



الجمعية الخيرية اليونانية في بيروت
ΕΛΛΗΝΙΚΗ ΚΟΙΝΟΤΗΣ ΒΗΡΥΤΟΥ
GREEK COMMUNITY OF BEIRUT



Ta Nea

Issue 46
October 2023

For those who took the time to share with us their feedback, be it a positive or negative one, because criticism can be constructive –if read objectively – thank you!

We will do our best to improve our modest journal.

We hope you will contribute as well by sharing your articles with us – those that align with our various topics.

Simply email us your writings to
stephanie@greekcommunity.org.lb
for review.



TA NEA

Editor's Note



الجمعية الخيرية اليونانية في بيروت
ΕΛΛΗΝΙΚΗ ΚΟΙΝΟΤΗΣ ΒΗΡΥΤΟΥ
GREEK COMMUNITY OF BEIRUT



Ta Nea

Let's Fall Back

Summer bumper: it's already September!
No wait... October!

A September to Remember

An October to draw Closure

And summer moved one... Too fast! Too sad!

There's one thing we learn and witness, in fall, for sure, is that things do fall apart but only to make room for better things.

From wildfire to downpours; It's one tragedy unfolding after another. The coming winter doesn't seem so promising, it definitely won't be an easy one.

More wars are silently erupting in the middle of the night, and yet shattering so loudly so many innocent lives. Warlords play... And the whole world turns grey!

Alas, how tragic it is for history to keep repeating itself despite generations moving ahead, technology surpassing itself, and cultures bonding tighter, while political games keep tearing them further apart.

NO TO WAR

NO TO CRIMES

NO TO FEAR

NO TO MINES

Dreaming of a balanced world, ruled by kindness and justice promoting equality and opportunity.

The mesmerizing voice of Adele saying out loud

"You can't fight fire with fire [...] We're in love with the world but the world just wants to bring us down."

Let those weapons fall behind and hatred go and ego smothered so humanity regains its kindred spirit, spreading peace and love and joy everywhere!

October 10, marks International Mental Health Day, a subject that needs much more awareness and less shaming. It was started in 1992 by the World Federation for Mental Health by the then Deputy Secretary Richard Hunter. Good mental health is crucial and fundamental to our well-being. It is everybody's right to access quality mental health care, free from stigma and discrimination.

Another crucial event that marks the month of October is "Smile Day" initiated by Harvey Vall in 1999 on October 2. And for all you coffee lovers out there, myself included, what better way to start your day, than with a warm cup of coffee and put on a bright smile on your face? It is celebrated on October 1st and was a recent initiative to promote coffee as a beverage launched by the International Coffee Organization at the Milan Expo 2015.

Mid-October is World Student's Day in commemoration of former Indian President Dr. APJ Abdul Kalam's birthday. He was an aerospace, scientist, educator, and former 11th President who vividly contributed to education and students.

Let us take a pause here and praise our students since our Greek classes also kick off the first week of October. If you wish to enroll as well, make sure to contact us in July and register early.

Let us explore October's issues and end it with a thoughtful wish you'd all agree on: *If only instead of bombs and rockets, it'd rained hugs and kisses? Maybe some chocolate and candies too!*

Καλό μας μήνα! Till then, stay safe and enjoy reading.



الجمعية الخيرية اليونانية في بيروت
ΕΛΛΗΝΙΚΗ ΚΟΙΝΟΤΗΣ ΒΗΡΥΤΟΥ
GREEK COMMUNITY OF BEIRUT



Ta Nea



The first day going back to school stirs up a lot of emotions for some happy ones – like definitely parents – and for others not so happy!

On the first day of school:

In **Germany**, kids in the 1st grade are offered a giant cone filled with goodies and school supplies.

In **Indonesia**, it is more like a student orientation and the creation of a community environment where students get the opportunity to meet one another.

In **Japan**, students receive a backpack or a “randoseru” which is a firm-sided backpack made of stitched firm leather or leather-like synthetic material, most commonly used in Japan by elementary schoolchildren.

In **Kuwait**, the first day of school is a normal day and has no celebration.

In **Saudi Arabia**, it's quite the opposite. Back-to-school celebrations can last for days with socializing, activities, and no classes.

In **Russia**, it's the “Knowledge Day” where students offer bouquets to their teachers, parents attend it, and there is a small gathering and celebration where the “first bell” that marks the start of school is rung by the younger girl hoisted up onto the shoulders of an older boy.

In **Vietnam**, students perform for their families and friends who are present on the first day.

In **Turkey**, schools always start on a Monday and end on a Friday. Students wear new uniforms and bring flowers to teachers. Lessons don't start on the first day but it's mostly catching up.

In **Greece**, school starts with a religious celebration, the Agiasmos, with teachers, parents, even grandparents and friends (sort of like a “Greek big Fat” school day)! Kali Xronia or Kali Sxoliki Xronia is wished to all students.

