east, and the historic church of St. Stanislaus the Bishop adjoins it to the north. Not far from the church is the vicarage building from 1729, rebuilt at the end of the 19th century. In the surroundings of the palace, there are other historical buildings associated with it - a brick granary from the mid-19th century, which now houses the Municipal Public Library, an entrance gate, a stone statue of St. John of Nepomuk, and a square with the Grunwald Monument. The whole is enclosed by the area of the former farmstead, which, after revitalisation in 2014-2015, was turned into the Municipal Market, where the historic Granary is located in a central position.



 1 h 30 min

 vegan

## PIEROGI WITH BUCKWHEAT

### Ingredients

#### Dough

2 cups Ancient wheat flour  
1 tsp Wheat salt  
1/2 cup Hot Water  
Some more flour  
for rolling

#### Filling

1 1/2 cup Buckwheat  
2 1/2 cups Water  
1 tsp onion  
3 potatoes  
1 sp oil  
salt, pepper, garlic...

01

#### FILLING

Cook buckwheat in salted hot water. Cook potatoes. Simmer the onion. Mash them together to make the filling.

02

#### PREPARING THE DOUGH

Mix the flour and hot water. Roll the dough to very thin layer putting some flour not to stick. Cut it into round pieces with the edge of a glass.

03

Put balls of filling on the center of a dough circle, wrap the dough around it and stick the edges together. Leave covered with a tea towel.

04

Carefully put pierogis to boiling, salted water. Gently stir to make sure they don't stick to the pot bottom. Cook until they start to float on the water and a minute more.

05

#### Enjoy your meal!

Tastes best served with butter

### Preparation



## ELŻBIETA KOWALSKA

**Owner of agrotourism - Miętowy Zakątek  
Konieczna, Beskid**

**Contact: <https://www.facebook.com/elzbieta.kowalska993>**

### MY STORY

I am a graduate in Journalism and Social Communication and Management. I acquired my knowledge in agriculture during my postgraduate studies in Management and Marketing in Agriculture. In addition, I have completed numerous training courses in herbalism and herbal medicine, wellness, cosmetology, dietetics and music therapy. I am passionate about living in harmony with nature.

In 2021, I purchased an old Lemko cottage built in 1913. This place has a rich history as it was used as a small roadside inn with a bar in the 1990s. With the help of my family, I renovated the place and gave it a unique character. I have named my agritourism farm Mint Corner, after the beautiful and fragrant mint that grows all over the plot....

### PLACE WHERE I LIVE

Konieczna is a magical village where Lemko roots clash with the proverbial End of the World - the border between Poland and Slovakia. There are many hiking and cycling trails in the area. Slovakia abounds in attractions, such as Bardejov on the UNESCO World Heritage List, as well as Bardejovské Kupele, a spa where you can taste various types of mineral water. There is also much to see on the Polish side: the spa town of Wysowa Zdrój, old Orthodox churches and the remains of ancient Lemko villages. The beautiful countryside creates wonderful conditions for rest and recreation, and the countless tracts of herbs provide an opportunity for education in nature.

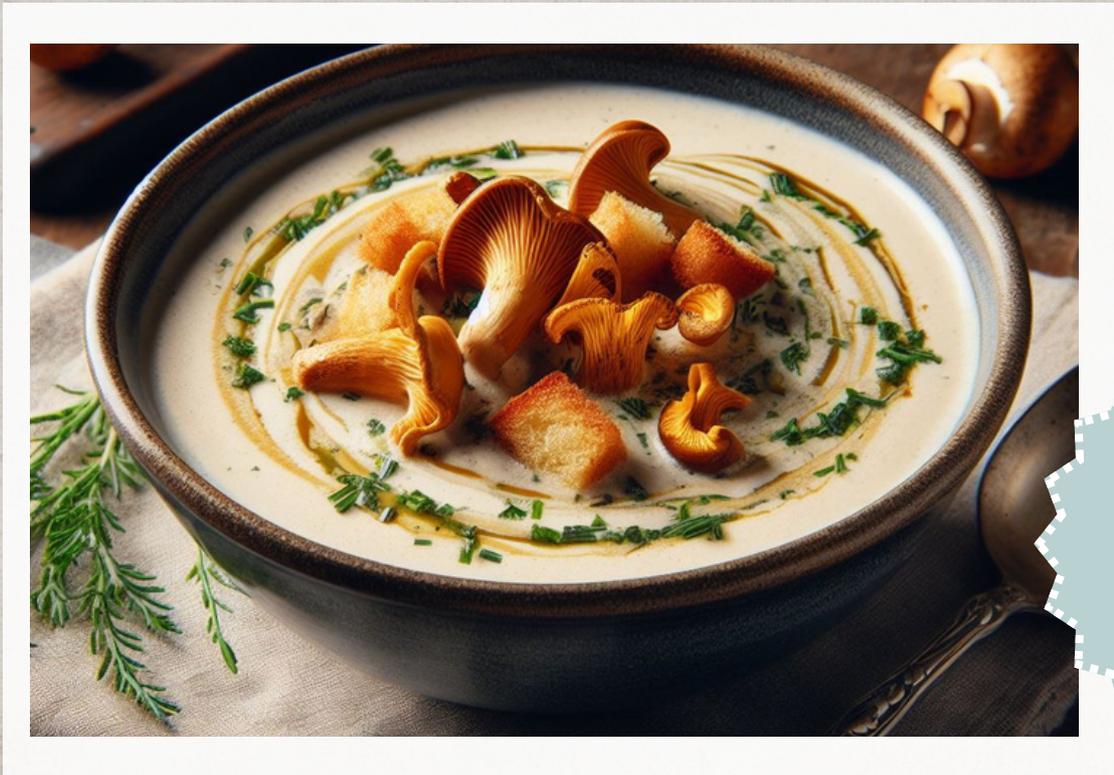
### MY PASSION

I love nature and everything close to it. I want to share this place with people who want rest for the soul and body. I invite you on a fascinating journey into the world of herbs and medicinal plants. During my workshops, participants become richer in knowledge of how to use the power of nature to improve their health and well-being. Learning is combined with practice during unforgettable field workshops.

