



Astrikas Estate  
**BIOLEA**

## GASTRONOMY EXPERIENCE

### *Sample Menu*

*Biolea specializes in innovative & creative Cretan cuisine with an emphasis on fresh local, seasonal and organic ingredients of course paired with our single estate organic cold pressed olive oils produced at our estate.*

*The menu presented here is indicative and is adjusted daily depending on what is seasonal and what fresh ingredients are available. Each dish is paired with different branded olive oils from our estate to showcase how high quality olive oils can each compliment differently one's culinary experience. Each dish is also paired with a carefully chosen selection of wines produced only by local Cretan wineries especially with an emphasis on local varieties.*

*The menu is designed for each guest separately and can be flexible to dietary requirements or allergies.*

*Our project this year designed by chef Michalis Papadakis and Biolea's chef team and put in words by chef Kostas Kakolyris is an experience based on childhood memories aimed to inspire emotion through simplicity and authentic flavors always highlighted by the most important Cretan ingredient of all: olive oil!*



## 1. MY VILLAGE PANTRY HOUSE

*At last I found something reminiscent of the old village charcoal kiln. The smell was close to my grandfather's pantry house filled with dry herbs, flour, eggs and tsikoudia. Further down the road sits the little whitewashed village church decorated by spring flowers where we used to play hide and seek. Let's take a walk...*

Small Cretan pies with foraged wild greens from our organic olive groves and herbs topped with cream made of graviera cheese aged in olive oil.

Paired with **Biolea Organic Extra Virgin Olive Oil Stone Milled & Cold Pressed PDO Kolymbari Koroneiki Variety** and **Romeiko**, Romeiko Variety by Martsakis Winery

## 2. SYNTHESIS

*In the wild sea lives a fisherman. The black rocks from the volcanic islands are his pillow. The crescent moon is his light. In the depths of the ocean, where is smells like iodine and salt, he searches... And always discovers. Amongst the seaweed, scales and sand, he seeks solitude in his delightful struggle. If you find yourself close to the seabed, keep an eye out for him and you might see him wink. Explore... And perhaps you will find.*

Greek Fava, Handmade Sourdough Squid Ink Crackers, Pickled Seaweed, Marinated Sardine, Sea Salt, Parsley, Citrus Foam, Bitter Orange Flavored Oil

Paired with **Biolea Organic Nerantzi/Bitter Orange flavored Olive Oil Stone Milled & Cold Pressed** and **Romeiko**, Romeiko Variety by Martsakis Winery

## 3. HOME SWEET HOME

*They are some sensations that take you on a journey to something very personal and intimate. Never stop going back there when you need to. There is your home. Whether shared with your people or personal, this is a safe universe to return to and rediscover yourself and life through memories. Let me take you to a place of mine and if it speaks to you, make it your home too.*

Homemade cheesepie made with organic flour filled with cretan cheeses, mint & fresh herbs.

Paired with **Pamako Monovarietal Extra Virgin Olive Oil Tsounati variety** and **Dafnios Rose**, Vidiano & Liatiko variety by Douloufakis Winery

#### 4. THE CIRCLE

*There is a story that goes, a little boy named -Kostas- and his gang would run out carrying a pocket knife, a fresh lemon and a handful of salt in their pockets accompanied by their hearty appetites, on their way to the artichoke garden where they would cut and eat the fresh raw artichoke on the spot. Without manmade clocks, they are fully harmonized with the circle of life and nature's season. The larger than us, circular clock. When you experience eating something so completely fresh from the garden of life, you become harmonized with a live moment of the circular clock, with the present, with yourself. The ultimate synchronism.*

Avocado, zucchini, broad beans, raw artichoke, wild asparagus, pistachios, lemon & fresh herbs.

Paired with **Biolea Organic Lemon Flavored Olive Oil Stone Milled & Cold Pressed** and **Dafnios Rose**, Vidiano & Liatiko variety by Douloufakis Winery

#### 5. DIRTY HANDS AT THE FARM

*Summer at dusk. Mother is picking vegetables and herbs from the garden. My grandmother has prepared handmade pasta and is already waiting for us at home. Every other day we return home from the farm, from our world. There where everything is done with hard work and produced with love and care. The evening slowly arrives.*

Fresh homemade ravioli pasta filled with local smoked pork, cretan cheeses, herbs & sage.  
Served with staka cheese and homemade seasonal marmelade

Paired with **PAMAKO Blend Extra Virgin Olive Oil Koroneiki & Tsounati variety** and **Lotza**, Mandelaria variety by Moni Toplou



## 6. SUNSET

*Time is relative. A ray of sunlight takes about eight minutes to reach us. It has a maternal warmth. Take in the sunset as if it were your last. Let the warmth and moments you shared together seep in your veins, like ingredients that have simmered together for hours and smell of mother's kitchen. Hold on to the illusion of light like a sweet memory and think of loved ones that have now become one with it. Then perhaps, the eight minutes, the caress, the flavor will last a lifetime.. because they belong to you.*

Slow cooked lamb with Vidiano wine served with local greens “stamnagathi” and “friskase” foam.

Paired with **Biolea Organic Lemoni Flavored Olive Oil Stone Milled & Cold Pressed** and **Enstikto White**, Vidano variety 6 months aged in oak barrel and 3 months aged in amphoreus by Silva Daskalaki Winery

## 7. MEMORY

*As time passes by, when we look back at our lives, there will be compressed a collage of moments creating one Memory. It won't always be the way we wish it to be, but we will remember with color, aromas and flavors and nostalgia. This Memory is what molds us into who we are, just like a musician builds a melody from inspiration. This Memory reminds us where to look, if we get lost, in order to keep moving forward. Keep your memories as a precious treasure and build this moment as you would like to see yourself in the future.*

“Loukoumades” traditional fried dough with honey and sesame served with homemade icecream flavored with masticha from Chios island.

Paired with **Biolea Organic Nerantzi/ Bitter Orange Olive Oil Stone Milled & Cold Pressed** and traditional greek coffee

