



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



Ta Nea

Issue 48
December 2023

Jingle and Mingle

DEAREST

December

Crossing our fingers that we saved the best for last.

A beautiful portal is offered to us. The year ends with "123123". Those who don't believe that "mumbo-jumbo", yet, still read their daily horoscope, energy is real. Energy is an inevitable force. This beautiful portal brings with it a boost in energy and forward movement, a gateway to a realm of infinite possibilities. Step into this cosmic pathway and let your hopes soar high. As you begin a new, introspective journey, be kind to yourself. Instill more trust. Articulate your feelings openly.

*Consider if your previous stances still ring true for you.
Find breakthroughs. Achieve milestones.
Trust yourself enough to initiate the process of healing and closure.
Others will follow your lead.*

*Let's move and groove in 2024 mentally, emotionally, romantically spiritually, financially and every other way.
If we could have a peek into our future, would you take it or leave it to chance and divine energy?*

*2024 ... Nothing but newness. May it be a good-vibes-only kind of month!
In the meantime, stay safe and enjoy reading. Let's delve into December's issues.*

Καλό μας μήνα! Καλές γιορτές σε όλους!

If you wish to share your articles with us - should they align with our various topics - simply email us your writings to stephanie@greekcommunity.org.lb for review.



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Let's Put Your Greek in Practice!

11. Xronia Polla by Sakis Rouvas



Many years

Something gets into me on holidays
misery like this
that come round your soul
and they ask
the things that hurt

lights and music
nights are so magical
friends invite me to parties
but i feel grief
something is missing

Many years
i've waited so many years for you
so many Christmas i've been silent
and there is always snow
in my heart

On New Year's Eve
come knock my door
don't be not a minute late
this will be my lucky
year

Couples are going out and laugh
and holding hands they walk
festive atmosphere
on the roads of the city
everyone is happy

But i wonder around alone
i look at shop's windows with no reason
i don't have anyone to hug
and i tell the star
to get you right here.

Χρόνια πολλά

Κάτι με πιάνει τις γιορτές
μελαγχολία απ' αυτές
που σου κυκλώνουν τη ψυχή
Κι όλο ρωτάνε
αυτά που πονάνε

Στολίδια φώτα μουσικές
οι νύχτες τόσο μαγικές
σε πάρτι φίλοι με καλούν
μα νιώθω μια λύπη
και κάτι μου λείπει

Χρόνια πολλά
χρόνια να έρθεις περιμένω
τόσα Χριστούγεννα σωπαίνω
και πέφτει χιόνι πάντα
μέσα στην καρδιά

Πρωτοχρονιά
έλα την πόρτα να χτυπήσεις
ούτε λεπτό να μην αργήσεις
αυτή θα είναι η τυχερή μου
η χρονιά

Ζευγάρια βγαίνουν και γελούν
και χέρι χέρι περπατούν
ατμόσφαιρα γιορταστική
στους δρόμους στη πόλη
χαρά έχουν όλοι

Μα εγώ μονάχος τριγυρνώ
βιτρίνες άσκοπα κοιτώ
δεν έχω κάποια αγκαλιά
και λέω στο αστέρι
εδώ να σε φέρει

<https://www.greekboston.com/christmas-music-playlist/>



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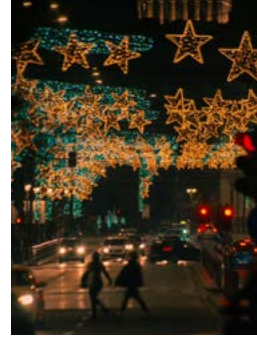
Ta Nea

Did You Know: A Very Special Christmas Tree...

Of 17 meters tall, decorated with 24,000 LED Christmas lights is up in the buzzing and beautifully decorated Syntagma Square. The tree was brought from the town of Karpenisi in central Greece.

The tree was lit on November 23, in a ceremony that was inaugurated by the outgoing Mayor of Athens, Kostas Bakoyiannis.

With more than 83 km of Christmas lights on trees and columns and 3,800 arched light decorations all over the city, you'll easily get into the festive spirit.



A giant sparkling teddy bear along with a Christmas train, hot air balloon decorations and fairy lights in all of the trees, add more glitter and joy while you're scrolling up and down Syntagma Square, binging on Christmas shopping all along Ermou street. There's nothing more "Christmas" than a late afternoon walk in the cold December air to admire the lights and music of this beautiful lively city.



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.