I invite my guests on a fascinating journey into the world of herbs and medicinal plants. During my workshops, they will learn how to use the power of nature to improve health and well-being. Learning will be combined with practice during an unforgettable field workshop.

### MY ADVICE FOR OTHER GASTRO GUIDES

Running an agritourism business can be a rewarding venture, combining farming with guest services. Think about what services you want to offer. Will it be accommodation, farm-related activities, tastings of local products or other attractions? Tailor your offer to the expectations of potential visitors. Use social media, local newspapers and websites to promote your agritourism. Good photographs, descriptions and reviews from satisfied guests can attract the attention of potential customers. If you offer food, try to use local produce. Working with local farmers and suppliers can be mutually beneficial. Pay attention to sustainable practices. Environmental protection is an important part of agritourism. Take care to recycle, reduce water and energy consumption.



40 min



vegetarian

## LACTARIUS DELICIOSUS MUSHROOM SOUP

### Ingredients

500 g	fresh Lactarius deliciosus mushrooms
500 ml	vegetable stock
1	onion
4 sp	butter
100 ml	sweet cream
2	potatoes
	sprig of fresh mint
	salt, pepper

### Preparation

- 01** Clean and dice the mushrooms and potatoes. Chop the onion.
- 02** In a deep pot, heat the butter and add the onions. Fry until golden.
- 03** Add the mint and potatoes. Stir-fry for a few minutes and pour the vegetable broth over everything.
- 04** Fry the mushrooms in butter and add to the soup. Cook for a few minutes and add the cream.
- 05** Blend the soup with a blender. Season with salt and pepper if necessary.



## MIROŚŁAWA BODZIONY

**Orchard and family-run agrotourism owner  
Łącko, Sądecczyzna, Polska**



### MY GASTRO GUIDE STORY

We started our farm business as it stands today with the aim of providing healthy food and growing conditions for our children. Farming and organic farming are part of providing unique quality for us. We grow fruit such as pears, apples plums, we also have ducks, chickens, rabbits. Our agritourism takes advantage of the region's scenic qualities as well as being part of the special fruit-growing traditions of the Łącko municipality.

### ŁĄCKO AND THE REGION

In the Łącko commune, numerous marked and unmarked mountain trails await tourists wishing to relax and explore the natural environment. Hiking them on a sunny day will allow you to enjoy the magnificent panorama of the Beskids, the Pieniny and the Tatra Mountains, as well as to admire the development of the Łącko Basin, the Zabrze Basin and the meandering Dunajec River below.

Apart from the physical and geographic assets, the chequerboard pattern of the Łącko orchards leaves unforgettable impressions in the tourist's mind; in spring they are white from blossoming fruit trees, in summer and early autumn they are colourful from the abundance of apples, pears, cherries, cherries and plums. You can collect points for the individual levels of the Mountain Tourist Badge. If you have a mountain bike, there are numerous cycle trails leading to the surrounding peaks. In summer, Brzyna, Obidza and Zarzecze are famous for an above-average abundance of mushrooms.

You can also try your luck at fishing. In the Dunajec River, anglers can find trout, grayling and, with more patience, pike and pike-perch. In winter, the area invites you to go skiing.

Active tourism means relaxation in motion. It allows you to keep your body in good physical condition and at the same time you can admire the beauty of the surrounding nature. Thus, the Łącko commune offers hiking, horseback riding and cycling trips along the picturesque routes of the Beskid Sądecki, Wyspowy and Gorce mountain ranges, during which one can not only admire the charming landscapes, but also learn about traditional art and culture.

### MY ADVICES FOR OTHER GASTRO GUIDES

Our business reaches out to conscious customers who appreciate the quality of our products, which we take great care in growing and preparing. Visitors can observe and participate in the work of the farm, pick the fruit themselves as well as learn about how it is processed from the kitchen. For the time being, we do not promote ourselves on the Internet, but we are establishing good partnerships in neighbouring regions, where we show up at events, fairs and sell products.



 2 h 30 min

 serves 4

## BAKED DUCK STUFFED WITH FRUITS

### Ingredients

1	Duck
200 g	barley or buckwheat groats
3+3	Pears, apples
200 g	Smoked plum
	spices: salt, marjoram
	optional: plum brandy or other strong alcohol

### Preparation

- 01** Boil the groats and cut the fruit into quarters. Stuff the duck with them and rub with salt and marjoram.
- 02** Bake the duck for approx. 1.5 h in the oven at 180 °C, basting from time to time with the rendered fat.
- 03** Add smoked plums to the roasting, which will make a sauce and you can pour plum brandy over the duck at the end.
- 04** **Enjoy your meal!**  
Serve warm with the roasting sauce.



## KRZYSZTOF ZIELIŃSKI

**KAZET MEDIA, owner**  
**Pro Carpathia Association, Promotion Director**  
**Rzeszów, Podkarpacie**

<https://www.procarpathia.pl/>

### MY GASTRO GUIDE STORY

Krzysztof Zieliński is a true amateur of cuisine and the region, passionate about the cultural and culinary heritage of the Podkarpacie region. His work focuses on revealing the richness of traditions, flavours and history of this diverse region. As an expert and author of books on the region's culture and cuisine, Zieliński engages readers in a fascinating journey through local customs and dishes. His passion for discovering the unique aspects of Podkarpacie culture makes him a valued ambassador of the region, inspiring others to discover the charms of heritage. He shares his knowledge and experiences with great passion.

### “PRO CARPATHIA” ASSOCIATION

Our important objective is to promote traditional, regional and organic food produced in the Podkarpackie Voivodeship. One of the activities within the "Alpine-Carpathian Bridge of Cooperation" project is also the establishment of the Podkarpackie Flavours Cluster, which brings together, among others, producers of food based on two important criteria: quality and tradition. The "Pro Carpathia" Association has contributed to many successful initiatives and projects as part of its long-standing activities. We have contributed to the creation of two clusters: Podkarpackie Flavours Cluster and Carpathian Tourism Cluster for which we are the Animator, as well as three thematic trails: Podkarpackie Flavours Culinary Trail, Wallachian Culture Trail and Carpathian Wine Trail, for which the Association is the Operator. More information and news can be found on the respective project pages:

<http://www.szlakpodkarpackiesmaki.pl/>, <https://karpackiszlakwina.pl/>.