In **Lebanon**, and it also applies to Greece, you have to have the trendiest backpack, coolest pens and notebooks. Making a stylish entrance is very crucial! Bookbinding was also done as a family tradition and labeling every single item. God knows they're many hence, the whole family pinch in and get ready for la rentrée.



الجمعية الخيرية اليونانية في بيروت
ΕΛΛΗΝΙΚΗ ΚΟΙΝΟΤΗΣ ΒΗΡΥΤΟΥ
GREEK COMMUNITY OF BEIRUT



Ta Nea

Did You Know: Honouring Callas the Talented Diva!

On December 2, 1923, the greatest diva and world-renowned opera singer was born. Maria Anna Cecilia Sofia Kalogeropoulos was born in Manhattan, New York, to Greek immigrant parents George and Elmina. They left for New York in 1923 with an older daughter, Yakinthi, however, a year before they moved away, they lost their middle son Vassili who unfortunately passed away from meningitis.



Born

December 2,
1923,
Manhattan,
New York,...

Died

September 16,
1977, Paris,
France

Maria's musical talent began to manifest itself by the age of 3 to the own detriment of living a happy normal childhood and having a loving mother, alas.

Having lived an unhappy and unhealthy childhood where she was forced by her own mother to work and entertain Italian and German soldiers during World War II, Maria ceased all communication with her after their last encounter and attempt to mend things in 1950 in Mexico.

She received her musical education in Athens at the younger Greek National Conservatoire after being rejected from the prestigious Athens Conservatoire where her mother tried to enroll her. She began performing at the age of eight wowing people to the point of even referring to her as "the God Given". "Kalogeropoulou is one of those God-given talents that once can marvel at", as quoted by Alexandra Lalaouni.





الجمعية الخيرية اليونانية في بيروت
ΕΛΛΗΝΙΚΗ ΚΟΙΝΟΤΗΣ ΒΗΡΥΤΟΥ
GREEK COMMUNITY OF BEIRUT



Ta Nea

Her role in La Gioconda at the Arena di Verona, made her Italian debut and her arrival in Verona led to her encounter to Giovanni Battista Meneghini whom she married in 1949. He was 30 years her senior and not only a wrong match, but definitely, not a love one. In 1958, Callas fell under Aristotle Onassis' charm. She divorced her husband and lived with Onassis a love affair that alas ended in 1968 when he married Jackie Kennedy. This was detrimental to her career, her emotional wellbeing. Callas was a controversial artist, multi-talented, an actress a musician and the greatest soprano of her times with a unique voice difficult to place in modern vocal classification.

The reputable soprano Montserrat Caballé quoted once how "she opened a new door for us, for all the singers in the world, a door that had been closed. Behind it was sleeping not only great music but great idea of interpretation. She has given us the chance, those who follow her, to do things that were hardly possible before her. That I am compared with Callas is something I never dared to dream. It is not right. I am much smaller than Callas."

Callas spent her last 3 years in isolation in Paris where she died at the age of 53 on September 16, 1977 from a heart attack. Her ashes were scattered in the Aegean Sea two years later.



© facebook Maria-callas

John Ardoin, a music critic and Callas' friend shared during an interview he did in 1978:

"[...] there are times, you know, when there are people – certain people who are blessed, and cursed, with an extraordinary gift, in which the gift is almost greater than the human being. And Callas was one of those people.....It was almost as if her wishes, her life, her own happiness were all subservient to this incredible, incredible gift that she was given, this gift that reached out and taught us all – taught us things about music we knew very well, but showed us new things, things we never thought about, new possibilities. I think that's why singers admire her so; I think that's why conductors admire her so; I know that's why I admire her so. And she paid a tremendously difficult and expensive price for this career. I don't think she always understood what she did or why she did. She knew she had a tremendous effect on audiences and on people. But it was not something that she could always live with gracefully or happily. I once said to her, "It must be very enviable to be Maria Callas." And she said, "No, it's a very terrible thing to be Maria Callas, because it's a question of trying to understand something you can never really understand." Because she couldn't explain what she did – it was all done by instinct; it was something, incredibly, embedded deep within her" (Source: Wikipedia).

There could only be ONE Callas!



الجمعية الخيرية اليونانية في بيروت
ΕΛΛΗΝΙΚΗ ΚΟΙΝΟΤΗΣ ΒΗΡΥΤΟΥ
GREEK COMMUNITY OF BEIRUT



Ta Nea

In the News: Callas Didn't Go Away!

In honour of the beautiful and talented Greek diva who lived a tumultuous life, had a unique talent that crossed borders and won hearts worldwide up to today, a museum opened in Central Athens on October 26.

Set in a small neoclassical building at 44 Mitropoleos Str., it comes in time with the soprano's centenary year which will be celebrated on December 2, 2023.