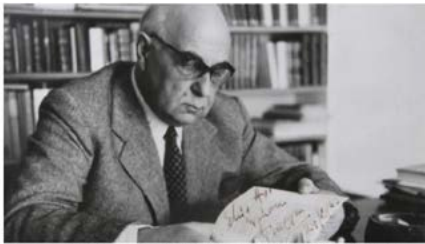


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Ta Nea

Did You Know: On December 10, 1963, A Greek Poet Got Awarded the Nobel Prize



Giorgos Seferis was nominated twice, in 1955 and 1961, before finally receiving the coveted prize. Credit: Public Domain



Giorgos Seferis, born Seferiadis on February 29, 1900, was the first Greek poet to get awarded the Nobel Prize for Literature by King Gustav of Sweden.

But Seferis was also a diplomat and served a distinguished diplomatic career, particularly after joining the ministry of Foreign Affairs in 1926 following his law studies in Paris. He held posts in Albania, and Turkey, he was appointed minister to Lebanon, Syria, Jordan, Iraq between 1953 to 1956 and finally served for 5 years as Ambassador to the UK where he retired.



On the secret seashore
white like a pigeon
we thirsted at noon;
but the water was brackish.

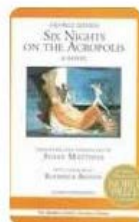
On the golden sand
we wrote her name;
but the sea-breeze blew
and the writing vanished.



He showed interest in literature while studying law at the Sorbonne in 1918. He received many honours and prizes, among them honorary doctoral degrees from the universities of Cambridge (1960), Oxford (1964), Salonika (1964), and Princeton (1965).



Strophe
1931



Six Nights on
the Acropolis
1974



Τρε ποιησε
segrete
1969



George
Seferis:....
2012



Poems
1960



Complete
Poems



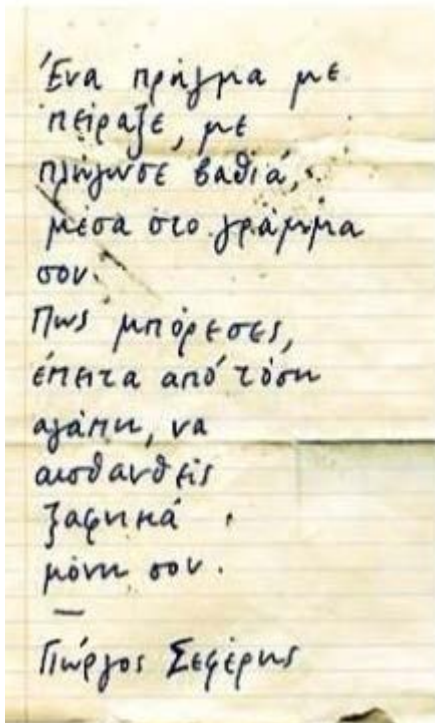
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GREEK COMMUNITY OF BEIRUT



Ta Nea

On a personal level, he got married to Maria Zannou on April 10, 1941, on the eve of the German invasion of Greece. She died in the year 2000 at the age of 102!

Seferis had a love for black and white photography, though only the closest to him knew this hobby of his. His wife Maria took the initiative to showcase his photos after his death which were gifted to the National Bank of Greece Cultural Foundation.

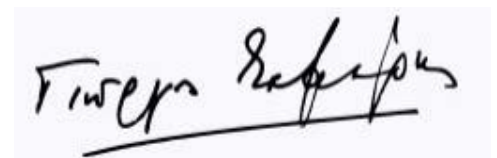


Every man of action has a strong dose of egoism, pride, hardness, and cunning. But all those things will be regarded as high qualities if he can make them the means to achieve great ends.

Giorgos Seferis
Greek Poet

He wrote most of his twelve books of poetry, essays, fictions, and diaries while posted overseas. His work was translated by Henry Miller, Lawrence Durrell and Rex Warner, among others. Collected Poems, 1924-1955 (1967), Three Secret Poems (1969), On the Greek Style (1966), and Days of 1945-1951 (1974) are among his English editions. Seferis was strongly influenced by Kavafis.

He died on September 21, 1971, after extended hospitalization.





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Ta Nea

In the News: Author of Z Passes Away

And Z does not stand for Zorro but rather the political novel “Z” published in 1967, translated into 32 languages and was the basis of the award-winning film Z directed by Costa Gavras along with Mikis Theodorakis’ music.

“Z” -in Greek “zeei” means he lives- provides an account of the events surrounding the assassination of the democratic Greek politician Grigoris Lambrakis in 1963.

“Z” was his best-known work. He has published more than 100 books including novels, plays, poetry.

Vassilios Vassilikos was born in Kavala on November 18, 1934 and pursued studies in Law at the Aristotle University of Thessaloniki, and later, on television directing at the Yale University Drama School in New Haven, Connecticut.