### PODKARPACKIE FLAVOURS CULINARY ROUTE

The Podkarpackie Flavours Culinary Route includes gastronomic facilities, i.e. restaurants, inns, bars, taverns, accommodation facilities offering traditional and regional dishes. Culinary tourism is a very strong motivation for travel. Due to the great interest in gastronomy and culinary regions, our Trail was divided into three routes: Beskidsko-Pogórzańska, Northern and Bieszczady, which include entities located in specific regions. In order to join the route, it is enough to be an entity having in its offer at least 3 dishes of regional or traditional cuisine and submit to certification.

### ENOTOURISM

The Carpathian Wine Route is the perfect complement to the culinary trail, these are the vineyards and wine producers in the Podkarpacie region, united by their love of oenotourism. These venues are owned by enthusiasts who are passionate about what they do. They are often very family-run places run by whole families. In addition to the possibility of buying wines, there is the possibility of tasting and even accommodation, which is offered by the owners. The Carpathian Wine Route is an association of entities with the aim of creating a joint tourism product. It is both a product in terms of cultural tourism, slow life tourism and oenotourism.



 30 min

- ✓ can go with anything
- ✓ vegetarian

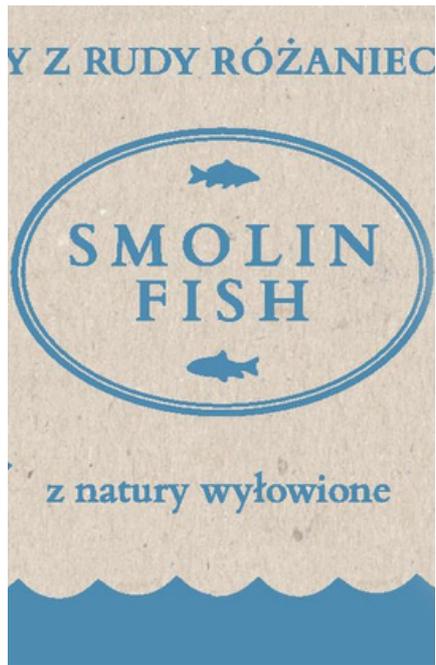
## PROZIAKI WITH GARLIC BUTTER

### Ingredients

400 g	wheat flour, or mixed with buckwheat flour
200 ml	kefir, buttermilk or curdled milk
1 tsp	baking soda
1 tsp	salt
<b>GARLIC BUTTER</b>	
50 g	masta
2 cloves	garlic
	dried herbs

### Preparation

- 01** Press the garlic. Stir in room temperature butter and herbs. Add salt to taste.
- 02** Mix together all the ingredients for the proziaki. Roll out the resulting dough into a pancake about 1.5 cm thick and cut out the pancakes, this can be done with a mold or the rim of a bowl.
- 03** Bake the pancakes in a dry frying pan or on a charcoal oven tray for 3-4 minutes on each side so that they do not burn.
- 04** **Enjoy your meal!**  
Serve preferably hot with garlic butter and/or any accompaniments.



## SMOLIN FISH

**Fishing farm**  
**Roztocze, Poland**

**Contact: [smolinfish.pl](http://smolinfish.pl)**

### MY GASTRO GUIDE STORY

Smolin Fish is a family-run fish manufactory in the Roztocze. The year 2017 can be considered as the beginning of our adventure, when we opened a processing plant in Plazow in a building after a primary school. We are a small team of enthusiasts of top quality fish products. We try to reflect our passion in the taste and quality of our products.

*We want to encourage Poles to eat fish regularly. What do we mean by regularly? According to medical advice, fish; fresh or processed, should be eaten at least twice a week. Thanks to the fact that our shop's offer is very wide, our customers placing an order with us can be sure that their fish-based diet will not be monotonous.*

We have our own freshwater fish farm. This is where the fish used for Smolin Fish products come from. Our fish farm is located in Ruda Różaniecka, in Roztocze, in a very ecologically clean area; Natura 2000. On our ponds we breed, among others, carp, pike, pike-trout, amur or catfish. All of these fish are available in our online shop (unless weather conditions prevent us from catching the fish, e.g. frozen ponds or simply a lack of production of a particular species in a particular season). The fish live in ponds with sandy bottoms and eat only natural food and grain.

We process the fish using traditional methods in our manufactory. We make preserves in jars just like at home; we put them inside by hand and bake them in the oven. We do not use any preservatives or flavour enhancers except salt. Our products are natural, healthy and, above all, tasty.



🕒 45 min  
 ✓ gluten-free

## FRIED CARP WITH MUSHROOMS

### Ingredients

300 g	mushrooms
3	onions
250 g	carp
3	bay leaves
3 sp	flour
4 grains	black pepper
	oil for frying
	salt, ground pepper

### Preparation

- 01** Peel and slice the onions into feathers and the mushrooms into smaller pieces. Heat the oil in a pan, add the chopped onions, bay leaves, peppercorns and salt. Sauté for a few minutes, then add the mushrooms. Fry for about 10 minutes, stirring from time to time.
- 02** Wash and dry the carp with paper towels. The fish is delicate, so handle it carefully. Season with salt and pepper. Cut the carp into pieces, then coat in flour. Fry in oil until golden brown on both sides.
- 03** Serve the carp arranged on the onions with mushrooms.

# SPAIN

# 06





## JOSE ANTONIO ESTEBAN SANCHEZ

Gastro-Guide Spain, Aragon, Blancas

<https://www.saffronspainteruel.com/>

### MY GASTRO-GUIDE STORY

Originally from Teruel, he decided to invest in the cultivation of saffron in the area of Blancas, Teruel, where there were only memories of past times in which saffron was a fundamental pillar in the trade of the area and a source of work for its inhabitants.

Inspired by his longing and the valuable knowledge of his father, he initiated the recovery of this crop and later its organic certification, the first in Spain, as well as the development of gourmet products with this valuable spice such as chocolate, EVOO, Roca Tea, cheese, among others. Both saffron and saffron products are sold nationally and internationally.

Its packaging plant and store are located in Blancas, where you can buy all the products that also have organic quality and take the opportunity to learn about the gastronomy and tourist sites in the area.