It has a budget of approximately a million and a half euros as per Technopolis' CEO, Kostis Bitzanis, and was inspired by a small collection of personal items belonging to Callas purchased in an auction in Paris. It was designed by architect and museologist Erato Koutsoudaki.

Technopolis is the company that runs Athens' cultural complex. Before turning into a museum and a cultural venue in 1999, it served as a gas factory that powered Athens for over a century.

The museum was originally scheduled to open in 2019, but the pandemic delayed it. Additionally, one of the old warehouses of Technopolis in Gazi was to house the museum, it got rejected however.



IMPORTANT NOTICE TO GREEK CITIZENS

Kindly contact our Center by phone or email informing us about any change of address, phone number or social status helping us to keep our data list updated.

The architectural studies of this project were done based on an updated study and design by Andromache Gazi, an associate professor of museology at Athens' Panteion University.

The exhibition includes Callas' personal items from accessories, garments and theatrical costumes, personal letters both written by her and ones she received, photographs, and posters from her performances. There is a total of 1,300 exhibits! The blue velvet dress she wore after the memorable 1955 performance of Verdi's "La Traviata," at Milan's La Scala is the highlight of the exhibition.

Speakers, headphones and digital displays will carry out her mesmerizing voice throughout the visit at the museum which will enable visitors to get acquainted to her repertoire, as opera isn't everyone's cup of cake!

"The great diva, Maria Callas, returns home," Athens mayor Kostas Bakoyannis during the opening of the venue.



الجمعية الخيرية اليونانية في بيروت
ΕΛΛΗΝΙΚΗ ΚΟΙΝΟΤΗΣ ΒΗΡΥΤΟΥ
GREEK COMMUNITY OF BEIRUT



Ta Nea



Tickets cost 10 euros. Make sure you visit.

The tribute to legendary Callas carries on. A movie is currently being filmed mainly in Greece, but as well in Paris, Budapest and Milan. "Maria" will star the beautiful Angelina Jolie as Callas along with actors Valeria Golino, Pierfrancesco Favino, Alba Rohrwacher, Haluk Bilginer, and Kodi Smit-McPhee. The screenplay is written by Steven Knight, creator of Netflix' successful series "Peaky Blinders"; and concentrates on the last days of Callas' life spent in Paris in 1977.



Angelina Jolie stars as iconic opera diva Maria Callas. Picture: Pablo Larraín





الجمعية الخيرية اليونانية في بيروت
ΕΛΛΗΝΙΚΗ ΚΟΙΝΟΤΗΣ ΒΗΡΥΤΟΥ
GREEK COMMUNITY OF BEIRUT



Ta Nea

In the News: Let's Talk About a Peaceful Flame

Amidst all this rage, the bloodshed, the destructiveness, there is one flame, unlike all others, that burns and carries out a message of peace, unity, and friendship between people: the Olympic Flame.

First the Flame goes on and then the Games begin!

We all know that the ancient Olympic Games were held to honour Zeus at his sanctuary in Olympia. They began in the year 776 BC; there is however archaeological evidence that the games may have existed earlier than this date, perhaps by the 10th or 9th century BC.

The ancient Games lasted through 393 AD and it took 1503 years for the Olympics to return. The first modern Olympics were held in Athens, in 1896. They were initiated by Baron Pierre de Coubertin.



But how was the idea of the Olympic Flame first initiated? It was inaugurated in 1928 during the Olympic Games in Amsterdam. Back then there was no torch relay like in the modern Olympic Games as this was first initiated in 1936.

The Olympic Flame pays homage to the ancient Games, to the heritage and symbolism it carried then. In the ancient Games, a large basin of fire was kept alight throughout all ceremonies and competitions. It is said the “the constant flame mirrored the theft of fire by the Titan Prometheus, humanity’s supposed creator, from the Greek god Zeus. Prometheus’s gift of the flame to humanity was said to give humankind its nudge toward civilization—for the modern Olympic Games, it represents consideration of that myth, an ode to the growth of civilization, and the ancient tradition of the Games. (Source: Britannica <https://www.britannica.com/story/what-do-the-olympic-rings-and-flame-represent>)

The tradition of the Olympic flame is one that connects the modern Games with their ancient heritage. A few months before the opening of the Olympic Games, a flame is lit at Olympia in Greece. From there, the Flame is carried to the host city, mainly by runners on foot, although other forms of transportation can be used as well. Then, throughout the torch relay, the flame announces the Olympic games. The flame remains lit for the duration of the Games and is only extinguished at the closing ceremony.



