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**Development
of special forms
of alternative
tourism**



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Nutrition and its cost



Table of Contents

3 Periscope:

Greek entrepreneurship in Sub-Saharan Africa: Focusing on the prospects of Sub-Saharan Africa in particular, as well as on the development of commerce and investments in a region that promises to play a leading role throughout our century, the cooperation between the representatives of the Greek-African Chamber and the Chamber of Commerce and Industry was based.

4 Special Report:

Nutrition and its cost

- ANCIENT GREECE: 4th century BC till 3rd century BC.
- ROME: 3rd century BC-5th century AD
- BYZANTIUM: 5th-15th century
- MODERN GREECE: 1828-2001

6 First Ladies:

Tourism constitutes a new sector of development in the region especially if new forms of alternative tourism such as ecotourism, agro tourism, mountaineering etc. are involved.



Mr. Sotiris Mousouris,
chairman of the Greek-African Chamber



Greek entrepreneurship in Sub-Saharan Africa

Focusing on the prospects of Sub-Saharan Africa in particular, as well as on the development of commerce and investments in a region that promises to play a leading role throughout our century, the cooperation between the representatives of the Greek-African Chamber and the Chamber of Commerce and Industry (ACCI) was based.

On a ACCI day conference the chairman of the Greek-African Chamber, Mr. Sotiris Mousouris maintained that the “the trade relations amongst various countries and Africa, not solely with China but also with India and Brazil from the emerging countries not to exclude our neighboring Turkey, realized the prospects especially of Sub-Saharan Africa and dramatically launched trade and investments in an area that promises to take the lead in the course of this century. No other region in the world has the same rate of economic growth like Sub-Saharan Africa. Recently its economy has been developed at an average rate of about 5% and it has become the fastest growing region of our planet. In 2012, it achieved an increase in the Gross Domestic Product at a rate of 4.8% while the European Union fell by 0.2%. It is worth mentioning, however, that progress can be observed in other fields as well related to development, peace, democracy or governing. Local conflicts and civil wars belong to a large extent in the past even though there have still been spots of social unrest that is linked to increasing inequality, unemployment and religious fanaticism. And although elections do not always mean democracy, the 1/3 of the 120 elections since 2000 generally led to a smooth government change. The African Union does not tolerate any coups. Sub-Saharan Africa displays the fastest population growth. Indeed, by 2050 the ¼ of the world population will be Africans, predominantly youth. On the other hand, sub-Saharan Africa has considerable unexploited farmland, energy sources and apart from that sub-

stantial reserves of oil and natural gas, large potential in renewable energy sources (for instance only 5% of hydropower is used), minerals and precious metals. (e.g. Botswana ‘s supply in diamonds covers 22% of the global stock, South Africa covers 90% of platinum and 12% of gold supplies). Not to mention of course that the potentials to develop tourism are immense. Kenya is the proof. The same applies to the needs and opportunities in infrastructure especially in the construction of the road network, port facilities and residences. Due to the fact that there are major gaps to cover the increasing needs in electricity (for instance the whole Africa has the amount of energy that Germany consumes and only 25% of the population has access to electricity) investments have become an emergency in this crucial sector. Multifaceted are the services that show favorable perspectives starting from engineering services (Africa has the lowest percentage of engineers in the world) up to the fields of health and education. Finally, the rapid increase in cell phones constitutes a small sample of the developments that take place in the field of high technology.

The Greek-African Chamber which was founded 15 years ago anticipated positive developments, tried to arouse or boost the interest of the Greek business world for Africa taking into account our historical and successful presence in the African Continent. We consider ourselves fortunate since highly experienced entrepreneurs as far as Africa is concerned are among our members as well as honorary ambassadors from the African countries who share their knowledge with our new members. Our close relations with the Brussels-based European Business Council for Africa and the Mediterranean which consists of European chambers engaged solely with Africa as well as persons-links connected to African countries, allow us to provide our members with information and advice.

Nutrition and its cost





Photo from the files of the Epigraphic and Numismatic Museum

Ancient Greeks followed a simple diet

The amount of money that inhabitants of the Greek territory needed for their nutrition “in ancient times, in Roman times, in occupied Greece as well as in modern times”, is the theme of the book entitled “The cost of food”.

