

CHANIA FOOD WALKING TOUR



GREEK CULINARY HISTORY & COOKING ADVENTURES



This food tour combines tasty food tasting, food history, politics and culture.

It begins with a light breakfast and an unforgettable. Following the trails 'carved' by the Arabs, Jews, Venetians, Ottomans, Greeks from Asia Minor and other immigrants who have passed through Chania, adding their flavors to the local cuisine, you will experience a multisensory food event and delectable delicacies from one-of-a-kind specialty food shops while enjoying the opportunity to understand better the culinary history of the city and how the locals eat.

The walk ends with a dive into the distant past. You will visit the the archaeological site of Kastelli or/and the archaeological museum of Chania to view selected cooking vessels and to experience them more in depth. You will then visit a ceramic workshop or a local taverna, where you will have a chance to enjoy a short lesson in ancient cooking and you will be treated to home-baked bread -made according to ancient baking method- and other fine delicacies of historic Cretan gastronomy.

TIME: Tours start at 9:30 am

DURATION: Approximately 4 hours in length.

DRESS: Wear casual and comfortable shoes and clothing.

CAPACITY: The tour is limited to 8 people.

FOOD: food tastings, historical foods, light meal.

INCLUDED: A wide variety of local delicacies, food tastings, multisensory food experience, historical food, light meal, museum ticket (if it is needed).

Food tastings are subject to change without notice.

FOOD SUBS: Please let us know about any food restrictions when purchasing your tickets. We will do our

best to accommodate your specific needs.

PRICE: 100 euros per person.

Infants and toddlers under age of 7 can come for free.

30 euros per child between the ages of 7 -13.

On the menu

Kalitsounia (small Cretan pies)

Bougatsa (a kind of cheesy/milky pastry pie)

Bread made according to ancient Greek information

Byzantine style home-made cheese. Savory biscotti (16th century)

Smoked pork or beef

Local cheese

Light meal

Loukoumades (deep fried dough soaked in honey syrup)

Malotira (herbal tea)

Greek coffee

ABOUT

Having a background in Archaeology and Sociology and passion for experimental archaeology and historic foodways, Mariana Kavroulaki is the founder and soul of Greek Culinary History & Cooking Adventures. She specializes in the Greek food history and has a strong interest in the multisensory archaeology and the imagined narratives because they both have the power to provide us with alternative ways to rethink the past. Her projects not only encourage people to rethink historical dining through period cookery lessons, food walking tours, multi-sensory dinners and interactive lectures but also use food as symbol, metaphor and allegory creating moments of wonder and deep emotions.

She is the author of many articles and two books: the "Language of Taste" - a dictionary of Greek Gastronomy (Gourmand award 2012)- and the "Adventures of food in Greece" (under publ. Hestia). She is currently at work on "Fear cuisine: The impact of financial crisis on the cooking in Greece". She also blogs at History of Greek Food (www.historyofgreekfood.eu).

Mariana Kavroulaki is the founder and co-organizer of the Symposia of Greek Gastronomy (biennial conference). Here, she indulges her obsession for all aspects of Greek food and drink (www.greekgastronomy.wordpress.com).

Her work has been featured in various magazines and publications internationally.