الجمعية الخيرية اليونانية في بيروت
ΕΛΛΗΝΙΚΗ ΚΟΙΝΟΤΗΣ ΒΗΡΥΤΟΥ
GREEK COMMUNITY OF BEIRUT



Ta Nea

On October 3rd, the Olympic Flame was officially handed over to Gangwon 2024, 4th Winter Youth Olympic Games. It was lit by the sun's rays inside Athens' all marble Panathenaic Stadium. The handover ceremony started with a beautiful performance by the High Priestess and Priestesses from the Temple of Hera in Olympia. The dance routine was choreographed by Artemis Ignatiou who has been the artistic director of those ceremonies since 2008. A prayer is offered to Apollo, the God of sun, then the High Priestess, Xianthi Georgiou, lights the flame using the sun's ray through a parabolic mirror. She then passes the flame along with an olive branch to the first torchbearer, Maria Belli, the Greek cross-country skier and biathlete. The flame is then captured in a safety lamp to be transported to South Korea with Spyros Capralos, President of the Greek Olympic Committee.

You can watch the full ceremony [here](#).



Eurokinissi Sports



الجمعية الخيرية اليونانية في بيروت
ΕΛΛΗΝΙΚΗ ΚΟΙΝΟΤΗΣ ΒΗΡΥΤΟΥ
GREEK COMMUNITY OF BEIRUT



Ta Nea

In the News: And the Award Goes to...

The beautiful, vibrant, cosmopolitan, cultural Athens with its breathtaking ancient landmarks, rich history, art and gastronomy. This city has everything to offer! No wonder Athens got crowned as "Europe's Leading Cultural City Destination 2023" at the **World Travel Awards** beating over nine other European cities in the same category: London, Paris, Porto, Prague, Rome, Venice, Edinburgh, Lisbon and Palma de Mallorca.

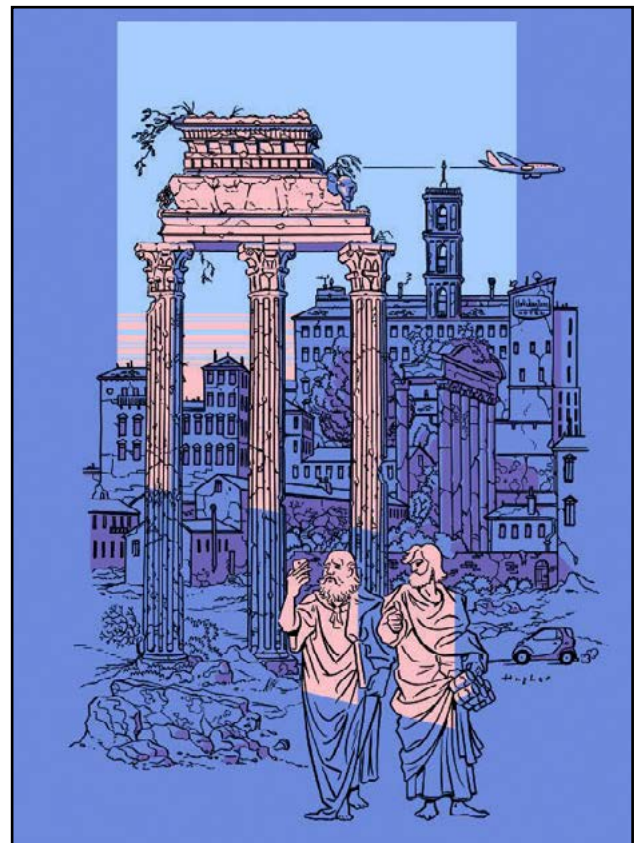
About 6.4 million tourists visit it annually, adding more than 2 billion euros in revenue to the state.

The title was awarded during a ceremony that took place in Batumi, Georgia, on Friday, September 29, 2023.

Quoting WTA Founder Graham Cooke:

"Our winners represent stellar examples of tourism excellence, and I congratulate each and everyone for helping to raise the collective benchmark to even greater heights."

This year WTA will commemorate its 30th anniversary of rewarding travel excellence in one of Dubai's most iconic landmark, Atlantis the Royal, soaring 43 storeys high.



About World Travel Awards

WTA was established in 1993 to acknowledge, reward and celebrate excellence across all sectors of the tourism industry.

Today, the WTA brand is recognised globally as the ultimate hallmark of quality, with winners setting the benchmark to which all others aspire.

Each year, WTA covers the globe with a series of regional gala ceremonies staged to recognise and celebrate individual and collective success within each key geographical region.

WTA gala ceremonies are widely regarded as the best networking opportunities in the travel industry, attended by government and industry leaders, luminaries and international print and broadcast media.





الجمعية الخيرية اليونانية في بيروت
ΕΛΛΗΝΙΚΗ ΚΟΙΝΟΤΗΣ ΒΗΡΥΤΟΥ
GREEK COMMUNITY OF BEIRUT



Ta Nea

Everything you need to know about the consulate:

All requests should be addressed by email in order to obtain an appointment.

Visa Applications: For visa applications please visit our website

www.mfa.gr/missionabroad/en/lebanon-en

All permanent residents in Lebanon can apply for their touristic visa at VFS offices

<https://visa.vfsglobal.com/lbn/en/grc/>

Passport renewal or issuance: You will get an appointment by receiving an email.