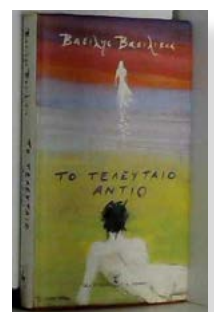
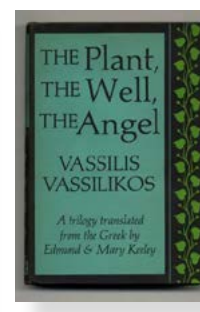
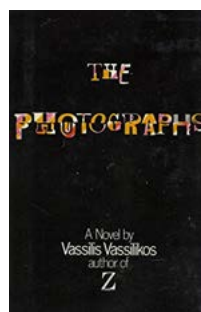
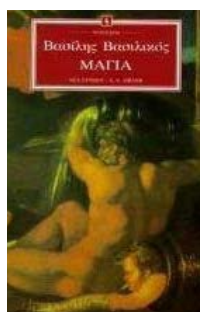
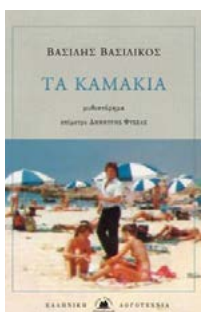
Due to his political views, he went into self-exile to escape Greece’s military dictatorship following the military coup of 1967, for 7 years. He lived and worked abroad, Italy, France, and the US.

In addition to his work as a novelist, he served as the deputy director general of ERT, from 1981 to 1984. And from 1996 to 2004, he served as the ambassador of Greece to UNESCO.

He got into politics and ran in the 2014 Greek local elections as a PASOK candidate for counselor in the city of Athens. In the 2019 Greek legislative election, he was elected MP with leftist SYRIZA.

After Kazantzakis, Ritsos and Kavafis, he holds the distinction of being the most translated Greek writer; he stands among the top 10.

From his work:



Chicago Sun-Times film critic Robert Ebert who named “Z” the best film of 1969 wrote:

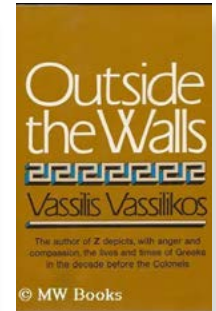
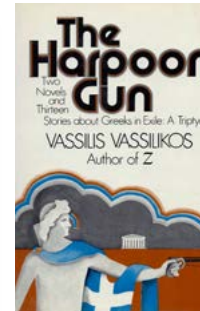
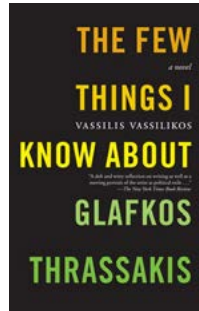
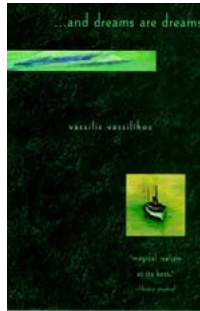
“ [Z] is a film of our time. It is about how even moral victories are corrupted. It will make you weep and will make you angry. It will tear your guts out..”



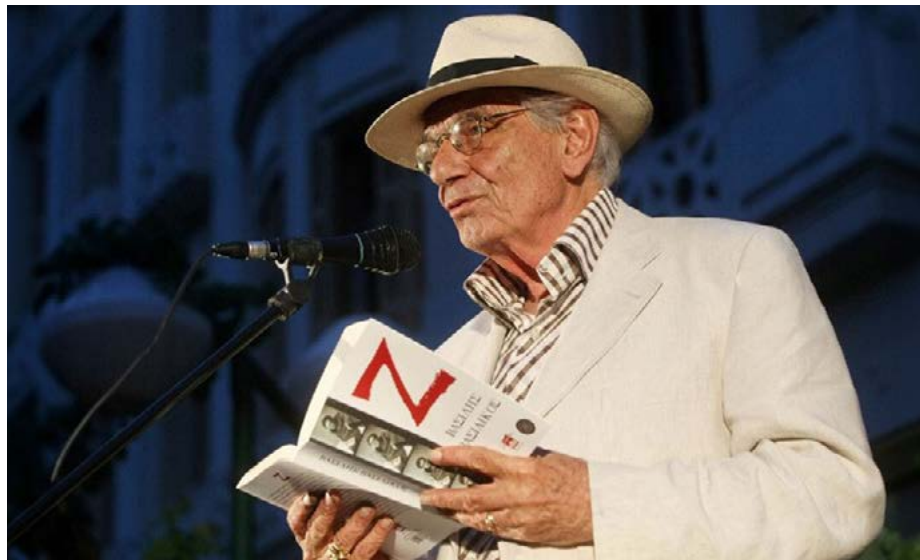
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Ta Nea



Vassilikos was married twice. His first marriage was to Dimitra (alias Mimi) with whom he founded a publishing house. Mimi decided to follow her calling and become a nun which ended their marriage. In 1983, he remarried to soprano Vasso Papantoniou, with whom he had a daughter, Evridiki. On November 30, 2023, Vassilikos left his last breath.