It is about the publication of the Archaeological Resources Fund 2009, in which prices, wages and monetary systems of each era are presented.

In addition, the way food items are used is also demonstrated. More particularly, indicative recipes of each era are shown along with modern interpretations and adaptations from chefs of our time.

ANCIENT GREECE: 4th century BC till 3rd century BC.

The archaeologists Demelena Ladogianni and Giannis Stogias illustrate the cost of food products in the market of Ancient Greece. “The base of the ancient Attica diet during the 4th-3rd century BC consisted of cereals, olive oil, figs, grapes and wine (wine with water). Meat was rarely consumed, especially by the lower social classes since it was distributed to the citizens after sacrifices or feasts or it was sold in exceptional cases in the Market. On the other hand, fish was considered an important factor in the diet of most Greeks in the classical era. They were consumed either salted or dried for the poor while the expensive fresh ones were consumed by the rich. Moreover, vegetables, fruit, nuts, pulses and cereal were adequately consumed. Olive oil was present in most dishes. In Athens, the state undertook the monopoly to export oil production and the

profits from the oil and the wine was used to pay the wheat quantities, which the state had to import on a constant basis”.

More particularly, they emphasize that ‘during the same period namely in 363 BC, wheat was sold for 1 Delphic medimnon (74, 16 kilos), 2 Aeginetan drachmas.

Even in 330 BC, 1 Attican medimnon (40, 27 kilos) in Athens was sold 5 Athenian drachmas.

At about 330 BC, 1 Attican medimnon (wheat in Athens) cost 16 Athenian drachmas.

Before 331 BC 1 artavi (or 1 medimnon) of wheat in Egypt cost 10 Alexandrian drachmas.

In 331-323 BC, 1 artavi (or 1 medimnon) of wheat in Egypt was sold 32 Alexandrian drachmas.

In 282 BC, 1 Attican medimnon of wheat in Delos cost 4-10 Attican drachmas.

At about 277 BC, 1 Attican medimnon of wheat in Gazoros cost 2 Attican drachmas, 4 obols

At about 277 BC, 1 Attican medimnon of barley in Gazoros cost 1 Attican drachma, 4 obols.

Wine in the 4th century BC, 1 hous (about 3, 12 liters) of wine in Athens cost 10 Attican obols.

About 300-210 BC vegetables and spouts (quantity unknown) in Egypt cost 1, 5 Ptolemaic obols.

Meat (pork foot) in the 4th century BC in Athens was sold 1 Attican drachma.

Fish (salted) in the 4th century BC, in Athens cost 5 Attican copper coins.