Required documents are: 2 photo passport size (4x6), a Greek identity card or a birth certificate (that can be provided by the Embassy if you send in advance any old Greek birth or family certificate).

For additional info kindly visit <http://www.passport.gov.gr/en/>

Legalization of documents: The Consular Office can legalize any Lebanese official document that has been stamped by the Lebanese Ministry of Foreign Affairs. You can visit the Consulate any week day between 09:30 and 13:30.

Power of Attorney: The Consular Office can exceptionally provide a power of attorney to Lebanese citizens that have already made an investment in Greece and want to apply for a residence permit.

Marriage, birth, death registration: Required documents: The Lebanese certificates of marriage, birth or death stamped by the Lebanese Ministry of Foreign Affairs and translated in Greek (translations in English or French are accepted as well).

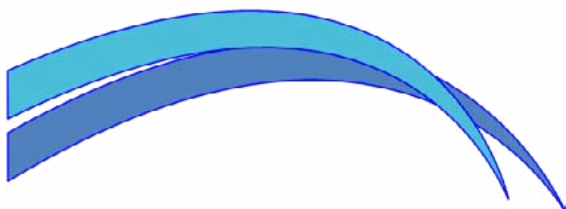
Any old Greek birth or family certificate to be sent in advance by email.

The Consular Office is currently upgrading the embassy's website in order to make it more friendly user and to provide all necessary information and downloadable documents.

IMPORTANT NOTICE TO GREEK CITIZENS

This section has been specially created by the Greek Community of Beirut with the kind collaboration of the consulate of Greece in order to better serve Greek citizens who wish to have information on all administrative formalities before presenting their requests.

Consular Office can be reached by email at grcon.bei@mfa.gr





الجمعية الخيرية اليونانية في بيروت
ΕΛΛΗΝΙΚΗ ΚΟΙΝΟΤΗΣ ΒΗΡΥΤΟΥ
GREEK COMMUNITY OF BEIRUT



Ta Nea

Embassy Section: Bidding Farewell

On October 6th, the Greek Community of Beirut organized a farewell reception in honour of H.E. the Ambassador, Mrs. Catherine Fountoulaki.

The event took place at the premises of the Greek Community in the presence of Eminences, Excellencies, colleagues, and friends of the Ambassador. H.E. addressed a touching speech to the present members which was followed by a convivial reception.

The Greek Community of Beirut had the honour and pleasure of accompanying H.E. throughout her mission in Lebanon for the past three years, during which, not only, did we overcome the challenges and harsh times during her tenure, but transformed them into valuable achievements. From securing the assistance offered by the Greek Government to Lebanon after the Beirut Port explosion that shook the country; to lighting up the damaged façade of the Sursock Museum in commemoration of the 200 years of the Greek Revolution, which also coincided with our community's centenary; to co-directing a documentary on Greeks in Lebanon; to endorsing the signing of an academic protocol with the Balamand University to assist young Greek students and promote cultural, educational and sports activities.

We are thrilled that the ties between our countries are stronger than ever and are, more than ever, committed to liaising with the Greek Embassy in Lebanon to project a positive image of Greece.



Greek Community of Beirut
Farewell reception - 06/10/2023

Your Eminence Metropolitan Elias Audi
Your Eminence Metropolitan Silouan Moussi
Your Eminence Metropolitan Antonios Al Sour
Reverend fathers,
Dear President and members of the Greek Community of Beirut,
Dear friends,

I would like to thank the Greek Community for organizing this beautiful gathering on the occasion of the conclusion of my mission in Lebanon. And for giving me the opportunity to thank you all for your warm welcome, your friendship and support, which made me feel at home, here in Lebanon throughout my assignment since July 2020.

It is not easy to say goodbye. Lebanon is a very attractive and interesting country in so many ways. From a professional point of view, being here and sharing the day-to-day life of the Lebanese people gave me the chance to understand better its complexity and its richness, the courage and determination of its people before the numerous challenges they constantly face, and their love for their country. Also, I have greatly appreciated their love for Greece.

We all know the problems that Lebanon is currently struggling with, you know them even better. But I am confident that with their resilience and high potential, the Lebanese are capable of finding solutions. I hope that all those in authority overcome personal and sectarian interests, promote a culture of transparency and accountability and work together so as peace, sustainable development and prosperity become reality. Because the Lebanese do deserve it. And Greece will remain Lebanon's supporting friend as it has been since the ancient times.

The Greek Community of Beirut is a shining example of the fruitful contact between the Greek people and the Lebanese, their civilizations and communities. I would like to congratulate the Greek Community for keeping up with its activities despite the difficulties and for the remarkable work that is being achieved on a daily basis, to promote the Greek culture, language and traditions, to embrace the Greeks families of Beirut and to offer a meeting point to the Greek diaspora of Lebanon.

I would like to commend you in particular for the very important job done at the courses of Greek language, under the supervision and in cooperation with the competent Greek authorities, and I hope that the situation will allow for more activities in the near future.