*"A few years ago, saffron was for us a childhood memory; a story told in the village by many people. Suddenly, we found ourselves immersed in someone else's dream, in a saffron recovery campaign. And so we rediscovered this world. Now from our own eyes and our own stories, from which we never stop learning and which has come to excite us."*

### MY ADVICE TO OTHER GASTRO-GUIDES

His attachment to his people and his deep knowledge of their culture, traditions and roots inspire him to continue promoting the products of our land within a framework of sustainability, promoting guided visits to the saffron fields, being part of a day of harvesting (in campaign season) and learning more about this delicate crop through audiovisual material. That same attachment to his people and knowledge of its strengths is crucial for anyone who would like to be a Gastro-Guide.

Being a Gastro-Guide has given her unique training tools and a new perspective to undertake new projects, so she recommends people who are passionate about their traditions, the beauty of their villages and their gastronomy to be part of this great project.



 20 min

 easy recipe

## FRENCH OMELETTE WITH SAFFRON

### Ingredients

50 ml	Milk
2	Eggs
5	Saffron Herbs

### Preparation

- 01** Infuse the saffron in the milk in the following way: heat the milk (without boiling), lower the heat and add the saffron threads. Let it stand for 15 minutes.
- 02** Beat the eggs for 2 minutes, add the saffron infusion and salt to taste.
- 03** Pour the mixture into a frying pan with hot olive oil, 1 minute on each side.
- 04** And we enjoyed a delicious French omelet, with an extra touch of flavor. Enjoy it!



## SARA BALFAGON

Gastro-Guide Spain, Aragon, Cantavieja  
<https://hotelspabalfagon.com/es/>

### MY GASTRO-GUIDE STORY

My name is Sara Balfagón Vidal and my position within the Hotel & Spa Balfagón is that of Director. I have been working at the Hotel since I was 16 years old and for a long time I combined it with my studies at the university.

For more than 10 years, I have been working permanently and together with my parents and my sister María, we have been running this company. The company has always been a family business and the relationship with the client is very close and personalised.

The Hotel & Spa Balfagón is a four-star establishment located in Cantavieja, in the region of Maestrazgo Turolense. The hotel was founded in 1980, which means that we have been in the tourism and catering sector for more than 40 years. Three generations have passed through this establishment, all of whom have been committed to tourism in the Maestrazgo region, where this village is located, a region with places of unique beauty and plenty of natural beauty.

The Hotel's restaurant has always been a reference in our region and we are still working for it. One of the company's policies in terms of catering is to give value to the territory, promoting the use and support of local and Km.0 products, local businesses and producers. We have tried to participate in gastronomic shows and days, which allow us to share experiences with other establishments.

### MY ADVICE TO OTHER GASTRO-GUIDES

As an advice to future Gastro-Guides, I want to stress that it is important to promote local products, highlighting the value of the establishment itself and our province and region. It is also important to value what surrounds you, to love your land, to know the products available, to know how to sell your territory and to be convinced of what you do. It's not just about filling your establishment, you have to make the products of the area known.

For all those people who are thinking of becoming Gastro-Guides, I recommend that they train for it, but above all that they know their products and their territory. A person who wants to acquire this profile has to be convinced of the potential around them and know how to value it.



2 h

✓ regional recipe

## CARNIVAL BALLS

### Ingredients

2 kg	Coarse breadcrumbs
600 grams	Canned sausage
600 grams	Teruel Ham
50 grams	garlic
100 ml	olive oil
400 ml	lard
16	eggs
600 ml	broth

### Preparation

- 01** To make the balls, mix the 2 kilos of coarse breadcrumbs with the ham and the sausage cut into very small pieces (or chopped). Add the chopped garlic and stir well without squeezing the bread.
- 02** On the other hand, heat the butter and the stock, which we will also add to the mixture as well as the olive oil. Finally, add the eggs and knead everything well. Leave to rest for a while so that the crumbs soak in.
- 03** Once the dough is ready, we make small balls (the size of a golf ball) and serve the balls as a soup, with a very hot broth in which they have been cooking for about 10 minutes.
- 04** For the presentation you can add some fritters. Enjoy!



## CÉSAR LOMBARTE

Gastro-Guide Spain, Aragon, Monroyo

<https://www.posadalupe.com/hotel-matarrana/>

### MY GASTRO-GUIDE STORY

I am César Lombarte from Monroyo, in the Matarraña region, where I was born and where my wife Marisa and I run the Hotel Restaurante Posada Guadalupe.

I would like to point out that as hoteliers and restaurateurs, we are almost always two people, husband and wife or wife and husband.

We cook traditional dishes and among the starters, soups, stews, casseroles and roasts, I choose a dish that is always on offer.

It is a product of Monroyo and as tasty as it is simple.

### MY ADVICE FOR OTHER GASTRO-GUIDES

My advice would be to highlight the importance of practising the circular economy which is fundamental for the development of the region and tourism, using local products in catering establishments that allow to support local producers and offer experiences and products of differentiated quality, which contributes to the economic development of the area.



🕒 2 h 40 min

✓ gluten-free

## MONTADITOS OF SUMMER TRUFFLE AND FOIE SHAVINGS FROM MUDÉJAR REGION

### Ingredients

according to need	Summer truffle
1 pinch	Olive oil soft graft Virgen extra DO Bajo Aragón
1	Fresh foie scallop from Sierra mudéjar
according to need	flake salt
1 pinch	Sugar

### Preparation

- 01** If the truffle is fresh, wash it perfectly, dry it well and freeze it.  
Devein the foie and freeze what you are going to use.
- 02** Slice the truffles with the slicer and put them in a container with oil, which can be kept covered in the fridge for a week.  
Prepare a liquid but thick caramel.
- 03** Place the previously drained truffle slices on a slice of bread.  
Heat the montadito in a toaster, salamander or frying pan without toasting.
- 04** Finish the dish with foie shavings, salt and caramel over the foie.  
Enjoy!



## MARI LUZ SORIANO

Gastro-Guide Spain, Aragon, Oliete

[https://www.instagram.com/barpiscinasoliete/?utm\\_medium=copy\\_link](https://www.instagram.com/barpiscinasoliete/?utm_medium=copy_link)

### MY GASTRO-GUIDE STORY

It was my husband David Garces, who was very keen to return to our origins as we were both born in Barcelona but descendants of Oliete and Lechago. So we didn't hesitate and we organised our family life as well as possible.