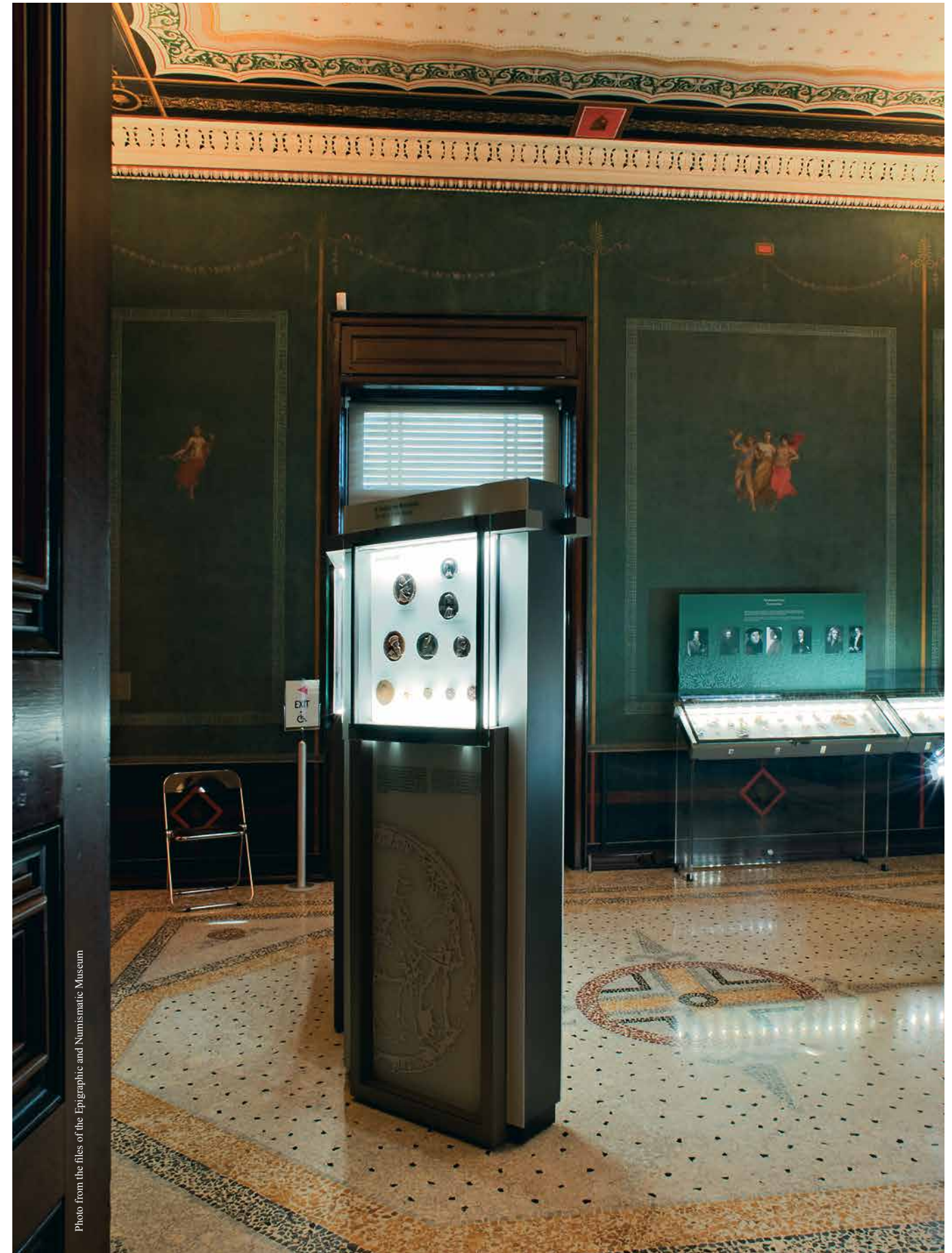


Photo from the files of the Epigraphic and Numismatic Museum

During the 4th century BC, tarichos a kind of salted fish was sold in Athens for 2 Attican obols.

During the 4th century BC, thunnus (kind of tuna) in Athens cost 1 Attican drachma.

During the late 4th century BC, 1 bass fish in Athens cost 10 Aeginetan obols.

During the 3rd century BC, 1 mna (600-800 g.) of thunnus (kind of tuna) in Delphi cost about 12 Aeginetan copper coins.

During late 3rd century BC, 1 mna of thunnus (kind of tuna) in Viotia cost about 14 Aeginetan copper coins.

During late 3rd century BC, 1 mna of lavrich (lake fish) in Viotia cost about 13 Aeginetan copper coins.

About 335-322 BC the fee regarding food allowance for the Athenian teenager reached the amount of 4 Athenian obols.

In 329-8 BC, the wages of a construction builder in Eleusis was 1 Athenian drachma and 3 obols.

In 314-3 BC, the wages of an Athenian sailor was 4 Athenian obols.

In the early 3rd century BC, the wages of a Lysimachus soldier was 4 Attican obols.

In 282 BC, the wages and the food of a stone craftsman in Delos was 2 Attican obols and 1,5 choinikas of wheat.

During the late 3rd century BC, the wages and the food of a soldier in Crete were 1 Aeginetan drachma and 1 choinikas of wheat’.

The following recipes use the above products.

More specifically:

- Salted fish marinated in wine, olive oil and silfio herb
«...First this fillet of salted tuna in season costs two obols. It should be cleaned very well. Then put the fish in a bowl adding seasoning. Pour white wine and olive oil and boil it till it becomes soft. Garnish with silfio herb».

Alexis, Ponira (Athenaeus, Deipnosophistai, 3,117d).