Dear friends,

I wish you all the best and again, thank you so much for being here today. I am sad I am leaving, but I'm surely taking a piece of Lebanon with me. Let's keep in touch!

A bientôt j'espère !



الجمعية الخيرية اليونانية في بيروت
ΕΛΛΗΝΙΚΗ ΚΟΙΝΟΤΗΣ ΒΗΡΥΤΟΥ
GREEK COMMUNITY OF BEIRUT



Ta Nea

Embassy Section: Updating Database

Given the unstable situation that has been ruling in the area for the past month, the Embassy of Beirut has been working, in coordination with the Greek Community of Beirut, on updating its database of Greeks residing in Lebanon.

Kindly make sure your contact details are always updated and in case of any change of your contact details, status, place of residence, etc. please inform the Greek Embassy or the Greek Community.

Message for Greek Citizens

Given the unstable situation, limit your movements from the airport towards the south and all areas near the borders. Avoid protest demonstrations and continue taking caution.

In case of any change of your contact details please inform the Greek Embassy or Greek Community.

Greek Embassy

(00961) (0)4 521 700 - 418 772
Monday-Friday 9:00 am- 5:00 pm

Greek Community of Beirut

(00961) (0) 1 493 467/8
Monday-Friday 10:00 am- 6:00 pm



Ambassade de Grèce
au Liban



الجمعية الخيرية اليونانية في بيروت
ΕΛΛΗΝΙΚΗ ΚΟΙΝΟΤΗΣ ΒΗΡΥΤΟΥ
GREEK COMMUNITY OF BEIRUT



Get Your New Greek ID

To issue the new type of ID cards for Greek citizens you will need **to book a digital appointment** to have a police authority card (ID Card) issued in person at the police authority or your permanent or temporary residence.

Please note that someone else can book the online appointment for you, but you must be present at the appointment.

To book your online appointment you will need to fill in:

- Your personal Taxisnet credentials*
- Your contact details

* You can obtain and manage your **Taxisnet credentials** online, so as to access not only tax services, but also many other services of the public administration

<https://www.gov.gr/en/upourgeia/oloi-foreis/anexartete-arkhe-demosion-esodon-aade/elektronike-egg-raph-e-diakheirise-kodikon-taxisnet>

When you visit the relevant authority police to issue your identity card, you will need to provide the following necessary documents:

- a) Photograph in digital format
- b) Application – responsible declaration, which will be granted to you by the Issuing Authority
- c) Application for the issuance of an identity card, which will be granted to you by the Issuing Authority
- d) Electronic bill of €10.00

To access the full article with additional information and tips, please check:

<https://www.astynomia.gr/odigos-tou-politi/dikaiologitika/ekdosi-deltiou-taftotitas/>



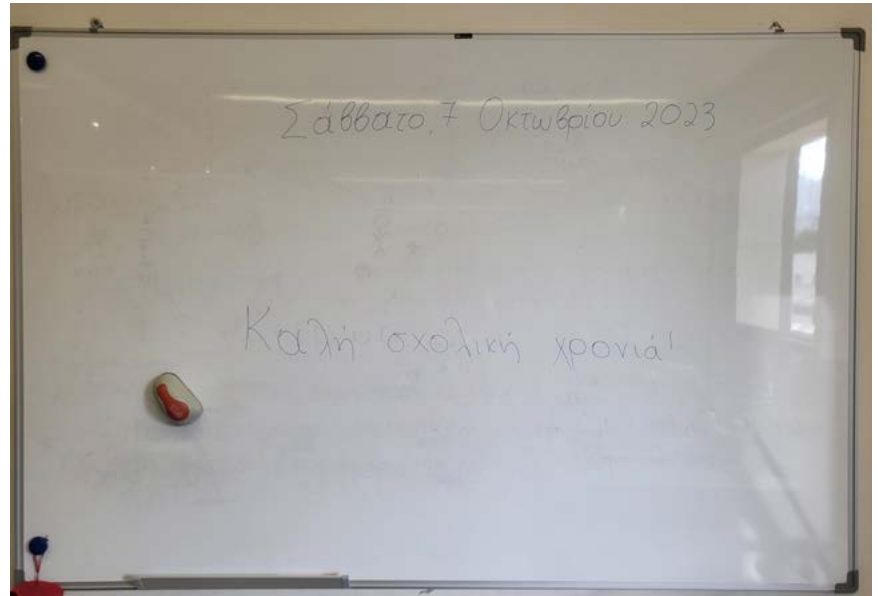


الجمعية الخيرية اليونانية في بيروت
ΕΛΛΗΝΙΚΗ ΚΟΙΝΟΤΗΣ ΒΗΡΥΤΟΥ
GREEK COMMUNITY OF BEIRUT



Ta Nea

And We're Back!



If you wish to enroll in the coming academic year of 2024-2025, make sure to contact us in July and register early.