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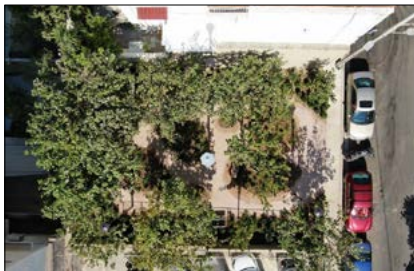
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Did You Know: Athens is Spreading Pocket Parks

“Sustainability”, “Going Green”, “Saving the Planet”, “Being Eco-Friendly” are not just trends but values instilled in our generation. The problem however is that, most urban cities are overly saturated, covered by skyscrapers, fancy design buildings and so on. Introducing a bit of greenery into a depleted city, is quite challenging!

Athens adopted the “pocket park model” which emerged during the reconstruction of Europe after World War II.

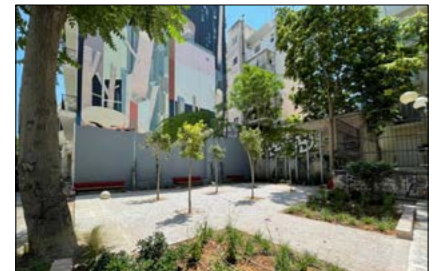
In 2020, Kostas Bakoyannis, Mayor of Athens, launched the “Adopt Your City” program. “Athens our city, is the municipal authority’s responsibility, and the mayor’s, but it is also everyone’s right...it is 50% a municipality responsibility, but also 50% a responsibility of the public.”



Agios-Artemios



Kypseli



Metaxourgio

This program allows anyone to “adopt a tree, a park, a square, a playground, a sports facility or even a neighbourhood. Individuals, associations or companies wishing to adopt in turn contribute to urban renovations.”

Since the launching of this initiative, the Municipality of Athens has proceeded with creating “pocket parks”. With minimal efforts such as using friendly concrete for the pavement, recycled wood benches, densely planted evergreen and deciduous trees watered by an underground irrigation system; not only will you be elevating your neighbourhood but making it safer, Pocket parks are abandoned sites that turn to small green havens, well-lit, cooled spaces thanks to its plants and serve as a gathering spot for neighbours to catch up and socialize.

The neighbourhoods of Kypseli, Kolonos and Pangrati were the first pocket parks. They were followed by another ones in Zografou, Metaxourgio, Ampelokipi, Patissia, Petralona and Neos Kosmos being the 9th one.



Pangrati



Petralonia



Patissia



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In the News: Central Wine Fair 2023



We all like to sip on a fine, voluptuous wine, and on holidays, we tend to sip on a teeny bit more!
On December 11, 46 wineries from all the corners of Attica, Thessaly and Central Greece participated in the
Central Wine Fair for the annual tasting.

These three regions made it to the top league of the modern Greek wine industry.
The event was held at the Athenaeum Intercontinental Hotel. It was accompanied by a unique masterclass, with instructor the first Greek Master Sommelier and one of only 275 in the world. Eleftherios Chaniailidis who highlighted all aspects and diversity that characterizes the vineyards of these three focus areas.



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In the News: 155 Years Since the Inauguration of the Presidential Guard

Let's take a moment to praise the bravery and resilience of our Evzones. Come rain, come shine, you won't see them even blink an eye.

But not everyone can make the cut and stand tall – you have to be at least 1.87 meters tall – and proud like an Evzone. You must also complete one of the most difficult and painful training in the Greek army which lasts 40 days and only has a 50% pass rate. All their training is done in silence. They're expected to stand still like statues and not react to any stimuli, not even under a chemical attack, unless it threatens the Tomb of the Unknown Soldier.

There's so much more to them than the pleated mini-skirts and pompoms – which you wouldn't want to be wearing when it's freezing, snowing, or amidst a heatwave – or the cliché “souvenir” photo every tourist must have when visiting Athens. They're the elite almighty guardians of Democracy. They're a ceremonial unit that guards the Tomb of the Unknown Soldier and the Presidential Mansion in Athens. They also raise and lower the flag every Sunday at the Acropolis at 9 am and 6 pm, they accompany the president of the Hellenic Republic on official foreign visits, and welcome foreign dignitaries.



@Katerina Katopis

155 years ago, on December 12, 1868, the Greek Presidential Guard was established in the modern Greek state, known back then as “Agema”. With the change of regimes, the elite unit underwent name changes: “Royal Guard Company” (1940), “Guard of Honor of the Unknown Soldier” (1941), “Flag Guard” (1942), and “Royal Guard” (1946). However, its main mission of guarding the Palace and the Tomb of the Unknown Soldier remained consistent. Since 1974, when democracy was restored in Greece, the unit has been called the “Presidential Guard”.