- Yeast and dough for twelve barley bread

Yeast

1/2 cup (60 g.) barley flour

1 teaspoon of fresh yeast or 1/2 teaspoon dry yeast

Dough

1 1/2 cup (170 g.) whole wheat flour

1 1/2 cup (170 g.) barley flour

1 teaspoon salt

Dissolve the yeast in a spoonful of warm water and use it to make dough with 1/2 cup of barley flour. Knead the dough soon and give it the shape of a ball. Cross it slightly and press your finger on the center. Pour 2 teaspoons of warm water. Put the mixture on a glass tray, cover it and leave it in a warm place for at least 24 hours to be fermented.

In order to prepare the dough: Sift the whole wheat and barley flour together. Add 1 teaspoon of salt as well as the mixture of yeast. Make dough using enough warm water. Knead well and let it rest in a bowl covered with a plastic wrap or a plastic bag till it doubles in size. Divide the dough into 12 pieces and make soft balls. Leave them become bigger in a warm place covered with a cloth.

Heat the oven to 200°C. Heat a baking dish and an overturned pot or a shallow ceramic or a metal pan-whatever you decide to use as “brick baking”. Put some olive oil on the baking dish

and place the buns one next to the other in a circular mode formulating two circles that contain 6 buns each. Cover with the overturned pot and bake for 15-20 minutes till they are ready.

ROME: 3rd century BC-5th century AD

Eva Apostolou PhD in the University of Sorbonne and also an archaeologist specialized in currency in the Ancient Greek and Roman world in an interview to “In-On” magazine depicts the market in Ancient Rome and the cost of the products and underlines “It was part of the tradition for the Romans not to overdo it with food. The basic foods for their survival included cereals and fruit. For the Roman emperors systematic monitoring and ensuring large quantities of wheat was of great importance. They felt obliged to be able to feed the people of Rome, mainly the army. Sufficient quantities of grain came from Egypt which was the district under the control and exploitation of the Roman Emperor from the beginning. A striking example that shows how important it was to ensure grain in the ancient world was the following: at about 330 BC Egypt had a bad harvest, namely famine and the needs of a part of the Greek world were covered by an adequate production from Libya. The list of the cities that received grains from the crops of Cyrene and the order, in which these cities are presented on an inscription of that time, is clearly associated with Cyrene’s diplomacy that intended to gain ruler Alexander’s favor. The diplomatic power of this main food product is evident in this example.

From the 3rd century BC till the 5th century AD, salt played an important role in food maintenance in the Roman period. As far as cooking is concerned, the Romans used water with salt and a sauce made from fish offal that gave strong flavor even in poorly maintained products”.

The following data is also known:

One modius of wheat in Rome from the 1st century BC till the 1st century AD (6.655 g) cost 2-3 sistertious.

In 301 AD, a military modius of wheat cost 100 dinars communes.

An Italian sextarius of top quality olive oil in 301 AD, (568g) cost 40 dinars communes.

In 301 AD, an Italian sextarius (568 g) of falernos wine cost 30 dinars communes.

In 301 AD, an Italian sextarius of common (Egyptian) wine was sold 2 dinars communes.

Regarding vegetables, in 301 AD a bunch of 10 wild artichokes (heads) was sold 6 dinars communes.

In 301AD, a bunch of 5 wild artichokes shoots without the heads cost 10 dinars communes.

In 301 AD, 10 «top quality gourds» cost 4 dinars communes.

In 301 AD, 20 « gourds» of inferior quality, cost 4 dinars communes.

In 301 AD, 10 top quality cucumbers cost 4 dinars communes.

In 301 AD, 20 cucumbers of inferior quality cost 4 dinars communes.

Pulses in 301 AD; a modius with crushed broad beans cost 100 dinars communes.

In 301 AD, a modius with broad beans cost 60 dinars communes.