It was clear to us that Oliete is in value and that it has a lot to offer as well as to develop. So we did not hesitate and we decided to renovate and give a more modern and modern feel to the bar-restaurant.

We are committed to a Mediterranean gastronomy with a touch of the land, and making the most of the raw materials that we have around us.

Everything has been possible thanks to the team we have formed: Esteban, Miriam T, Miriam G, Pilar, Leo, Beatriz. As I always say, our team is our greatest asset.

Thanks to them and our common effort we have been able to grow and do unthinkable things.

We faithfully believe that we are in a territory that has a lot to offer in terms of landscape and culture and that very little is known about it.

So, with the permission of the tourist office of the Sierra de Arcos region, we have organised a small tourist information point. It is important that the tourist who visits us knows how to make the most of his time, what to visit, where to eat, guided activities, but without losing sight of our cooking and our customers that we like so much.

Finally, we would like to point out that thanks to the producers in the area we have been able to cook and innovate delicious dishes. It is very important in our area to actively participate in the circular economy.

Together we grow more and we help each other to spread the word.

### MY ADVICE TO OTHER GASTRO-GUIDES

The collaboration of the Gastro-Guide with local authorities and local producers can have a positive influence on the circular economy. Moreover, organising a tourist information point can help tourists to organise their stay in our land and to discover not only the natural and gastronomic richness, but also the traditional and historical richness of the place.



3 h



regional recipe

## LOW-TEMPERATURE LAMB FROM ARAGON WITH TRUFFLED MASHED POTATO, CONFIT SHALLOTS AND YUCCA CHIPS

### Ingredients

10 paletillas	Lamb from Aragón
1,5l	olive oil
2 kg	potato
20 gr	butter
200 ml	liquid cream
15 gr	truffle
300 gr	shallot onions
1 piece	yucca

### Preparation

- 01** To make this recipe, first season the shoulders with salt and pepper and mark them. Then, place them in a large pot filled with olive oil. Once the optimum boiling time has elapsed, lower the heat to the minimum and keep them confit for three or four hours over a low heat.
- 02** Once this time has elapsed, crumble the shoulders and place them on a tray with baking paper on top; a weight should be placed on top to compress the meat. Then refrigerate the tray in the fridge for approximately 12 hours. Then, with the bones of the veal, we will make a dark base with which we will prepare the juice.
- 03** To make the truffled potato purée, boil the potato in its skin for 40-45 minutes, peel it and put it in the blender together with the butter, cream and truffle. Once the mixture has been blended, without any lumps, season with salt and pepper and the mashed potato will have a creamy texture. As for the shallots, peel them and confit them for 15-20 minutes over a low heat in olive oil. To make the cassava chips, cut the pieces with a mandolin and fry them at 110°C until they stop bubbling; dry them to remove the excess oil.
- 04** Finally, once we have all the elements ready, we will mark the ingot on the griddle and place it in the oven to keep it warm, at which point we will begin to plate it. Enjoy!



## SERGI DE MEIÀ

Gastro-Guide Spain, Barcelona

[banquetbarcelona.com/es/](http://banquetbarcelona.com/es/); <https://comademeia.cat>

### MY GASTRO-GUIDE STORY

I have brought the traditional cuisine up to date, adapting it to the times and current needs. I define it as 'a Catalan cuisine that is enriched with seasonal, local, modern and cosmopolitan products thanks to cooking techniques from other countries and the result of professional experiences, reading and personal travels'.

My cuisine is a return to the origins of the traditional Catalan recipe book, rescuing recipes that have been practically forgotten and turning them into modern dishes. I maintain the essence of the dish but I update and modernise it thanks to the possibilities offered by new technologies and the mastery of raw materials.

My gastronomic project is a philosophy of life: my cuisine is based on coherence and honesty between what it says and what it does, 'every act we carry out affects our environment'. So, I take my commitment to the food chain process beyond the doors of your kitchen.

I am the driving force behind slow food in Catalonia and a preceptor of the 'Km 0' concept, a defender and promoter of local products and producers, with whom I have always established a relationship of trust.

### MY ADVICE FOR OTHER GASTRO-GUIDES

The Gastro-Guide must promote the use of seasonal and km 0 products in the kitchen, be sensitive to quality and seasonal products, giving preference to proximity. In this way we will create a more sustainable, fairer and better world for everyone.



3 h



regional recipe

## PARTRIDGES IN VINAIGRETTE WITH CABBAGE ATILLOS

### Ingredients

6	partridges
1,8 kg	onions cut into julienne
2 capable	Garlics
300 ml	extra virgin oil
75 ml	grenache vinegar
75 ml	Coñac
300 ml	“Escudella”
450 gr	bacon turned into 0.5x0.5 cm cubes
2	young winter cabbages
	rosemary, bay leaf and thyme
	salt and pepper

### Preparation

- Polish, burn and roast the partridges, season them with salt and pepper and sear them in an earthenware or stainless steel casserole dish until golden brown, then remove them. Add the onion and confit it until it is completely reduced/browned, but not burnt, then add the bacon and let it sweat.
- Once this procedure is done, add the partridges upside down, with the breast down, the bundle of herbs, the garlic, the vinegar and salt. Leave to cook for 25 minutes over a low heat, allowing the alcohol to evaporate, and then add the basin and leave to cook for 45 minutes in the oven at 180°, well covered. After this time, open the casserole and see if they are tender, if not, add a little more escudilla if necessary. Leave to stand until cold.
- Remove the hard parts and boil the cabbage in well salted water or a bowl, once boiled, strain and reserve the cooking water to make a soup or boil other vegetables. Once the cabbage has been well drained, make croquette-shaped rings, coat them in chickpea or wheat flour so that they are golden brown. Once they are fried, place them on paper towels.
- Cut the partridges in half crosswise and place them in the pan again, together with the cabbage rings, and cook them for a further 15 minutes over a low heat, ready to eat.  
**Enjoy!**



## BELÉN SOLER GODOY

**Gastro-Guide**

**Spain, Aragon, Alloza**

<https://laojinegra.com/>

### MY GASTRO GUIDE STORY

I am Belén, and together with my partner Xavi, we manage a small business in the rural area of Teruel, La Ojinegra, dedicated to Sustainable Rural Tourism and Ecological Restoration.

