



**Pantopolion tis Mesogiakis Diatrofis**  
1 Sofokleous St. & Aristidou St

**Krinos**  
87 Aiolou St

**Miran**  
45 Evripidou St

**Fotsis**  
39 Evripidou St

**Klimataria Tavern**  
2 Theatrou Square

**Bougatsadiko**  
1 Iroon Square

**Church of Agioi Theodoroi**  
Klaftchmonos Square

**Varvakeios Agora —**  
**Central Fish and Meat Market**  
42 Athinas St

**Fruit and Vegetable Market**  
Armodiou St



**THE ATHENS** Food Tour is created and operated by Athens Walking Tours, founded in 2004 by Despina Savvidou. Also on offer is a three-hour hands-on cooking class that includes preparation (and degustation!) of four starters and a main course, accompanied by an aperitif and wine. Those venturing to Crete can join the company's Chania cooking classes and food and wine tours. [www.athenswalkingtours.gr](http://www.athenswalkingtours.gr)

culinary repertoire until tomatoes and potatoes were introduced to this country from the New World. The dense and delicious breads, on the other hand, have a history dating back to the three original staples of ancient Greece — wheat, olives, and honey. With samples of honey still dissolving on our tongues, we are given time to peruse the aisles of the *pantopolion* — and to ponder the weight limits of our respective airlines.

Out on the historic shopping road of Aiolou Street, we pause at family-run **Krinos** cafe — favoured since 1923 for its soft, doughnut-like *loukoumades*, but equally delightful for its high ceilings, curved wooden staircase and stained

glass windows. Later, we duck beneath garlands of *soutzouki* sausages and cured *pastourma* to mingle among the ranks of (primarily male) shoppers at **Miran**, a delicatessen established in 1922 by Armenian emigrant Miran Kourounian that now boasts locations across Europe. Nearby, **Fotsis** offers fragrant bouquets of Greek and international herbs and spices, as well as herbal teas, sea-sourced sponges, and handmade olive oil skin products.

At **Klimataria Tavern** we sip short glasses of *tsipouro* (a clear pomace brandy, also known as *raki*) and nibble *mezedhes* of chewy *pastourma*, rustic *horiatiki psomi* bread, and that mainstay of Greek family cooking, the phyllo pie (*pita*) — here today filled with tomatoes and onions. Tavern-owner Maria demonstrates the mechanics of her electric *gastra* pots, where marinated joints of lamb and pork are slow-cooked all day in preparation for her popular dinner trade.

We conclude our gastronomic wanderings at cafe **Bougatsadiko**, where we sip Athens' unarguably best *frappe* while watching the deft construction of *bougatsa* — a Northern Greek pastry, filled with minced beef, cheese, or custard. Samples of the custard variety provide a sweet end to our foray into Greek cuisine, our small slice of this country's culinary permutations across regions and epochs.



SERVES 4

## FRIED FETA CHEESE WITH A FLAXSEED CRUST

**Feta Cheese** 500 g

**Arugula**

a large handful

**Flour** 200 g

**Linseed or Flax Seed**

80 g

**Golden and Dark**

**Raisins** mixed, 100 g

**Walnut Pieces** 100 g

**Honey** 1 Tbs

**Red Wine Vinegar**

100 ml, divided

**Vegetable Oil** 400 ml

**3 HEAT** oil in a deep non-stick pan until very hot. Cut feta into thick triangles. Dip each piece into water, then the flour mixture. Drop feta wedges into hot oil and cook until a golden crust forms. Place cooked feta on paper towels to drain.

**4 HEAT** the remaining red wine vinegar in a small pan until boiling. Stir in honey and cook until the sauce caramelizes.

**5 PLACE** feta triangles on salad greens and drizzle with the sauce.

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