Handsome, tall, proud, guardians of democracy, probably Hercules descendants, to be an Evzone is to be a hero!



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Ta Nea

What is the changing of the guard in Greece?

Every soldier guards for about an hour, 3 times in total every 48 hours. Throughout these 60 minutes, they have to stand perfectly still until it is time to switch with another guard. During the changing, they work in pairs so they can perfectly coordinate their moves.



Evzones are not allowed to move in any way or even to blink. If an Evzone is in difficulty, there is an accompanying soldier, 'the observer' around to assist. He comes to wipe sweat from their brow, give them water, place a coat over them or even wipe away tears. The Evzone can blink once for 'yes', twice for 'no' and three times for 'I don't know'. Often the assisting soldier discourages tourists who try to distract the Evzone from breaking their regal façade when they try to get the best Insta shot.



What They Look Like

Inspired by the Greek Independence heroes, the *klephts* who helped win Greek independence in 1821, the Evzone uniform comprises of the '*fustanella*', a woollen type of kilt with 400 pleats representing the years of Ottoman occupation, heavy read '*tsarouchi*' clogs (estimated to weight 3.5 kgs each), and the '*fermeli*' a symbolic waistcoat embroidered with the symbols of Alpha, Omega, Christ, and Infinity. It takes up to half an hour for an Evzone to be dressed in his attire.



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Ta Nea

Let's explore: Lake Kaiafas



Kaiafas Lake is located in the municipality of Zacharo which is protected by the Natura 2000 Network since many species are hosted in its waters. It is a unique wetland, the second most important in the wider region of the prefecture of Ilia after the ecosystem of the National Park of wetlands of Kotyichiu Strofilias.



Zacharo is a beautiful small town of Ilia, located in the southwestern part of the prefecture of Ilia, and is 30 km from the county capital, Pyrgos. The town of Zacharo is the capital of the municipality, which owns 18 other districts. Kaiafas Lake is perhaps one of the most famous medical tourism destinations with the healing properties of its waters and the Thermal Springs which have been known since antiquity. It is said by ancient Greeks that those healing effects go back to the nymphs living in the cave that lies to the area's west called the "cave of the Anigrades nymphs". Kalliafeais, Pigaia and Iasis were the nymphs that lived there and from which derived the name of the area and the existence of healing waters (pigi= spring, iasis=cure).





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GREEK COMMUNITY OF BEIRUT



Ta Nea

The warm and healing waters of the lake are suitable for skin conditions, and musculoskeletal problems such as arthritis, rheumatism, sciatica, and neck pain.

Kaiafas is not only famous for the lake with healing waters but for having the longest beach in Greece. It starts from the tourist village of Katakolo and reaches Kalo Nero in Messinia. It has a length of 50 kilometers, sand dunes, white lilies that grow in the sand, and the area is engulfed in a seaside pine forest.



At its centre lies the islet of Aghia Ekaterini with the small church as well as a recommended and renovated hotel, Olympia Hotel. The islet is connected by a bridge to the opposite coast. The still waters of the lake are ideal also for all kind of water spots.

If you ever plan on visiting the Peloponnese, make sure to stop at Lake Kaiafas as well.

Info

Getting There

Ancient Olympia is approximately 290 km from Athens. The estimated cost for gas and tolls (one way) is 45 euros.

Where to Stay

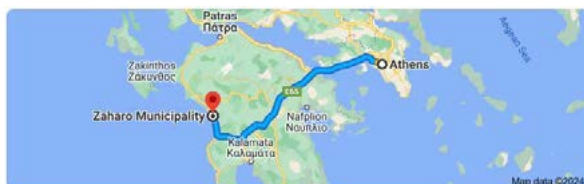
Orizontes View Hotel is a pretty and modern hotel in Katakolo (tel. +30 26210-41781, orizonteshotel.gr), which also has a cafe that offers a panoramic view of the port and the anchored cruise ships. 68 euros for a double.

An option that stands out from the rest is the **hotel Olympia** (tel. +30 26250-31705, open until 15/11) on the small island of **Aghia Aikaterini in Kaiafas Lake**. It has been recently renovated, has friendly staff and is located in a prime location. 55 euros for a double.

