

onion cut in grommets. When the fish is fried from one side only turn the frying pan over, on the pans lid and then fry the fish from the other side. In this way the onion and the fish are cemented together and the result look like a pie.

Bogue with rice, Trikeri, (by Marina Bendevinou)

Ingredients

1 kgr of bogue
1 onion
1 tomato
Olive oil, rice, salt, pepper

In a frying pan put olive oil and sauté the onion, the tomato, salt and pepper. When ready put the mixture in a large baking pan and spread the fish on top of that. Leave them to cook for ten minutes, add water and when it starts boiling, add rice. Cook it in the oven without stirring it (because otherwise it will be dismantled) until cemented and become like a pie. Then cut it in pieces and serve.

“Galipokeftedes”, Trikeri, (by Stathis Zaharakis)

“Galipes” in Hellenic, are the sea anemones or thimbleweeds. They grow in shallow waters in areas where sea currents are present. After collecting them from areas with clean water, cut them in pieces, add onion, spearmint, salt, pepper, bread or water and flour. Knead them like meatballs and fry them in boiling olive oil.

Cattle fish with herbs, Alonissos, (by Tasia Malamatenia)

Ingredients

1 kg of cattle fish
1 kg of various herbs depends on the area and season.
Spring onion and scallion
Half skein of dill and half skein of parsley

Sauté the cattle fish with the scallion. When turns red cool it off (douse) with wine. Leave it to boil with the wine and some water for a while and then add the already washed herbs, salt and pepper. Cook in a slow fire for half an hour.

Staffed sea urchins*, Nea Peramos Kavala, (by Fani Tassi)

Ingredients (for 15 sea urchins)

2 coffee cups rice
5 spring onions
Olive oil, dill, parsley, spearmint, lemon



Clear the sea urchins from their needles very carefully. Open them and take their juices and eggs. In a casserole add 4-5 spring onions with olive oil, dill, parsley, spearmint, 2 cups of rice, the sea urchin eggs and some of their juice and cook. When the rice is half boiled staff the sea urchins. Arrange them in rows in the casserole with some water, some lemon and olive oil. Cook them for half an hour in a slow fire.

*Collection of Sea Urchins is currently prohibited. However, the recipe is traditional and has to be recorded.

Octopus pie, Nea Peramos Kavala, (by Fani Tassi)

Ingredients

1½ kg Octopus
1 big onion
2 cups of rice
1 cup of olive oil



Boil the octopus and then cut it in small pieces and keep the juice. Sauté the onion with the olive oil, put the octopus and add the rice and three cups of the juice. When this is ready 5 sheets of phyllo are laid in and up the sides of a prepared large baking pan, the octopus mixture is spread on that and then another five sheets of phyllo are laid. The pie is baked in a temperature of 200°C for an hour.

N.AG.RE.F - Fisheries Research Institute wishes to express its deepest gratitude to all the people who offered their invaluable experience for the realization of that project.



MeSFIDE

Traditional Hellenic Seafood Recipes



“Lemonato”, Alonissos, (by Tasia Malamatenia)

Ingredients

1½ kg of various fish (scorpion fishes, axillary sea breams, bogues, Mediterranean horse mackerels, combers etc.)
Celery
3 green peppers
2 tomatoes
Olive oil, oregano, salt, pepper, lemon

Put a lot of celery and grummets of green pepper in a wide saucepan. On top spread the cleared and salted fish and then add slices of tomato, oregano, salt, pepper, olive oil and as much lemon as you want. Fill the saucepan with enough water to just cover the fish. Cover the saucepan and boil in strong fire.

“Sivrasi”, Kalymnos, (by Kaliopi Mavrou)

'Sivrasi' is a way of cooking in order to change the taste and flavour of already fried fish, which might have been left over, and can be red mullets, common Pandora, saddled sea breams, or large bogues. In the frying pan put some olive oil and two spoons of flour and fry it until it becomes slightly red. Add tomato either grounded or as tomato paste, two spoons of vinegar and salt. When the sauce is ready, put the fish and leave it for a little while to cook. In this way the fish does not degrade and can be preserved for many days.

