

## Thea's & Theo's Food Lexicon

### *Kathara Deftera*

The First Day of Lent in Greece, "Kathara Deftera ( Ash Monday) as it is known in Greece, is one of the most important Greek traditions. Kathara Deftera is the unofficial start of Spring. Young people and adults organise excursions to villages all across the country, so as to fill the skies with their traditional kites.

### *Flying Kites*

There are several theories on why we fly a kite on Kathara Deftera. Following the Dionysian spree of Apokries, flying signifies the ascension and purification of the soul. Some say that the ancient Greek mathematician Archytas of Tarentum designed and flew the first kite to test aerodynamics, while others believe it started when people would write wishes on the kites and fly them as high as possible for the gods to answer.

### *Athinaike Salata*

The Athenian Salad was one of the popular dishes of the urban cuisine of the 70s. Associated with festive family gatherings, lavish buffets and stately restaurants of the era, it shone for several years on fine platters, served and elaborately decorated.

### *Skordalia*

Skordalia is a thick purée in Greek Cuisine made of garlic, potatoes, walnuts, almonds or liquid-soaked stale bread mixed with olive oil and lemon, to make a smooth emulsion, to which some vinegar is added. Skordalia is the traditional accompaniment to fish on Palm Sunday and March 25th.



PRESENTS

## *Thea's & Theo's* FOOD MEMORIES





Meet two friends bound together by their shared love of food, family celebrations, and the evocative power of aromas that transports them to cherished moments of their childhood.

Through their stories, Thea and Theo remind us how food can bring people together, evoke memories of loved ones and childhood experiences, and awaken our senses in the most delightful ways.



So, dear Gastronomer, which of the two heroes will you journey with?

*Thea*

"Pastô"  
"Athinaiki Salata"  
Sunday Roast  
Honey

€145



*Theo*

"Kathara Deutera"  
Tomatoes & Herbs  
Red Prawn  
Psari Skordalia  
Sunday Lamb  
Feast of Desserts

€190