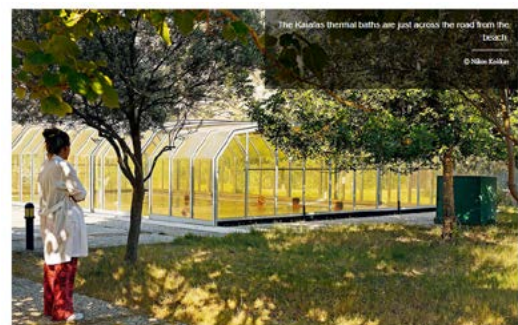
Where to Eat

The taverna **Symposio** (tel. +30 26240-23620) in Ancient Olympia serves classic Greek dishes such as moussaka and stuffed vegetables. At **Antipeina** (tel. +30 26250-33035) in the village of Schinoi try the boiled zucchini with garlic and oil, and kagiana (egg and tomato scramble) with cured pork. At **Kati Psenetal** in Kakovato (tel. +30 26250-32147) you will enjoy sea food and local meats cooked on the grill.

For refreshing cocktails seek out the beach bar **Casablanca** in Zaharo.



2 hr 59 min (261.0 km) via A7





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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



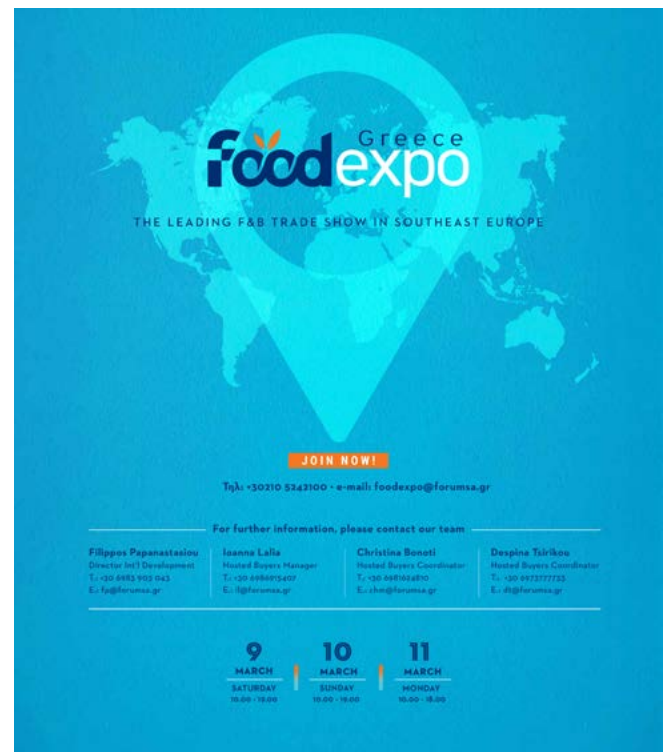


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GREEK COMMUNITY OF BEIRUT



Ta Nea

Embassy Section: Greece Food Expo - 09 / 11 March





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ΕΛΛΗΝΙΚΗ ΚΟΙΝΟΤΗΣ ΒΗΡΥΤΟΥ

GREEK COMMUNITY OF BEIRUT



Ta Nea

FOOD EXPO presents global trends and innovations that shape the future of the F&B sector.

Join us, taste and experience what's trending in the world of food and beverages this year!

Over the past years, FOOD EXPO has cultivated the credibility, leading recognition and support of the global food and beverage sector by being the biggest event of its kind in the region of the Middle East. The food show is returning in March 2024, providing buyers from all over the world with the perfect opportunity to discover what's new in the global food and beverage market, source among top global producers, build commercial relationships with leading international suppliers, explore new food and drink products, and stay ahead of competition. Thousands of new food and drink products have already been launched, setting the bar for what's to come for the only one of its kind in the region. Discover the latest trends and innovations, and explore the future of the world of food and beverage.

1,300 exhibitors
33,000 visitors
\$0,000,000 of sales

Why visit FOOD EXPO 2024

- The trade show will bring together exhibitors from over 120 countries, food and beverage companies, showcasing global products from over 100 different countries.
- Industry experts and company leaders will attend one of the most important events in the food and beverage sector, a platform for networking and business deals.
- FOOD EXPO is organized alongside GENEXPO**, one of the largest trade exhibitions, attendees and exhibitors will discover their most current products and services.
- Attend B2B meetings** with global and international exhibitors, explore competing solutions across product categories and business deals.
- Discover traditional, local and modern Greek and Mediterranean food and drink** and gain new business connections on the spot.

CONFIRMING THE VICTORY'S EXPECTATIONS

The visitors represent their satisfaction for the excellent range and quality of the products they discovered at FOOD EXPO 2024, as well as the large number of exhibitors.

The F&B professionals will realize at FOOD EXPO 2024

The **top 50%** of visitors will find the world's best FOOD EXPO 2024 exhibitors and the trade show is the largest annual F&B exhibition in the Middle East.

89% of visitors stated that they found at the exhibition exactly what they were looking for their businesses.

general information

05

FOOD EXPO welcomes 1,300+ exhibitors, global brands and regional producers from across the Food & Beverage sector.

