

Ancient Wisdom, Modern Tables

Programme, June 2007

Day 1

Afternoon Arrival
Evening Meze & Drinks
In the Arts Cafe, Fira

Day 2

Morning Introduction & orientation
Workshop #1 Traditional foods & ingredients of the Cycladic Islands
Prepare 6 Santorini dishes
Tasting #1 Cycladic farmhouse cheeses
A selection of artisan cheeses unavailable in shops
Lunch @ Selene; Santorini dishes & wines
Afternoon free
Early Evening Oia: Walking tour of a beautiful cliff-top village, with time to wander, shop, and enjoy the views, too; we discover the island's fascinating geological history
Dinner Skala taverna, Oia, overlooking the caldera; with fine local barrel wines

Day 3

Morning Archaeological Museum, Fira; with a guide
Workshop #2 Greek wild greens, herbs, seasonal flavours and cooking techniques
Prepare 8 traditional Greek dishes
Tasting #2 Greek olive oils
Lunch @ Selene; A traditional Greek menu
Afternoon free
Early Evening Fira: Walking tour; discover hidden architectural gems, tiny churches
Dinner A traditional island taverna

Day 4

Morning
Workshop #3 From the classical past to medieval Byzantium
Prepare 6 classical and byzantine dishes
Workshop #4 The Greek meze table
Prepare 8 meze dishes
Lunch @ Selene Mezes, followed by dishes of classicism and byzantine Greece
Boat trip to Nea Kameni and around the caldera; climb the volcano
Evening Free

Day 5

Morning Museum of Prehistoric Thira (Cyclades); with a guide Sigalas Winery:
Tour, tasting and mezes
Late Lunch A country taverna
Evening A fish taverna

Day 6

Morning Explore Santorini...
Akrotiri, a magnificent World Heritage Site; with a guide
A stroll around a Venetian fortified citadel
Lunch A beachside taverna... Discover the island's ancient viniculture,
Private visit to a beautifully preserved Byzantine church
Tasting #3 Island and Greek wines
Dinner @ Selene, A festive table of traditional Cycladic & Greek dishes

Day 7

Morning Departure