Places are limited and run fast.

A few rules to keep in mind:

We do not book over the phone.

Kids can join classes starting the age of 8 up to 12, make sure you register them early so they benefit from all available levels given to children.



Let's Cook by Giorgos Tsoulis

Sofrito from the Greek Island of Corfu

4-6 Servings 10 min Preparation 15 min Cooking

#tsoulotip: This particular dish has quite an intense garlic flavor. For a lighter taste, simply add fewer garlic cloves.



INGREDIENTS

150 g all-purpose flour,
for dredging meat
1 kilo beef tenderloin, cut into thin
vertical slices 1 cm thick
50 ml Greek extra virgin olive oil
5-6 cloves of garlic, thinly sliced
50 ml white wine vinegar
80 ml white wine
50 ml beef stock or water, warm
1 tablespoon mild mustard
½ bunch parsley, finely chopped
Salt & Pepper

To serve:
Fries

METHOD

- 1 In a large bowl, add the flour, season with salt and pepper and mix. Add the meat and thoroughly coat in the mixture.
- 2 Place a deep pan over medium to high heat. Once it gets hot, add the 50 g of olive oil and the meat in batches. Brown the meat on both sides, transfer to a plate and set aside.
- 3 Using the same pan and without cleaning it, lower heat to medium. Add the garlic and vinegar. Scrape the bottom of the pan with a wooden spoon and cook for 1-2 minutes.
- 4 Add the meat back to the pan. Deglaze pan with the wine, allow the alcohol to evaporate and add the stock, mustard and half of the parsley. .
- 5 Cook for 2-3 minutes, until the sauce thickens nicely. Remove pan from heat, add the remaining parsley and mix.
- 6 Serve Sofrito with fries.



Dessert as well...

Tassoula's Greek Grape Must Pudding
6 Servings | 15 min Preparation | 5 min Cooking

Greek Chef Giorgos Tsoulis brings you a fabulous, traditional Greek vegan pudding! Tassoula's grape-must pudding. A rich tasting, aromatic and very healthy pudding with grape must and semolina!

#tsoulotip: Use flour for a creamier result or semolina for a thicker pudding.

INGREDIENTS

850 ml white grape must
130 g fine semolina

Toppings

Raw or roasted almonds, finely-chopped
Raw walnuts, finely chopped
Sesame seeds
Ground cinnamon

METHOD

- 1 Place a deep pot over high heat. Add the grape must and semolina. Mix thoroughly with a hand whisk, until the mixture is smooth and without any lumps.
- 2 As soon as the mixture begins to bubble, remove from heat and transfer to serving bowls.
- 3 Sprinkle with almonds, walnuts, sesame seeds and cinnamon.
- 4 Allow Tassoula's grape must pudding to cool and serve.

©Giorgos Tsoulis www.giorgostoulis.com



الجمعية الخيرية اليونانية في بيروت
ΕΛΛΗΝΙΚΗ ΚΟΙΝΟΤΗΣ ΒΗΡΥΤΟΥ
GREEK COMMUNITY OF BEIRUT



Ta Nea

Let's meet Giorgos Tsoulis



Chef George Tsoulis

George Tsoulis has taken over many successful cuisines of Greek restaurants and has shared his culinary skills through popular TV shows in Greece and Cyprus. With his unique temperament and directness in communication, Chef George Tsoulis has won the love of the public that follows him faithfully and trusts his recipes that are updated daily at giorgostsoulis.com and social media [@giorgos_tsoulis](https://www.instagram.com/giorgos_tsoulis), while every Friday at four at noon shares with us a new cooking video #MiMassa through the YouTube channel of [@GiorgosTsoulis](https://www.youtube.com/channel/UCGiorgosTsoulis).

Recently, two new cooking hotspots were inaugurated in the city bearing the signature of the Chef, the COOK by GiorgosTsoulis located in Melissia and is an ode to Greek Mediterranean cuisine, while its second gastronomic hangout is located by the Naval Seaside Gastrobar for fine dining and top brunch right next to the water!

The European Committee for the Environment, Oceans and Fisheries has chosen George Tsoulis to represent Greece in the "Taste the Ocean" campaign where great European Chefs urge us to consume sustainable fish and seafood.

Following the Taste the Ocean campaign, the European Union again partnered with him to invite the Chef to speak at the Opening of the EU Green Week 2021, the largest annual European environmental policy event to focus on the EU's ambition for zero pollution.

Last year, the organization Ambassadors of Taste for the Global Gastronomy® and Greek Taste Beyond Borders honored George Tsoulis with the Chef of the Year and World Ambassador of Greek Gastronomy awards, as well as with a gold medal Quality & Taste from estiatoria.gr

Currently, the Chef produces daily, together with his team, new delicious recipes for his site and digital media at the cooking studio [#tsoulomageiremata](https://www.instagram.com/tsoulomageiremata) in Melissia, while also preparing his first cookbook.