Their accommodation, certified by Ceres Ecotur and ECEAT-ECOLABEL, stands out for its sustainability, assessing environmental, socio-cultural, and economic commitments. The restaurant, with European Ecolabel certification, embraces eco-gastronomic tourism, promoting agro-diversity and food sovereignty. Members of Slow Food Zaragoza, they join the International Slow Food Cooks Alliance, advocating global food biodiversity. Additionally, Belén is part of MEG, Women in Gastronomy, supporting female talent and equality in the culinary field.

La Ojinegra is recognized with the European Territorial Quality Mark CALIDAD RURAL ARAGÓN, endorsing rural development. Their social and environmental commitment is evident in the RESPONSABILIDAD SOCIAL DE ARAGÓN (RSA) seal, highlighting ethics and responsibility in their business approach.

The company revitalizes rural life through circular economy, promoting the natural, gastronomic, and cultural heritage of the region. Their innovative model has a positive impact on the tourism sector, contributing to sustainable development and consolidating their position as an example of responsible tourism.

### MY ADVICE FOR OTHER GASTRO-GUIDES

Being GastroGuide in a small village like Alloza, Teruel, allows us to contribute to reduce the gap between tourism and the rural environment through GastroTourism and AgroTourism, generating a positive economic, social and environmental impact. Our advice is that, no matter how small the action is, to work as a team, to cooperate with livestock farmers, farmers, administrations, hotel and catering schools... to show the importance of the work of those who produce, raise or transform food, to link it with the food heritage, nature and that by doing so transversally they take care of the environment and the lifestyle of the place where the action takes place.



 2 h 40 min

✓ regional recipe

## AUTUMN LEG OF LAMB

### Ingredients

- 1 Boneless leg of Ojinegra lamb from Sabor Maestro, Castellote
- 3 Eggs from La Brizna, Villel
- 1 Empeitre Olive Pate from PROECMAT, Valdeltormo
- 2 Bagged Calanda peaches from La Calandina Coop, Calanda
- EVOO, Ecomatarranaya, Calaceite
- 8 Saffron la Carrasca herbs, Blancas
- sea salt
- 2 Count's pumpkin and sweet Fuentes onion
- Dates from Ideas Coop, by CJ
- 1 CJ's Chai-choco tea bag

### Preparation

- 01** Preparation of the stuffing: Bone the leg or ask your butcher to bone it for you. You can use the bone to make a stock. On this occasion the stuffing is in keeping with the time of year, but we could use other ingredients. Boil the eggs and leave them to cool so that you can slice them. Peel and slice the peaches. In a mortar, grind the salt with the saffron.
- 02** Prepare the open leg of lamb on a flat surface and season the inside with the salt and saffron mixture. Cover the surface with the peach, olive pâté and eggs. Roll up the meat until all the stuffing is inside and tie it with kitchen string to prevent it from opening. Place the stuffed leg on a baking tray with a drizzle of EVOO on top. Bake in a preheated oven at 200° C for 10 minutes to brown and then lower the oven temperature to 180° C and bake for more or less 40 minutes, depending on the oven and the size of the piece. Halfway through baking, turn the meat over. Once done, remove the string and allow the meat to settle and cool.
- 03** Preparation of the sauce: Using the oven, roast the pumpkin whole and with skin. Infuse the pumpkin in a glass of water or vegetable stock and add it to the tray where we cooked the leg to soften the remains that have stuck to it. Sauté the onion and caramelize with the dates, add a little pumpkin pulp and mash with the infusion and meat juices. The resulting sauce will accompany the meat.
- 04** PPlating: Cut the lamb into slightly thick medallions and season with salt and pepper.  
Enjoy!



## AITOR GARTEIZAURRECOA GARCÍA

**Gastro-Guía**

**Spain, La Rioja, Igea**

<https://mieldelpuebloigea.com/>

### MY GASTRO GUIDE STORY

My name is Aitor Garteizurrecoa García, and I am the CEO of the companies Miel del Pueblo SC and Bodegas de Igea SL, located in Igea, La Rioja. I hold a Higher Technician degree in Agri-Food Industries.

I have been dedicated to beekeeping for many years. Our honeys are the only ones in La Rioja with three quality seals that endorse our product. Currently, with my partner and brother Iñaki, we have embarked on a new venture, where we produce our signature meads (honey wines), merging beekeeping and winemaking in the wine-rich region of La Rioja.

In our small artisanal winery, located in the heart of the UNESCO-declared Biosphere Reserve, we craft various varieties of mead, ranging from dry to semi-sweet, young to barrel-aged, still to sparkling.

### MY ADVICE FOR OTHER GASTRO-GUIDES

Regarding my advice to give to other Gastro-Guides, the first and most important thing is to bring to the public products of quality, proximity and care for the Earth. To carry out sustainable practices and to try that, from the small rural municipalities, where this type of products are elaborated, we can open and show to the rest of the world our gastronomy and our region, defending the quality and the know-how.



50 min



regional recipe

## RIOJANA CODFISH

TO ACCOMPANY THIS DISH, OUR BEST RECOMMENDATION IS OUR MEAD FROM THE YOUNG VILLAGE OF FLOWERS, WITH SEMI-SWEET NOTES, WHICH PAIRS PERFECTLY WITH FISH, SEAFOOD AND VEGETABLES.

### Ingredients

- 4 salt cod loins (about 150 g each)
- 50gr wheat flour
- 3 spoonfuls of AOVE of Cooperativa frutera de San Isidro de Igea
- 1 red onion
- 2 garlic cloves
- 100ml white wine DOC Rioja
- salt
- 500gr homemade fried tomato
- 300gr tablespoon of Riojan chorizo bell pepper meat
- 1 roasted red peppers cut in Calahorra strips
- 1 bay leaf

### Preparation

- 01** Dry with kitchen paper 4 cod loins with salt and flour: put 50 g of wheat flour on a plate and dredge the loins in the flour. Shake the loins to remove excess flour. Put 3 tablespoons of extra virgin olive oil in a casserole and heat it over medium-high heat. Fry the floured cod loins for 1 minute on each side, remove from heat and set aside.
- 02** In the same pan, sauté 1 red onion cut into julienne strips and 2 cloves of garlic cloves of garlic. Add a little salt and cook these ingredients over medium heat for 5 or 6 minutes, until the onion is transparent. for 5 or 6 minutes, until the onion is transparent. Pour 100 ml of white wine, increase the heat and let the wine reduce for 2 minutes.
- 03** Add the cod loins to the pan to finish cooking with the sauce for 3 or 4 minutes over medium heat. sauce for 3 or 4 minutes over medium heat. So that the cod is cooked equally on all sides, cover the casserole sides, we cover the casserole during the cooking
- 04** Serve the cod Rioja style cod with a base of sauce and one portion of cod per person. Enjoy!