Photo from the book «The cost of food»

Meat in the 1st century AD; ox cost 116 sistertious.
In 301 AD, an Italian liter (about 325 grams) of beef cost 8 dinars communes.
In 301 AD, an Italian liter of pork cost 12 dinars communes.
24 eggs in 301 AD, cost 25 dinars communes.
Fish in 301 AD; An Italian liter of fish, cost 24 dinars communes.
Furthermore, the cost of the daily diet in the early Roman period -the daily amount in wheat- reached 8 asses.
More particularly during the 1st century AD, a daily order as the following: cheese 1 as, bread 3 asses, olive oil 3 asses, wine 3 asses and the total reaches10 asses.
During the same period another daily order that provided: bread 8 asses, olive oil 3 asses, onions 5 asses, a slurry portion 1 as, bread for the slave 2 asses, wine 2 asses, totally cost 21 asses.
Another daily order provided: bread 8 asses, bread for the slave 4 asses, cereals 3 asses totaling 15 asses.
In Ancient Rome the wages were the following:
- 14 AD, legionary wage 1 dinar
- 81-96 AD, legionary annual earnings, 300 dinars
- 81-96 AD, centurion annual earnings 5.000 dinars

- 301 AD, barber’s fee per person, 2 dinars kommounes
- 301 AD, farm worker’s wages, 25 dinars kommounes
The following recipes include the above products more specifically:
- Omelet with nuts
Fried dish instead of pastry: first you roast the seeds from the pine cones as well as the broken walnuts. Then you use the pestle and press the above with honey, pepper, liquamen, milk, eggs, a little wine and olive oil.
Apicius 4, 2, 16.
Modern version of the recipe
To serve four people
1/2 cup (60 g.) peeled almonds, 2 tablespoons white wine and 2 tablespoons of milk
1/2 cup of (60 g] broken walnuts, 1 tablespoon salted water or salt or hazelnuts, 6 eggs, 2 tablespoons pine nuts, ground black pepper, 1 tablespoon honey, 1 tablespoon olive oil.
Mix all the nuts and roast them in the oven at 180° C for 10 minutes. Grind or chop them to form a blend that looks like breadcrumbs. Put them in a bowl and add honey, wine, milk, salted water and the eggs and mix well. Flavor it with plenty of black pepper. Heat the olive oil in a non stick pan and pour



the mixture. Cool it like a simple omelet and grill it for 1 or 2 minutes. Cut the omelet in quarters and serve it at once.
Cooking instructions are not given in the ancient recipe but it is clear that this kind of omelet is nothing less than a sweet omelet. The mixture of water and salt can be replaced with salt. (Daldy A. - Grainger S., The classical cookbook translated by N Zografos, Athens 2001).
- Livon-Pastry with cheese
Instructions:
Melt 1 pound of cheese in a mortar. Add 1 pound of wheat flour or if you want a lighter version add only half a pint. Mix well with the cheese. Add an egg and mix all the ingredients together. Make a loaf. Place some leaves on a baking pan and put the pastry on top. Bake it in high temperature under a roof tile.
1 pound = 327, 5 grams.
1 pint = 0, 5475 liters
Cato, De agricultura 75.
Modern presentation of the recipe
Pie with salty cheese- four servings
- 450 g. Feta cheese
- 1 cup (120 g.) flour for all purposes
- 1 egg
- 2-3 bay leaves
You can use the mixer to melt the cheese. Work it for 30 minutes till the mixture is smooth. Add the sifted flour and the egg and knead until the dough becomes soft. Make the dough a slightly flattened circular loaf. Use a knife and divide the loaf in six parts. Heat the oven at 220° C. Put 2-3 fresh bay leaves under the loaf, cover it with a plate. Bake for 45-50 minutes. Serve it hot either to accompany the appetizer or a spicy meal. (Daldy A. - Grainger S., The classical cookbook translated by N Zografos, Athens 2001).

BYZANTIUM: 5th-15th century
“Nutrition and Byzantine cuisine constitutes the evolution of ancient Greek and Roman cuisine and diet. The ingredients and the cooking methods generally remain the same and show the deep roots of the “Mediterranean Diet”. Normally, the Byzantines used to eat twice a day. Their basic nutrition constituted of olives and cheese, bread and wine, the primordial Mediterranean foods. The nutrition of the Byzantines was completed with vegetables and fruit, pulses and spices, fish and shellfish or pork and goat meat. The archaeologist Giorka Nikolaou mentions that the Byzantines religiously followed 180 days fasting a year.
She also stressed that “The cost of nutrition during the Byzantine era compared to the average wages, was relatively high during periods of political disturbances or natural disasters”. He then clarified “during the second half of the 7th century, 15 bushels (100 kilos) of wheat cost 1 solidus.
The second half of the 11th century, 12 bushels (80 kilos) of wheat cost 1 istamenon.
Olive oil in 743 AD (Constantinople’s siege period); 5 liters (1, 6 kilos) cost 1 solidus.
During the late 9th century, 1 liter (about half a kilo), cost 1/16 solidus.