“Marinata”, Alonissos, (by Katina Theodorou)

Fry the fish that need to be marinated. Using the oil used for frying, sauté the garlic and cool it off (douse) with vinegar. Then, add tomato paste and enough water. When the sauce is set, add rosemary and then the fish. They can be preserved out of the fridge up to a week's time.

Lobster Pasta, Kalymnos, (by Nikolas Makrylos)

Take a whole lobster and cut it in the middle. Remove the intestine and the last part of its tail and then cut it in smaller pieces.

In a casserole put sliced onion and garlic and sauté with the olive oil. Add tomato pieces and then add the cut lobster and some water.

When it boils add as much water as it needed and barley-shaped pasta or rigatoni. Cover and let it cook.

Fish soup, Trikeri, (by Stathis Zaharakis)

The fish soup is made with poutings (small European hake), painted combers, combers, gobies, Mediterranean moray, scorpion fishes, forkbeards and even white grouper and common dentex.

Ingredients

2 kg of the above mentioned fishes.
2 big onions
3 potatoes
2 peppers
Celery leaves
Salt, pepper, olive oil, water or even better sea water if close to the sea.

Put in the casserole with the water, thick cut onions, potatoes, peppers, celery, salt, pepper, olive oil and some sea water. Leave them to boil for three quarters of an hour before putting the fish in. Then, add the fish and leave it to boil for another fifteen minutes. Then remove only the fish and add rice or noodles in the juice.

Fish soup, New Peramos, (by George Tasis)

Ingredients

1½ kg of fish. The more species the taster the soup will be. (Greater weever, John dory, scorpion fish, angler fish etc.)
1 onion
3 carrots
3 potatoes
Celery, parsley, pungent pepper, garlic, salt, pepper, olive oil



Boil the fish. When ready, sour the juice and add to it all the other ingredients. When it starts boiling, add the fish, which is already cleared from their spines and leave the soup to boil. When the soup is ready add the juice of a lemon.

“Kakavia”, Kalymnos, (by Nikolas Makrylos)

Ingredients

1½ kg of fish (painted comber, comber, John Dory, greater weever, forkbeard, etc.)
3 potatoes
3 carrots
2 onions
Olive oil, salt, pepper, celery leaves

In a casserole put the onions, potatoes, carrots and celery. Above that, spread the cleared and salted fish and add as much water as to just cover the fish. Add salt and pepper. Cover the casserole and leave it to boil in slow fire.

“Plaki”, Alonissos, (by Katina Theodorou)

Ingredients

1½ kg of fish (bogues, salemas, saddled sea breams, Mediterranean morays, European conger or others if we prefer)
1 kg of onions
1 big spoon of tomato paste
Parsley, daphne leaves, garlic, red pepper

After peeling the onions cut them in slices. Sauté the onions with the olive oil in a wide casserole. Then, add tomato paste, a lot of parsley, daphne, garlic and the red pepper. On top of that, spread the fish after stuffing their bellies with what is already prepared and cook them.

“Plaki” fish, Trikeri, (by Victoria Spanodimou)

Ingredients

1 kg of Fish
1 kg tomatoes
1 skein of parsley
2 cloves of garlic
Onions, olive oil, salt, pepper

Sauté the onion with olive oil and then add thin slices of tomato. Add the parsley and leave them in a large baking pan to cook for half an hour. Then put the fish and leave it for 20 more minutes.

Big scale sand smelt Pie, Kalymnos, (by Kaliopi Mavrou)

Ingredients

1 kg of big scale sand smelt
2 onions
Olive oil, salt, pepper

Clear the sand smelt, salt it and flour it. Then in a frying pan put the oil and leave it to “burn”. Fry the fish with