## DIEGO PILAQUINGA

Gastro-Guide

Spain, Aragón, Puertomingalvo

<https://mieldelpuebloigea.com/>

### MY GASTRO GUIDE STORY

I am Diego Pilaquina, director of the Hotel "Mas de Cebrián" in Puertomingalvo. I have been in the hotel business for 25 years and I am passionate about everything related to tourism, especially rural tourism.

Our hotel has charm and magic that translates into rest, peace and disconnect to reconnect.

It is not the typical hotel of passage, we seek that the guests forget their day to day, with a familiar and comfortable treatment with a rustic-modern decor that helps customers to enter into a state of maximum relaxation.

We are located in the center of some of the most beautiful villages of Spain in Teruel as Rubielos de Mora, Cantavieja and Mirambel, although around the farmhouse there are many other villages of tourist and cultural interest.

### MY ADVICE FOR OTHER GASTRO-GUIDES

The Gastro-Guia project is very important because it is fundamental to support the struggle of rural life and overcome all the problems we encounter to promote our villages. The importance of being one in a group with the same objectives is important and I think we can get more visibility for our villages and their traditions, gastronomy, thanks to the project.



50 min



regional recipe

## LAMB STEW

### Ingredients

- 500 gr Aragón lamb
- 200 gr onion
- 2 pear tomato
- 1 Italian bell pepper
- 2 Garlic
- 30 gr Parsley
- 30 ml Water
- 15 ml Beer
- 1 spoonful of butter

### Preparation

- 01** To prepare the base, add bell pepper, garlic, parsley, 30 ml of water and a splash of olive oil and blend until the result is obtained.
- 02** For the main preparation we sauté the onion with a tablespoon of butter, then add the Aragon lamb, add water until the meat is covered and add 20 ml of the base preparation that we blended before.
- 03** When it reaches boiling point, add 15 ml of beer and leave it for about 45 minutes until the meat is cooked and can be served.
- 04** Enjoy!



Spain, Aragón



## ISABEL FÉLEZ ROSELLÓ

**Gastro-Guide**

**Spain, Aragón, Alcorisa**

<https://mieldelpuebloigea.com/>

### MY GASTRO GUIDE STORY

After many years working with chocolate in some of the best pastry shops and chocolatiers in Europe,

In 2013 we fulfilled our dream: to open a small chocolate workshop in our village, Alcorisa, a small town in Teruel-Spain.

To create our artisan chocolates, we work with Fair Trade and Organic raw materials, such as cocoa and cane sugar or coatings, and also of local consumption, mainly extra virgin olive oil and marcona almonds.

We aim to enjoy our work, creating different and innovative chocolates from the best raw materials, in order to offer a natural, healthy and fair origin product. Our chocolate factory was the first in Spain to be certified by Fairtrade (Fair Trade) and Organic Agriculture, plus the Inscription among the first companies in the "Carbon Footprint Register" - Ministry of Environment. Some of the awards we have won: ALIMENTOS DE ARAGÓN Award, title "Food Artisans" granted by the Government of Aragón; we have been part of the Spanish Team in the World Championship of Sweet Arts - (Paris); "BEST ORGANIC PRODUCT 2015" Award - Biocultura Barcelona; Award for "EXCELLENCE to the INNOVATION of Rural Women" granted by the Ministry of Agriculture, Food and Environment; First Aragonese company to obtain the Second Seed of the Economy of the Common Good; ARAME Award (Aragonese Association of Women Entrepreneurs); Sixth most sustainable chocolate brand in the world according to the international publication Influence Digest; CEPYME Aragón 2022 Award for our track record, responsible practices and business project in the Bajo Aragón region; COMPANY INNOVATION Award from the Aragonese Development Institute and the Chamber of Commerce; COMMERCE OF ARAGÓN 2023 Award for Environmental Sustainability granted by the Government of Aragón.

### MY ADVICE FOR OTHER GASTRO-GUIDES

Being a Gastro-Guide is very important to boost tourism in your town and surroundings, in depopulated rural areas the Gastro-Guide is a very necessary figure, my advice is not to be afraid to undertake and start to energize not only a business, but to develop the positive of the town and the region, in order to attract more tourists to rural areas.



1h 30 min



regional recipe

## CHOCOLATE BEAN TO BAR

### Ingredients

- 300 gr organic cacao beans
- 50 gr organic cacao butter
- 150 gr powdered sugar

Utensils: Grinder, mold and thermometer

### Preparation

- 01** Roast the cocoa beans in the oven at 110°C for 45 minutes. After allowing them to cool, when they are warm, peel them carefully, removing the husk with your fingers. Once the skin is removed, weigh the cocoa beans (you will need to keep this quantity in mind for later) and add them to the the cocoa (we will need to keep this quantity in mind for later) and grind it with the utensil that we (grinder, food processor...).
- 02** Add the icing sugar. Then add all the butter melted in the microwave. Grind the whole mixture, the more you grind the finer the mixture will be. The more refined, the better the texture on the palate. At this point we will have our chocolate.
- 03** The next step is to temper or temper it to be able to mould and shape it. shape. Heat the chocolate in the microwave up to 45°C. Then we will temper it using a bowl with ice and cold water. Place another bowl with the melted chocolate with the melted chocolate and stir continuously until the chocolate reaches 28-29°C, being very careful that no water gets into the bowl of chocolate while stirring. Once the temperature is reached, heat the chocolate in a bain-marie to 30-31°C. Fill the moulds and leave them to rest in the fridge until you can see that the chocolate has the chocolate comes off well. Carefully remove from the moulds.
- 04** Enjoy!



