

European Museum Academy
Conference and Award Ceremony 2016
19 - 21 May Lesbos - Greece

EMA2016@Lesbos team

Candidates

9+1 reasons to come to Lesbos

Tonight we cook a la grecque



EMA2016@Lesbos team

Greetings!

As promised, here we are again with the 2nd newsletter, full of interesting news and information both about the EMA 2016 Conference and Awards, and about your trip to Greece. Let's begin today's contact with something really important.... Have you completed the enrolment procedure with the registration form we sent you?

If you have, well done!

If not, you need to hurry because time is limited....

Register now

Now let's see what this newsletter contains:

Two of the candidates for the **Luigi Micheletti Awards**, **Den Gamle By (The Old Town)** National open-air museum for urban and culture, Denmark and the **Radio and Democracy Museum**, Konak Municipality, Izmir, Turkey, offer us the opportunity to learn more about them.

We asked the members of the EMA Jury: ***What taste comes to your mind when thinking of Greek Delicacies?*** Check out their answers and see whether you share their tastes!

Speaking of the **Greek Mediterranean diet**, we have prepared exclusively for you a list with **9+1 local tastes** and, so as to whet your appetite, today we suggest you truly **cook à la grecque**.

Lastly, we invite you to take a look at **<http://ema2016.piop.gr>**. At present, our website is still static - but very shortly it will be enriched with varied and interesting material.

Visit Website

We wish you good day and renew our promise to meet you again over the coming weeks!!!

EMA 2016 Candidates

for Luigi Micheletti Award 2016



In 1914, **Den Gamle By (The Old Town)** was founded as a self-governing non-profit institution being the world's first open-air museum for urban cultural history. Today the museum consists of 80 historic houses from 26 towns and cities across Denmark, with homes, workshops and shops, public offices and historical gardens.

See more



Radio and Democracy Museum is the first museum that used Radio – Democracy concept together. The museum is found in the district of Basmane with a deep-rooted past of its own, reflecting the historical tissue of İzmir.

See more

9+1 reasons to come to Lesbos



In 2016, the Museum of Industrial Olive-Oil Production of Lesvos marks 9+1 years of contribution to local society. We shall celebrate its anniversary with you and in each issue we shall offer you 9+1 reasons to better acquaint yourselves with Lesvos.

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| <ol style="list-style-type: none"> 1. 9+1 famous people 2. 9+1 local dishes 3. 9+1 museums 4. 9+1 scenic routes and sights 5. 9+1 churches and monasteries 6. 9+1 beaches 7. 9+1 villages 8. 9+1 mansions 9. 9+1 birds, animals and plants 10. EMA2016@Lesbos ! | <ul style="list-style-type: none"> • Meat (lamb and beef) with onions and wheat (Kiskék) • Pork with celery (Selináto) • Fried cheese pies (Giouslemédes) • Stuffed onions with minced meat (Sougánia) • Omelette with zucchini (courgettes) (Sfouggáto) • Eggplant (aubergine) with "háhles" trahaná (the local frumenty) • Stuffed pumpkin flowers (Kolokytholoúlouda) • Olive-oil cheese (Ladotiri) • Salted sardines of Kalloní (Sardéles Kallonis) • Fish in the oven with olives and potatoes (Psitó psári me eliés) |
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... and many more to discover ...

Today we cook *à la grecque*

Fish in the oven with olives and potatoes

- 3-4 large potatoes, cut into thin slices
- 180 ml olive oil
- 3 large onions, finely chopped
- 4-5 garlic cloves, finely chopped
- 500 g ripe tomatoes, skinned and seeded, cut into small cubes
- 30 green olives, rinsed, cut into roundels
- Freshly ground black pepper
- 1 tbsp fresh lemon thyme or fresh marjoram, finely chopped
- 1 bundle parsley, finely chopped
- 125 ml dry red wine
- 1,500 g firm-fleshed fish, cut in slices or filleted
- Salt to taste

Preheat the oven to 200° C. In an oiled baking dish, arrange the potato slices, salt them to taste, pour over them 2-3 tbsp olive and bake them for 25-30 minutes. During this time make the sauce. In a deep frying-pan sauté the onions with the remaining olive oil and as soon as they have softened, add the garlic. Sauté them for another 2 minutes and add the tomatoes and the olives. Let the sauce boil for a while and then add pepper, salt, the wine and the lemon thyme. Let the sauce boil some more, tasting it and adjusting the seasoning. Finally, add the parsley, keeping back some for decoration. Take the baking dish with the potatoes out of the oven, pour some of the sauce over them, arrange on top of them the fish slices and pour over the whole the rest of the sauce. Bake the dish for another 30 minutes. Let it cool a little and sprinkle it with the remaining parsley.

It's all Greek to me..!

Diet:

Word Origin

Middle English (13th century) from Old French *diète*, from Latin *diaeta*, from Greek *diaita*, meaning mode of living, itself deriving from the verb *diaitasthai* to lead or direct one's own life.

Originally, a way of life.

The **Greek Mediterranean Diet** is one of the healthiest nutritional ways of living. It is characterized by a nutritional model that has remained constant over time and space, consisting mainly of olive oil, unrefined cereals, fresh or dried fruit, vegetables, a moderate amount of fish and dairy products (mostly as cheese and yogurt), and a low consumption of meat, as well as a variety of condiments and spices, all accompanied by wine or infusions.

However, the Greek Mediterranean diet is not merely a nutritional regimen; it is, rather, a **way of life**: it constitutes a set of skills, knowledge and practices, promoting social cohesion.

The Mediterranean Diet was included in 2013 in the Representative List of the Intangible Cultural Heritage of Humanity. (<http://www.unesco.org/culture/ich/en/RL/mediterranean-diet-00884>)

What taste comes to your mind when thinking of Greek Delicacies?

"Greek delicacies – ripe figs straight from the tree, still warm from the sun."

Ann Nicholls

"What delicacies? Many, but first of all the Greek wines! The diversity and variety is great from Retsina to Commanderia. I like them all depending on my state of mind."

Wim van der Weiden

"The taste of feta cheese in a Greek salad."

Danièle Wagener

"Ghiros, moussaka, baklavas."

Rene Capovin

"I love Mousaka that I cook often myself. It's probably a cliché, but I like the taste very much."

Karl Borromäus Murr

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