In 743 AD, half kilo of wine during Constantinople’s siege period, cost 1/2 solidus.
Vegetables in the late 7th century, cabbage and lupines for a day were sold 2 folleis.
Fruit in the 12th century; 10 apples cost 1 titration.
Meat in the early 5th century, 1 pig cost 1/2 solidus.
In the 11th century, 1 sheep cost 1/6 istamenon.
In 1439 AD, 1 quintal (56, 5 kilos) of salted meat cost 3 hyperpyra.
Fish in the 12th century; 10-12 mackerels cost 1 titration.
In the 12th century, 8-9 small tunas cost 1 titration.
In the 12th century, 10-12 squids cost 1 titration.
In 1360 AD, 18, 5 kilos of caviar cost 1 hyperpyron.
In 499 AD, 1 bushel (6,67 kilos) of beans cost 1 solidus.
In 1388 AD, 180 liters (32 kilos) of cheese cost 51 hyperpyra.
In 1437 AD, 1 quintal (56, 5 kilos) of black pepper cost 60 hyperpyra.
The cost of the daily diet in 491-517 AD, the annual food allowance for one person was 6 solidi.
In the 6th century the daily food allowance for one person was 10 noummia.
Wages in the late 6th century; the wages of the craftsman was 12 folleis.
In 620 AD, the annual shopkeeper’s earnings were 15 solidi.
In 709 AD, the annual carpenter’s earnings were 16solidi.
In 1136 AD, the annual baker’s earnings were 5 hyperpyra and 30 bushels (204 kilos) of cereal.
In the middle of the 14th century, the annual builder’s earnings were 50 hyperpyra.
The following two recipes use the above products.
More specifically:
- Monokythron (a kind of thick soup)
If you want to know how to make this soup, then follow the instructions below.
Take four thick, white cabbage hearts. Add some salted neck from a swordfish and a piece of a carp.
Add about twenty glaucus fish, some smoked verzitiki pieces, fourteen eggs and Cretan cheese. Also add a little cottage cheese, a liter of olive oil, a handful of pepper, a dozen of garlic heads, fifteen squeak and a large ceramic cup of sweet wine.
Wait and see the bites!
(Ptochoprodromos)
Grilled skipjack with a sauce of unripe grapes and mustard seeds
1800 gr of a salted and peppered Skipjack
1 kilo of unripe grapes
1 teaspoon of mustard seeds
1 teaspoon of mustard powder
1/2 cup of olive oil
4 teaspoons of chopped parsley
Salt and pepper
Grill the skipjack and put it on a platter, remove the bones and keep the fish fillet. Squeeze the grapes and keep the juice. Blend with olive oil, mustard powder, salt and pepper. Beat well and add the mustard seeds. Garnish with the unripe grapes. Finally, add some parsley. Pour the sauce on the fish.

(Greek gastronomy, Athens 1999)

MODERN GREECE: 1828-2001

“The basic eating habits in the new Greek state, since its foundation till World War II, remain the same. The introduction of new products enriched the existing diet and was adequately absorbed by the traditional Greek cuisine. Potato was introduced in Greece under the rule of Ioannis Kapodistrias (1828-1831). This was a period of time when we have the silver phoenix, the first coin of the Modern Greek state”, maintained the archaeologists Efterpi Ralli and Maria Foundouli.

In an interview to “In-On” magazine, Mrs. Maria Foundouli clarified “After the foundation of the New Greek State, the cities started to develop and the middle class started to follow the Western eating habits. Greek cuisine incorporates European recipes and assimilates its elements. For instance, the traditional dish of moussaka was enriched with béchamel sauce. This new cuisine became popular through the cookery books of Nikolaos Tselementes and Chryssa Paradissi, which constituted the necessary tools for the “modern housewife”.

Also, in the book entitled “The cost of Food” the following data is given.

In 1834, 1 kilo of bread cost 26 cents.

