

Nikolaos Chomatas

# FARM TO TABLE

4 steps

VASILIKATA

CRETE

Alice Dialina







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# STORYTELLING

## FARM TO TABLE

### 4 steps

*A unique workshop that brings together agritourism  
and the gastronomic tradition of Crete,  
guided by Alikí Dialyna, an agritourism specialist,  
and the Cretan educator and chef Nikolaos Chomatas.*

*The experience unfolds through four immersive stages  
that transform the visitor from a simple observer  
into an active participant in local life.*

**VASILIKATA**

# STORYTELLING

## FARM TO TABLE

### 4 Steps

#### Agro Tour

A walk through the fields, gardens, and orchards of the region, discovering local cultivation practices and the wisdom of traditional agricultural life.

#### Farm to Table

Harvesting seasonal produce straight from the land and preparing the ingredients with respect for freshness and authenticity.

#### Gastronomy Workshop

A hands-on lesson in traditional Cretan cooking with Chef Nikolaos Chomatas, featuring local recipes and techniques passed down through generations.

#### Cretan Table

A shared table with everything prepared during the workshop, accompanied by local wine and genuine Cretan hospitality. A celebration of flavor and community.









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# AGRO TOUR

## FIRST STEP













# AGRO TOUR

18

## ***An experiential encounter with the land***

*The experience begins with a tour of the authentic rural world of the Lassithi Plateau, a place of living tradition and fertile soil. Participants walk among orchards, vineyards, and seasonal crops, touching with their own hands the land that gives birth to flavor.*

*During the tour, they discover the local agricultural practices and the unique products that define the region. They learn how nature and humans coexist in a continuous dialogue of care, wisdom, and seasonality.*

*This is not simply a tour but an experiential reconnection with the true origins of food. A profound encounter with the cycle of life that begins in the earth.*

## **The Taste of Crete in a Single Bite**

Dakos is one of the most iconic dishes of Crete, embodying the simplicity and deliciousness of Mediterranean cuisine.

Born from rural life, it served for years as the ideal meal for many families, based on barley rusks that retained their nutritional value over time.

Today, dakos remains popular throughout Crete, topped with fresh tomato, mizithra or feta cheese, extra virgin olive oil, oregano, and olives.

A humble, refreshing, and deeply Greek dish, with the essence of Crete in every bite.







# LEGUMES SALAD 21

## **The Ancestral Pulse Salad**

Palikaria salad, also known as psarokoliva, is a traditional Greek dish made with boiled legumes and grains, inspired by fasting traditions and rural life. Rich in plant-based protein and fiber, it blends lentils, chickpeas, beans, wheat, or corn into a nutritious and satisfying whole.

It is typically served with olive oil, lemon, vinegar, fresh vegetables, herbs and wild greens, dried fruits, and pomegranate.

Once a food of necessity, it now returns as a healthy and flavorful choice in the modern diet.







# FARM TO TABLE

## SECOND STEP













# FARM TO TABLE 26

## **From the land of God to the body of humankind**

In this stage, participants become growers and gatherers. They collect by themselves the fresh ingredients they will later cook with: vegetables, fruits, herbs, eggs from the coop, and local cheeses, depending on the season.

It's not just harvesting. It's a return to the roots of food. The senses awaken: they see, touch, smell, and taste the ingredients before they even reach the kitchen. They learn to recognize quality and understand the difference that fresh, local products make.

Here, the farmer's effort connects with the cook's care. This creates a chain of authentic food that arrives at the shared table, full of flavor, respect, and honesty.

# CAROB BREAD 27

## **Ancient Food in a Modern Oven**

Carob bread, often referred to as the chocolate of Crete, is making a strong comeback as a nutritious, earthy bread that bridges tradition with modern dietary needs.

Carob, once a staple food during times of scarcity, is ground into flour, giving the bread a rich brown color, natural sweetness, and a cocoa-like aroma.

With a moist, dense crumb and a balanced flavor, carob bread pairs beautifully with both savory and sweet accompaniments. It's also rich in fiber, calcium, and antioxidants.

A simple, hearty bread, full of history and nourishment.





# FAVA APAKI

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## **When Humbleness Meets the Intensity of Tradition**

Fava with apaki brings together two authentic Greek ingredients in a dish full of balance and character. The velvety, earthy fava serves as the perfect base for the spicy, smoky apaki, creating a harmony of simplicity and intensity.

Fava, an ancient staple, and apaki, a traditional Cretan method of meat preservation, come together in a modern culinary pairing deeply rooted in heritage.

Simple, nutritious, and rich in tradition.