## SONIA LORA RAMOS

**Gastro-Guide**

**Spain, Aragón, Cuevas Labradas**

### MY GASTRO GUIDE STORY

I am Sonia Lora, manager of the Multiservice "El Sitio" in the town of Cuevas Labradas for almost 5 years and previously of the teleclub for 2 years.

I came to live here eleven years ago from Barcelona, and after a couple of years working in the city of Teruel I wanted to start my own business in my town, and what better way to serve my neighbors and surrounding villages.

In the Multiservicio Rural de Cuevas Labradas we have a bar-restaurant and a store.

We serve all day every day of the week, and apart from lunch and dinner we have a daily menu which is enjoyed by about fifteen people through the soup kitchen. It is a way to get them together and get them out of the house, especially in the winter months when they are more alone.

In our kitchen we try to use local, local and fresh products.

Such as borage, veal, peaches or truffles, and of course Teruel PDO ham.

In the store, we give the daily bread, which is made in the village next door by the hands of a family of bakers who have been bakers for many years.

And we have for sale products of all kinds always trying to supply the neighbor and the tourist with food from the area and Aragon to take a good experience of our land.

### MY ADVICE FOR OTHER GASTRO-GUIDES

To the future Gastro-Guides I would tell them to love what they do, the product, the land, the place, to know the customs of its people, to mix with them and learn from scratch the elaboration of products. In this way they will be able to transmit it to future tourists and visitors, and express it as if they had always lived it.

That they give value to what they are exhibiting at all times, and make the visitor get involved with the product.



 1h

✓ regional recipe

## STUFFED TERNASCO DE ARAGON

### Ingredients

- 1 Boneless leg of Ternasco de Aragón - lamb
- 150 gr Teruel PDO ham
- slices cheese of Patamulo de Teruel
- 1 Fuentes de Ebro PDO onion
- 1 spoonful of thyme
- EVOO from Bajo Aragón
- Potato from Cella, Teruel
- Salt and pepper
- Grated Teruel truffle

### Preparation

- 01** Season the meat with salt and pepper.
- 02** In a frying pan fry the ham with the onion, to which we add the spoonful of thyme, we rectify the salt. With this sauce we stuff the meat and add the cheese to the stuffing.
- 03** We take it to the oven and bathe it with its juices until it is golden brown, approximately 40 minutes. To finish, we accompany it with boiled and seasoned cella potatoes, to which we grate a little truffle.
- 04** Enjoy!



MARI CARMEN RODRÍGUEZ DIAGO Y  
MARI CARMEN RUBIO VIDAL

**Gastro-Guide**

**Spain, Aragon, Fuendejalón**

<https://www.restauranterodi.com/>

## OUR GASTRO-GUIDE STORY

We are Mari Carmen Rodríguez and Mari Carmen Rubio, owner and worker of the Rodi Restaurant in Fuendejalón, located in the Campo de Borja region, Zaragoza.

At the Rodi restaurant we work with traditional Aragonese cuisine, but we also prepare innovative dishes where the Fuendejalón "Garnacha" wine is the protagonist. Our Garnacha cuisine received the Award: "Spanish Food" for the 2020 Restaurant Industry from the Ministry of Agriculture, Fisheries and Food.

For us, "Garnacha" is a way of life. That is why we have also created a line of products where the wine of this grape variety, with great importance in the Campo de Borja wine-growing area, has a great presence. These are the Fuendejalón garnachicos, wine marzipan, and salt petals fused with wine from centenary garnachas.

Thanks to the garnacha cuisine and Rodi Gourmet products, we received the Excellence Award for Innovation for Rural Women, in the category of Diversification of Economic Activity in the Rural Environment, from the Ministry of Agriculture, Fisheries and Food.

## OUR ADVICE FOR OTHER GASTRO-GUIDES

Our advice is to create an honest gastronomic proposal that allows the rural environment to be known, with zero kilometre and seasonal food. And always work with enthusiasm and perseverance, without neglecting training and continuous learning.



🕒 30 minutes

✓ regional recipe

## SEA BASS WITH GRENACHE SALT

Recipe from La Cocina de la Garnacha from the Rodi Restaurant.

### Ingredients

- 1 One sea bass per person.  
Rodi Gourmet centenary Grenache salt.

Recommended wine: At the Rodi restaurant we recommend having the sea bass with Grenache salt with a Coto de Hayas Verdejo white wine from Bodegas Aragonesas, the Fuendejalón winery. This wine has an intense aroma with fresh tones of tropical fruits, citrus, white flowers, laurel, fennel and aromatic scrub plants, such as thyme. In the mouth it is refreshing and intense as well as unctuous. Balanced, fruity and with a long aftertaste.

### Preparation

- 01 When we go to the fishmonger's, we should ask our fishmonger to prepare the sea bass for cooking in salt.
- 02 Once we have it in the kitchen, we place it in an ovenproof container and begin to cover it with centenary Grenache salt, making a small bed at the base.
- 03 We then place the sea bass in the oven at 180 degrees for 10 minutes, until we see the salt crust. If the sea bass is big, it should be in the oven for longer.
- 04 Once it is ready, carefully remove it from the oven and clean the salt by hitting it with a small mallet to break the crust, and remove the excess with a brush. In our restaurant we carry out this process in full view of the customer.
- 05 Once cleaned, we serve it accompanied by a good salad with seasonal products.  
**Enjoy!**

# PROJECT PARTICIPANTS

## LITHUANIA:



## GREECE:



**KARAIKOS FARM**

Karaiskou Eleni & Sia O.E., Greece



Social Cooperative Enterprise,  
Syn tis Allis, Greece

## BULGARIA:



ASOTSIATSIYA KULINARNI IZKUSTVA I  
GOSTOPRIEMSTVO, Bulgaria

## POLAND:



## ITALY:



**Sapere utile**

ISTITUTO FORMAZIONE  
OPERATORI AZIENDALI, Italy



**UNIONCAMERE  
EMILIA-ROMAGNA**

## SPAIN:

**Cámara**  
Teruel

Cámara Oficial de Comercio e  
Industria de Teruel, Spain



FORMACION Y ASESORES EN  
SELECCION Y EMPLEO, SL, Spain

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# GASTRO GUIDE

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