Products that are showcased

• Dairy & Cheese	• Fast moving snacks
• Meat & Poultry	• Pasta, Noodles
• Ready-to-eat	• Bakery
• Beverages	• Soft drinks, Tea
• Seafood, Shellfish	• Ready-to-cook
• Ready meals	• Desserts, Sweets, Oils
• Confectionery	• Beverages, Condiments
• Meat, Chicken, Fish	• Organic Food & Beverage
• Confectionery, Sweets	• Food, Food, Food, Range
• Meat	• Wine, Spirits, Olive
• Seafood	• Equipment

280 exhibitors
22 countries
40 product categories

B2B Matchmaking Platform Connects the Exhibitors with Hosted Buyers

The exhibitors will be able to connect with the world's leading B2B Matchmaking Platform. This platform will allow exhibitors to connect with potential buyers who are looking for new products and services. The platform will also allow exhibitors to connect with potential buyers who are looking for new products and services. The platform will also allow exhibitors to connect with potential buyers who are looking for new products and services.

Amal Bahadur
Head of Business Development, B2B Matchmaking Platform

Alina Velazquez
Head of Business Development, B2B Matchmaking Platform

The ideal business platform for major wine & spirits dealers and importers

Thousands of professionals from the food and beverage sector will attend oenotella, one of the largest trade shows in the region. The event will provide a platform for exhibitors to showcase their products and services to a large number of potential buyers. The event will also provide a platform for exhibitors to connect with potential buyers who are looking for new products and services.

170 exhibitors
15,000 visitors
4,000,000 of sales

Discovering the world's best wines at the Wine Testing Area

The oenotella Wine Testing Area will provide a platform for exhibitors to showcase their products and services to a large number of potential buyers. The event will also provide a platform for exhibitors to connect with potential buyers who are looking for new products and services.

exhibitors & exhibits

05

Visit FOOD EXPO... Get inspired, discover the latest trends & innovations, meet your peers, grow your business.

Join the elite group of FOOD EXPO Hosted Buyer program

With the challenge of realizing the 2024-2025 business strategy that will drive the growth of FOOD EXPO, the Hosted Buyer program is an innovative program that will allow you to meet and establish relationships with the world's leading exhibitors and suppliers. The program will provide you with the opportunity to meet and establish relationships with the world's leading exhibitors and suppliers. The program will provide you with the opportunity to meet and establish relationships with the world's leading exhibitors and suppliers.

Who qualifies as a Hosted Buyer

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Enjoy a free city tour

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4,000 exhibitors
900 countries
13,500 product categories

Join our Hosted Buyer Program & Unlock exclusive benefits

Visit our Hosted Buyer Program

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200 exhibitors
100 countries
1,500 product categories

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hosted buyers program

07



Let's Cook by Giorgos Tsoulis

Greek Goat Cheese Salad with Beetroots and Apples

2 Servings 5 min Preparation 10 min Cooking

#tsoulotip: To serve with Balsamic Vinegar



INGREDIENTS

For salad dressing

150 ml sunflower oil
100 g honey
40 ml balsamic vinegar
1 tablespoons mustard, mild
Juice from 1 orange
Salt & Pepper

For salad

400 g beetroots, boiled and cut into slices
1 red apple, cut into slices
60 g salad dressing
2 tablespoons walnuts, chopped
1 orange, peeled and cut into supremes
50 g baby rocket leaves
100 g soft Greek goat cheese, such as manouri or anthotyro, cut into slices

METHOD

1 For the salad dressing:

In a small food processor, add the sunflower oil, honey, balsamic vinegar, mustard and orange juice. Season with salt and pepper and beat until incorporated.

2 For the salad:

In a bowl, add the beetroots, apples and 60 ml of the salad dressing. Mix thoroughly.

3 Transfer salad to a serving platter and sprinkle with the walnuts, add the orange supremes, place the rocket leaves in the center and arrange the goat cheese slices nicely all around.

4 Drizzle salad with a little balsamic vinegar and serve.





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



Ta Nea

Dessert as well...

Tiramisu truffles

13 Servings 5 min Preparation 10 min Cooking

#tsoulotip: To suit your preferences, you can either add or remove some coffee, in order to give the truffles an intense or a light coffee flavor. For coating cocoa powder

INGREDIENTS

200 g Ladyfingers
30 ml hot water
2 tablespoons instant coffee
50 g icing sugar
250 g mascarpone

METHOD

- 1 In a food processor, add the ladyfingers and beat, until finely ground.
- 2 In a small bowl, add the hot water and instant coffee. Mix until the coffee dissolves completely and set aside.
- 3 In a large bowl, add the ground ladyfingers, the coffee, icing sugar and mascarpone. Mix thoroughly, until the ingredients are completely combined and you create a soft mixture.
- 4 Shape into 30-35 g round balls and transfer to a plate with a generous amount of cocoa powder. Shake gently until completely coated and serve.