# GASTRONOMY WORKSHOP

## THIRD STEP













# WORKSHOP

34

## **Into the Heart of Creation**

*In the third step, the experience moves to the heart of creation: the kitchen. Guided by Chef Nikolaos Chomatas, participants turn the ingredients they have gathered into authentic Cretan dishes.*

*They learn techniques, secrets, and the stories behind each recipe, actively taking part in the preparation.*

*This workshop is a hands-on culinary journey, where the recipes highlight the wisdom of simplicity, the richness of seasonality, and the value of handmade care.*

*As they cook, participants connect with tradition, turning food into a unique and unforgettable experience filled with memory and creativity.*

# SOFEGADA

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## **Crete's Answer to the Mediterranean Casserole**

Sofegada is one of the most emblematic dishes of Cretan cuisine, based on fresh vegetables and pure olive oil.

It recalls the Greek dish briam, which originated during the Ottoman era, when the word referred to a vegetable stew.

Slowly baked in the oven with a variety of seasonal vegetables and aromatic herbs, sofegada highlights the wisdom of seasonality and the care of home cooking.

Rich in aroma and flavor, it's served with feta and bread or barley rusk. A simple, affordable, and deeply Greek dish, full of nourishment and tradition.





# OFTÍ PATATA

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## **The Taste of the Hearth and Tradition**

Cretan oftí patáta (baked potato) is one of the island's simplest yet most authentic dishes, slowly roasted in the fireplace or wood-fired oven, wrapped in foil.

There, nestled among the embers, it develops a soft, almost buttery texture and a unique smoky aroma. Traditionally baked in village homes, the oftí potato was a way of life, a ritual of fire and comfort.

It's served warm, with a squeeze of lemon juice and a sprinkle of coarse salt, offering the pure, earthy taste of the land. A humble and honest dish, rich in memory, tradition, and the warmth of family.







# CRETAN TABLE

## FOURTH STEP













# CRETAN TABLE

42

## ***A Celebration of Flavors and Togetherness***

*The experience reaches its peak around a shared table, the common Cretan table. There, everything the participants have seen, touched, and cooked takes its place on the plate and in the memory.*

*Against the backdrop of the Lasithi Plateau, filled with aromas and stories, flavors are shared just like in the old days, with company, laughter, and warm hospitality.*

*This table is not the end but the beginning of peace for the soul. It is the moment when food becomes a celebration, cuisine turns into culture, and hospitality brings people together.*

*The Cretan Table is a call to remember what it means to eat truly: simply, locally, and always together.*



# MEATBALLS

43

## **Small Bites of Tradition and Flavor**

Keftedákia (Greek meatballs) are more than just an appetizer, they're a flavorful memory that brings the family table to life.

Made with ground beef or lamb, aromatic herbs like mint, fennel, and parsley, and a bit of bread or rusk for texture, they reflect the care and simplicity of Cretan cooking.

Fried or baked in a wood-fired oven, they develop a crispy crust and juicy interior. Served hot with lemon, yogurt, a village-style salad, or local graviera cheese.

Small bites that carry all the taste and tradition of the people.







# ALMOND STEW

45

## **A Rare Taste of Old Crete**

Almond stifado is a nearly forgotten, distinctive dish of Cretan cuisine, made with fresh, green spring almonds, cooked whole, with both their outer skin and tender interior.

In times when every fruit of the land held value, Cretans made the most of unripe almonds to create a light, aromatic stifado, slow-cooked with olive oil, onion, and tomato. The crunchy skin and soft, almost creamy core offer a dish full of texture and flavor contrasts.

Today, almond stifado remains a rare delicacy, carrying memories of seasonality, tradition, and deep respect for nature.



















### **Agrotourism Expert**

Alice Dialina is a dynamic entrepreneur who returned to her homeland, the Lassithi Plateau, to fulfill a lifelong vision: the creation of an authentic agritourism experience rooted in culture, hospitality, and sustainability.

Through the restoration of traditional buildings and the development of a certified organic farm, she offers a place where visitors don't just stay, they live like locals. They take part in farming activities, taste local flavors, and experience the rhythm of a mountain village in deep connection with nature and tradition.

With a holistic approach that combines agriculture, hospitality, and gastronomy, Alike acts as an ambassador for a different way of life. She creates a living space of experience, where tradition becomes personal, and the local community is empowered.







# NIKOLAOS

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## Chef

Nikolaos Chomatas is a contemporary chef and a storyteller of Crete through gastronomy. With deep love for his land and its traditions, he transforms cooking into an act of culture and integrity. His approach goes beyond technique, touching memory and the human connection to the earth.

Through knowledge, aesthetics, and a profound bond with village life, he highlights the Cretan diet as a way of living, where each dish carries history and values. With scientific grounding and poetic sensitivity, Nikolaos bridges the past with the present, preserving the authenticity of Cretan cuisine while giving it new life. The philosophy of slow food finds a living expression in his work, nourishing both body and soul.

Nikolaos Chomatas creates experiences that are born from the land and return to it, keeping cultural continuity alive and inviting us to taste life more truthfully and more humanely.







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