



*Cooking & tasting classes
Selene's Experience
since 1986*

Selene's aim, since 1986, has been the promotion of local products, Santorini and Cycladic cuisine. We have been trying to transmit this 'experience' to our guests through cooking classes, wine and food tastings and menu degustation. Selene has moved since 2010 to Pyrgos village and it now spreads in two venues, both located in the same complex as 'Santorini of the past' folklore museum: a permanent exhibition where the visitors can become familiar with the traditional ways of the agricultural production in Santorini and the traditional way of living. So, we can now offer you a unique and complete gastronomic experience with the following options:

T1. Welcome, museum & fine dining

Every Tuesday, Thursday, Saturday you are welcomed at Selene downstairs with a glass of wine, following a visit to the folklore museum, while a presentation of the agricultural products of the island completes your knowledge of the farming life of Santorini. A gourmet dinner follows at Selene upstairs (fine dining) with 4 course menu degustation.

Sample menu*:

SANTORINI GARDEN

MINI SANTORINI TOMATOES/
PICKLED CUCUMBER/
CHLORO CHEESE SNOW/
SUNDRIED TOMATO PESTO

CYCLADIC "SPINIALO"

OCTOPUS/ BOTARGA/ SEA BASS/
SEA URCHIN/ HORNBEAM/SHELLFISH/
YELLOW PEPPER SAUCE

AEGEAN CODFISH

CODFISH COOKED IN 75°C /
LEEK WITH QUINOA/
TOMATO FRITTER CRUST

OR

LAMB - EGGPLANT
LAMB/ EGGPLANT PUREE/
LAMB SWEETBREADS/
BLACK OLIVE PASTE/
CAPER CHUTNEY

CHOCOLATE – CITRUS
CHOCOLATE CREMEUX/
CHOCOLATE ICE CREAM WITH HONEY/
LEMON CREAM/ SAVORY CARAMEL

**There might be some changes in the menu according to the chef's choice.*

Price: 100 Euros per person excluding drinks and wine.

Starting time: 6:30pm

Duration: approximately 4 hours

Min no of participants: 2pax

Max no of participants: 12 pax

Venue: Selene restaurant (the fine dining)

T2. Welcome, museum, short cooking lesson & dinner

Every Monday, Wednesday, Friday at 6:30pm at Selene Meze & Wine (our bistro) you are welcomed with a glass of wine, following a visit to the folklore museum, while a presentation of the agricultural products of the island completes your knowledge of the farming life of Santorini. You will enjoy cooking one dish of the proposed 3 course menu that you will of course afterwards, taste. Below follows an indicating menu that can change through the season:

Sample menu:

-Tomato fritters

-Pork Tenderloin with Santorini fava cream & sundried tomato paste

-Rice pudding with spearmint & mini tomato confit

Price: 75 euros per person excluding drinks and wine.

Starting time: 6:30pm

Duration: approximately 3 hours

Min no of participants: 2pax

Max no of participants: 12 pax

Venue: Selene Meze & Wine (the bistro)

T2 option can be offered any day during the week except Sundays upon request

T3. Welcome, museum, wines & Cycladic cheese tasting

Every Wednesday at 5pm a wine tasting of 10 different local wineries of Santorini is offered at Selene Meze & Wine with the most representative wines from the Santorini vineyard. Georgia Tsara fulfils your knowledge about Santorini's unique terroir, viticulture & the different vinification methods.

For groups over than 6 participants other days are available under request.

Price: 75 euros per person

Starting time: 5:00pm

Duration: 2 hours

Min no of participants: 2pax

Max no of participants: 12 pax

Venue: Selene Meze & Wine (the bistro)

H1. Welcome, museum & all-inclusive cooking course

Every day except Sundays at 10 30 a.m. we welcome you at Selene Restaurant with fresh juice, coffee and traditional Greek cookies. Georgia Tsara gives an introductory lecture to the cuisine of the Cycladic Islands and particularly of Santorini, as well as, to the unique local products of our island.

The volcanic eruption that took place in the island of Santorini almost 3500 years ago left the dramatic caldera that you see today. With more than 300 days of sunshine and its rich volcanic soil, the island yields a bounty of unusual indigenous herbs and vegetables. White eggplant, capers and caper leaves, fava (small yellow peas), exquisite baby tomatoes - all grown virtually without water.