[@Giorgos Tsoulis](https://www.instagram.com/giorgos_tsoulis)

www.giorgostsoulis.com



الجمعية الخيرية اليونانية في بيروت
ΕΛΛΗΝΙΚΗ ΚΟΙΝΟΤΗΣ ΒΗΡΥΤΟΥ
GREEK COMMUNITY OF BEIRUT



Ta Nea



Giorgos Tsoulis

T
H
E
C
H
E
F



This past September, Chef Tsoulis and his amazing team welcomed me in their beautiful studio and kitchen where we shared a delicious meal over a very interesting conversation.

I highly recommend you give his recipes a try out, you'll be pleasantly amazed how easy and tasteful they are!





الجمعية الخيرية اليونانية في بيروت
ΕΛΛΗΝΙΚΗ ΚΟΙΝΟΤΗΣ ΒΗΡΥΤΟΥ
GREEK COMMUNITY OF BEIRUT



Ta Nea

And play!

PAR FABRICE BOUVIER

Mots Fléchés

Télé Star Jeux **2** FORCE

CETTE SAISON DE KOH-LANTA	RÉSERVOIR AGRICOLE	MENTION TRÈS BIEN	COUP TIRÉ BIEN HAUT	COMPLÈT	DÉMONS-TRAIT	VOLCAN NERVEUX EN 2021	DANSE À TROIS TEMPS	PRONOM RÉFLÉCHI
ANIMATEUR	ORGANE DE POISSON	PLEINE	CASSE-PIEDS	MITAINE	PRÉFIXE D'ÉGALITÉ	PLAT NIÇOIS	ANTE MÉRIDIEM	
			BAS MORCEAUX			SON SINUS SE CALCULE	RACINE TONIQUE	
AJOUTA QUELQUES GRAINS MAL HABILLÉS			PREMIÈRE DAME			LES ONDES DE MONACO		
				HABITANT DES DEUX-SÈVRES				PERDIT DE SA SPLENDEUR
ÎLE	INFLAMMATION À L'ŒIL			NEUF À ROME				
MORDU, EPRIS	PLANÈTE				MAMAN D'AVARELL		PARTIE D'ÉGLISE	
							ACCORD OUBLIE	
IRLANDE			LA MITE L'AIME SANS LIMITES	OPPOSÉS DES VERSOS				DÉTESTER, ET PAS QUE LE YETI
PAYS DE TEL-AVIV						PACIFIQUE DANGEREUX		
			LA TANTE DE NOMBREUX FRANÇAIS			APERÇU	LIGUE DE BASKET HÉROS DE L'ASSOMMOIR	
PIÈCETTE		VIN MARNAIS						DEVINE, PRESENT
NÉGATION		AFRICAIN D'ABUJA				TRAÎTRE D'OTHELLO		
	FAC					AFFLUENT DU RHIN		
	FIN GLORIEUSE							AVANT FA PLAN D'ÉPARGNE LOGEMENT
LIEU PLEIN DE BANDITS MANCHOTS SCULPTEUR ABSTRAIT				PAS CUIT	SIGNATURE RADIOPHONIQUE	JEAN-DE LA FONTAINE		
				COLORANT ROUGE	DIVAGUER	CHICHIS		
	SANS COMPTER							
	LONGUEUR CHINOISE							
SOUFFLE DIVIN			ALIMENTÉ				COULEUR NATIONALE	
AIMANTÉES			PENDANT LE MOIS DE				AURORE	
					PAGAVAI			POUFFÉ
					TRACÉ VU DU CIEL AU PÉROU			PROCHE DU ROI DAGOBERT
INTERJEC-TION	BRANCHÉ		DEMANDÉ AU MAUVAIS GÉNIE					APRÈS TOUT CE TEMPS
ABÏMERA	MOQUERIE		CESSATION					
			SÉDITIEUX					
			DIFFICILE			GRANDE-BRETAGNE	GÉNÉRAL SUDISTE	
						COMPUTER	PAILLE DE COUVREUR	
BOURREAU DE TRAVAIL	FROTTEZ D'HUILE EN DEMORS DES MICROS				ÉTAT AMÉRICAIN			ÉQUERRES
					EXAMEN MÉDICAL			
				PRODUIT DE LA RUCHE			EFFET AU TENNIS	
				NÉGATION			CARRÉAU COUPANT	
CLOCHETTE		PETIT D'ANIMAL RUSÉ						ID EST
CONIFÈRE								
	COUPE LE SOMMET				TÂCHES À ACCOMPLIR			



الجمعية الخيرية اليونانية في بيروت
ΕΛΛΗΝΙΚΗ ΚΟΙΝΟΤΗΣ ΒΗΡΥΤΟΥ
GREEK COMMUNITY OF BEIRUT



Ta Nea

... Somewhere only we know



© stephyeid – Ermou Street, Athens