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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/@GiorgosTsoulis).

Recently, two new cooking hotspots were inaugurated in the city bearing the signature of the Chef, the **COOK by Giorgos Tsoulis** 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 in Melissia, while also preparing his first cookbook.

@Giorgo★soulis www.giorgostsoulis.com





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Ta Nea

Have You Seen Santa Sailing?

*Merry
Christmas*

BATROUN



THESSALONIKI
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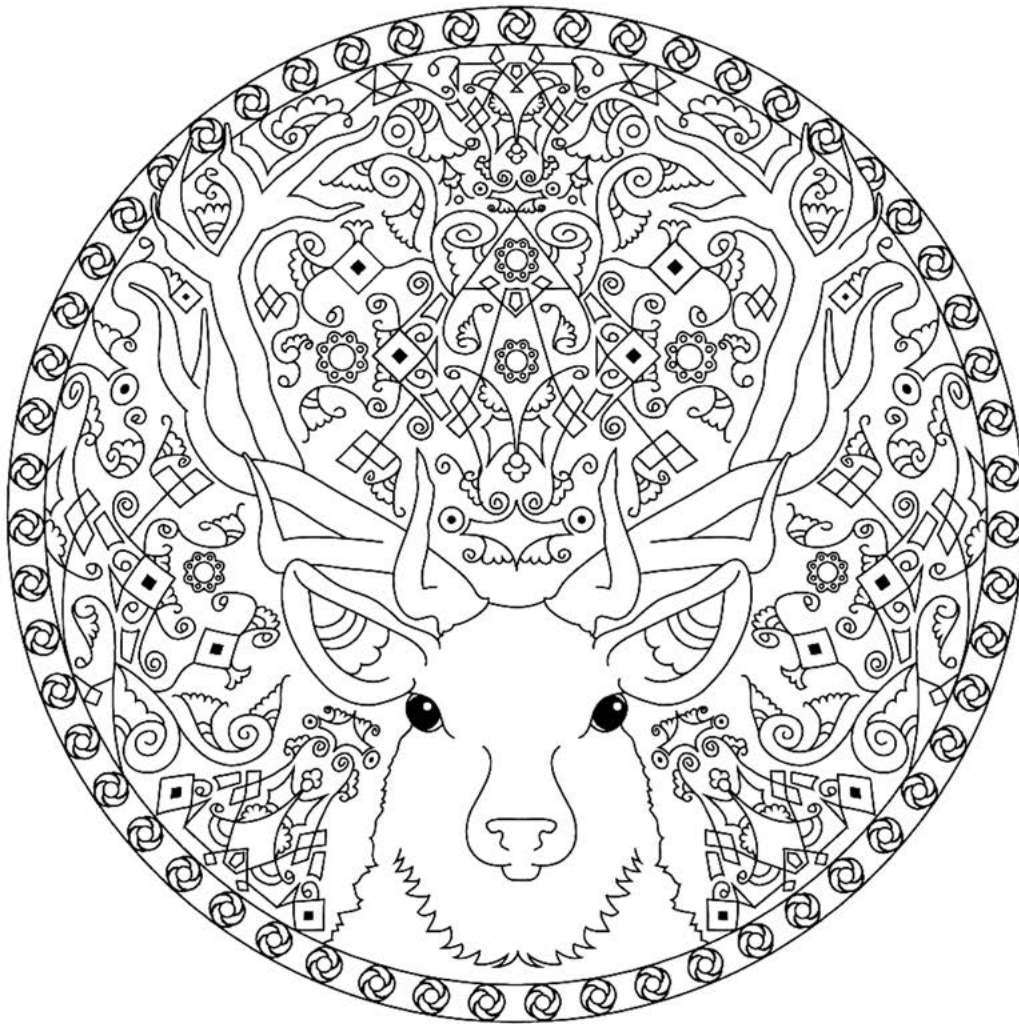


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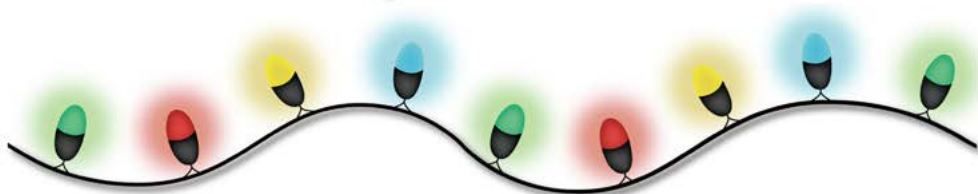


Ta Nea

And play!



we wish you a
Merry Christmas





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Ta Nea

Let's Pause For...

©lejOss- Corfu, Greece



Saida, Lebanon



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Ta Nea

... Somewhere only we know



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