The cooking classes are semi-private:

Starting time: 10:30am

Minimum participants: 2

Maximum: 12

Price with lunch: 180 euros per person

Duration: 5 hours approximately

Price without lunch: 130 euros per person

Duration: 3 ½ hours approximately

Venue: Selene Meze & Wine (the bistro)

**Each day is dedicated to thematic cooking classes.
Please find below the theme of each day:**

Monday:

Santorini Wines, Cycladic cheeses, Greek yogurt

Get familiar with the Santorini Wines, the Cycladic cheeses & Greek yogurt.

(Theory & tasting)

At about 13.00 the real action begins: Hands on cooking of four different recipes following the chef's instructions & associated with the theme of the day will introduce you to the secrets of the local cuisine by Selene's philosophy.

Sample menu:

- Zucchini & spinach croquettes
- Santorini salad
- Papoutsaki (White eggplant stuffed with oxtail & bechamel sauce)
- Greek coffee scented tiramisu

After we have prepared the dishes, at about 2.00 p.m. you will be able to enjoy the fruits of your labours with wine pairing of delicious wines from Santorini.

Tuesday:

Santorini vegetables & Greek extra virgin olive oil

Learn about the vegetables grown in Santorini and the different types of Greek olive oils.

(Theory & tasting)

At about 13.00 the real action begins: Hands on cooking of four different recipes following the chef's instructions & associated with the theme of the day will introduce you to the secrets of the local cuisine by Selene's philosophy.

Sample menu:

- Santorini fava with shrimp tartar
- Santorini salad
- Stuffed red sweet pepper with rice, herbs & vegetables

- Pana cotta with mini tomato confit

After we have prepared the dishes, at about 2.00 p.m. you will be able to enjoy the fruits of your labours with wine pairing of delicious wines from Santorini.

Wednesday:

Greek premium products from small producers & meze (mini appetizers)

Taste a variety of Greek premium products chosen by our team found at Selene Selection department and design a meze (tapas) based menu. The most of the products which are used have been awarded Protected Designation of Origin (PDO) status.

Sample menu:

- Zucchini & spinach croquettes
- Grilled octopus with carp roe salad
- Sardines on top of crispy bread
- Fried codfish fillet with walnut & garlic sauce

At about 13.00 the real action begins: Hands on cooking of four different recipes following the chef's instructions & associated with the theme of the day will introduce you to the secrets of the local cuisine by Selene's philosophy.

After we have prepared the dishes, at about 2.00 p.m. you will be able to enjoy the fruits of your labours with wine pairing of delicious wines from Santorini.

Thursday:

Pastas & pies

Learn about the different kinds of Greek pastas and make a traditional pie (spinach pie, cheese pie etc) after you have made your own phyllo pastry.

At about 13.00 the real action begins: Hands on cooking of four different recipes following the chef's instructions & associated with the theme of the day will introduce you to the secrets of the local cuisine by Selene's philosophy.

- Spinach & cheese pie
- Tabouleh salad
- Traditional pasta (chyloupites) with beef ragout
- Mille feuille with mastiha scented cream

After we have prepared the dishes, at about 2.00 p.m. you will be able to enjoy the fruits of your labours with wine pairing of delicious wines from Santorini.

Friday:**Fish course:**

Introduction of the local fish & the traditional fishing techniques, learn how to debone fish.

At about 13.00 the real action begins: Hands on cooking of four different recipes following the chef's instructions & associated with the theme of the day will introduce you to the secrets of the local cuisine by Selene's philosophy.

Sample menu:

- Sauteed squid with white beans
- Boiled vegetables with smoked eel
- Dorado with wild greens & fricassee sauce
- Pana cotta with mini tomato confit

After we have prepared the dishes, at about 2.00 p.m. you will be able to enjoy the fruits of your labours with wine pairing of delicious wines from Santorini.

Saturday:**Meat course:**

Get familiar with the local meat varieties and the traditional hunting techniques.

At about 13.00 the real action begins: Hands on cooking of four different recipes following the chef's instructions & associated with the theme of the day will introduce you to the secrets of the local cuisine by Selene's philosophy.

Sample menu:

- Sauteed quail with vinsanto sauce
- Green salad with loutza (cured pork loin)
- Papoutsaki (White eggplant stuffed with oxtail & bechamel sauce)
- Mille feuille with mastiha scented cream

After we have prepared the dishes, at about 2.00 p.m. you will be able to enjoy the fruits of your labours with wine pairing of delicious wines from Santorini.