

Cooking Lesson



The Cretan Diet is famous, - and some say miraculous! It is the original Mediterranean diet. Culture, history and geography have helped create a combination of foods and lifestyle which provides a unique diet that is highly nutritious, prolonging life and helping to prevent many of the modern diseases that shorten the lives of millions of people every year in the West.

The Cretans have always been resourceful when using the natural produce on their Island. During the war for example, it was an abundance of natural greens, olive oil, and chestnuts made into bread, that kept many healthy and alive.

Highlights

Learn about delicious Cretan flavors

All equipment and ingredients included

Enjoy your meal at the end of the class with a glass of local wine



Experience a taste of Crete in this 7-hours hands-on cookery class. Learn how to create a range of delicious traditional Cretan dishes.

On arrival you will be welcomed by our people .You will be provided with instructions on how to use the equipment and demonstrate all the wonderful fresh ingredients that you will use to create your delicious Cretan dishes.

Throughout the cooking class, you will learn how to source these ingredients for yourself. There are 5 dishes that you will be learning in the class. Once the hard work is done, sit down and enjoy your food with a glass of wine and great company.



Session Length

This experience is 7 hours in duration plus free lunching time. You will start at 9 in the morning with refreshments and walk in the mountains finding Greens a chat about the cooking day, the menu, the techniques then cook until approximately 14.00pm to 14:30 pm and dine until around 16:00pm.

Participation

*Minimum number of participation 10 people.

Notes: We can accept different bookings until the minimum number of participants is reached. We can cancel bookings in case the minimum number of participants is not reached.

If an event is cancelled then all participants will be notified within 24 hours of the commencement date for the event and have the option to reschedule to another event or receive a full refund.

Price for the Seminar : 33 € per person (including VAT)