In 1931, 1 kilo of top quality bread cost 5, 49 drachmas.

In 1931, 1 kilo of lower quality cost 4, 56 drachmas.

In 1975, 1 kilo of half white bread cost 8, 30 drachmas.

In 1975, 1 kilo of white bread cost 9, 25 drachmas.

In 1880, 1 kilo of olive oil cost 80 cents.

In 1931, 1 kilo of olive oil cost 20-21 drachmas.

In 1975, 1 kilo of olive oil cost 59, 73 drachmas.

In 1834, 1 kilo of olives cost 50 cents.

In 1880, 1 kilo of olives cost 74 cents.

In 1931, 1 kilo of olives cost 13, 70 drachmas.

In 1834, 1 kilo of potatoes cost 25 cents.

In 1931, 1 kilo of potatoes cost 4, 29 drachmas.

In 1975, 1 kilo of potatoes cost 7, 50 drachmas.

In 1834, 1 kilo of beans cost 36 cents.

In 1931, 1 kilo of beans cost 8, 24 drachmas.

In 1975, 1 kilo of beans cost 37, 2 drachmas.

In 1834, 1 kilo of rice cost 56 cents.

In 1931, 1 kilo of rice cost 10, 49 drachmas.

In 1975, 1 kilo of rice cost 16, 01 drachmas.

In 1834, 1 kilo of pasta cost 62 cents.

In 1931, 1 kilo of pasta cost 11, 41 drachmas.

In 1834, 1 liter of milk cost 24 cents.

In 1880, 1 liter of milk cost 35 cents.

In 1931, 1 liter of milk cost 7, 49 drachmas.

In 1834, 1 kilo of butter cost 2, 18 drachmas.

In 1931, 1 kilo of butter cost 66, 76 drachmas.

In 1975, 1 kilo of butter cost 98, 27 drachmas.

In 1834, 1 kilo of meat cost 51 cents.

In 1880, 1 kilo of meat cost 60 cents.

In 1931, 1 kilo of meat cost 20, 39 drachmas.

In 1975, 1 kilo of meat cost 70, 14 drachmas.

In 1834, 1 egg cost 3 cents.

In 1931, 1 couple of eggs cost 2, 97 drachmas.

In 1834, 1 kilo of salted cod cost 62 cents.

In 1931, 1 kilo of salted cod cost 13, 10 drachmas.

In 1975, 1 kilo of salted cod cost 64, 96 drachmas.

In 1834, 1 kilo of salt cost 12 cents.

In 1880, 1 kilo of salt cost 8 cents.

In 1834, 1 kilo of sugar cost 1, 32 drachmas.

In 1931, 1 kilo of sugar cost 14, 51 drachmas.

In 1975, 1 kilo of sugar cost 21, 55 drachmas.

In 1834, 1 kilo of coffee cost 2, 10 drachmas.

In 1931, 1 kilo of coffee cost 46, 89 drachmas.

In 1975, 1 kilo of coffee cost 145, 47 drachmas.

It has to be noted that kilo (1.000 grams) as an official weight unit replaced oka when the international system of Units Uas Established in Greece (S.I) in 1959. Oka (400 ounce) amounted to 1282 grams.

Salaries:

-1834, the average salary was 90 drachmas

-1880, the average salary of a civil servant 2.800 drachmas

-1932, the average salary was 2.300 drachmas

-1975, the average salary of a shop assistant was 9.526 drachmas

-1975, the average salary of a worker in a store was 4.080 drachmas

Two recipes that use the above products are presented below.

More specifically:

- Goat meat with egg and lemon sauce

Take the forequarter of a kid. Cut it into medium pieces. Place the pieces in a pot and boil them for two minutes. Take the pot off the heat and put the meat pieces under cold water. Put the pieces on a clean cloth to remove the bones.

Put some butter and a little ham, an onion with three cloves and a bunch of herbs in the pot. Heat; place the pieces of meat in the pot and sauté. Stir regularly and after a while add a bit of fine flour. Then, add enough meat broth and let the food cook well.

Take four egg yolks, some lemon juice adequate to the meat and a bit chopped parsley.

When the meat is done, mix the above ingredients and pour the egg and lemon sauce on it. Frequently move the pot till the mixture blends well. Serve.

A. Mathew “Cooking” translated from an Italian book, Syros 1828, Athens 1992.

- Scalloped potatoes

Peel, boil and smash 1 kilo and 1/4 potatoes. Put the puree in a bowl or pot and add two eggs, a handful of grated, not salty cheese, 2-3 tablespoons of flour, salt, pepper and nutmeg. Mix well with a wooden spoon. Shape them like the meatballs but a little larger. It is worth mentioning, however, that since the mixture is quite soft it needs extra flour on the surface of the kitchen marble. Roll them and press the knife blade on them until they get the shape of meatballs. Fry them in a frying pan using butter until they turn gold.

Another point to remember is that when the potatoes are very fresh, the puree is not dry enough. For that reason, add one more egg and 1-2 tablespoons more flour. This method protects them either when shaping them or during frying.

N.Tselementes, Cooking and pastries Guide Book, Athens 1973.



Photo from the book «The cost of food»



“The new local authority will proceed to the formulation of Social Groups for the young and the farmers of our Municipality. The divisions will deal with History, social issues and rural economy”, pointed out in an interview to “In-On” magazine the Anogeia municipal councilor Mrs. Mary Bakeri-Stavarakaki.

Question: Tell us about your top priorities for the continuation of the development in the Municipality of Anogeia.

Answer: The new local authority will continue infrastructure in schools, the Health Center, the nursery as well as by the ESPA programs that facilitate the road network and the shepherd’s House while Nida’s Pavilion has been funded and will soon be completed.

The active participation of the citizens and in particular of the young people is of grave importance especially as far as the Information Center of Antiquities is concerned. However, the problem is to fill the post of an employee. A group of young people has already taken over and the center operated from 10 till 2 am in the period of 15th -27th September, 2014 until a permanent solution is found.

It is important, however, to mention the active participation of our citizens to the new cultural events. On the other hand, the aim of the new local authority is the increase in job opportunities.

Thus, we will proceed to public discussions in order implement Social Economy as well as structures with the view to intervene in issues that deal with unemployment and volunteering in the framework of the new five-year project. Concerning infrastructure it has to be noted that there is a serious problem mainly focused on studies. More particularly, the water supply networks along with sanitation need replacement at some points. Actually, we are only funded for renovations.

At the same time, a strategy for the cultural events is needed while we will proceed to the creation of social groups for the young people and the farmers of our municipality. We will create divisions of: History, social issues and rural economy. Rural Economy is of great importance for the region since the main fields of employment involve livestock, agriculture and cottage industry.

FIRST LADIES

Tourism constitutes a new sector of development in the region especially if new forms of alternative tourism such as ecotourism, agro tourism, mountaineering etc. are involved.

Stockbreeding plays the most important role in the local economy of Anogeia due its mountainous nature that produces high quality products. In the field of agriculture the single crop of the olive tree dominates.

Apart from olive cultivation, viniculture was quite wide-spread in the past. Cottage Industry, which is considered till today an important sector of the local economy, flourished more particularly after World War II and soon became a primary economic factor of the region. Indeed, it helped not only in the reconstruction of livestock and agriculture but also in the reconstruction of the area as well as its financial development.

The art of weaving has become the main economic source of our region.

Shortly afterwards, pastry making, another form of handicraft was successfully evolved with the well-known “Anogian buns”. The financial development of the area is mainly based on the primary sector and secondly on manufacturing and services.

Tourism constitutes a new field of development in the area especially as far as new specialized forms of alternative tourism such as ecotourism, agro tourism, mountaineering etc. are concerned.

Question: Tell us your duties and specify the fields

Answer: My duties involve my role as a secretary in the city council, member of the Economic Committee, member of the Education Committee and also member of the Cultural Committee.

Question: To what extend does a woman’s view help solve the problems of the area?

Answer: Women possess another kind of sensitivity and approach problems differently in fields such as communication, work; the creation of cultural events, theatrical groups and other.

Curriculum Vitae

The city councilor Mrs. Mary Bakeri-Stavarakaki works as a mathematician in Stavrakeio General High School in Anogeia while in 1977 she was a secretary in the annex of the Greek Mathematical Society. She was born in 1962 and studied at the Athens School of Physics.

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