



EST. 1856

— Trikalinos —
GREY MULLET
BOTTARGA

Premium Quality Greek Avgotaraho

TIPS & RECIPES

Bottarga (Italian), *Poutargue* (French), *Botarga* (Spanish), *Batarekh* (Arabic), *Karasumi* (Japanese) or *Avgotaraho* (Greek) is a delicacy of air-dried and pressed mullet or tuna roe.

Flavour with... history

Avgotaraho has been considered a delicacy since the era of the Pharaohs and was an important element in the Ancient Greek diet. Well known also in Byzantine times, Avgotaraho today occupies a prominent place among gourmet products.

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Trikalinos
GREY MULLET
BOTTARGA

Since 1856, the Trikalinos family has produced and sold Grey Mullet Bottarga known in Greece as Avgotaraho.

Today, Trikalinos' Premium Quality Avgotaraho is considered the "world's finest Bottarga from Greece".



OUR VALUES

- **Balanced, delicate taste / pleasant, long aftertaste**
- **Maintains original nutritional value**
- **No added preservatives**
- For our Avgotaraho we use only grey mullet roes, recognized as the highest quality roe for this delicacy.
- Standardized production techniques properly balance the salting and drying processes to deliver higher moisture and lower sodium in the final product.
- Our Grey Mullet Avgotaraho is coated by natural bee's wax, which sufficiently preserves the product and its delicate taste during its shelf life, despite the low sodium content.

OUR CURRENT PRODUCT LINE

Trikalinos Bottarga Powder
Dehydrated, Grated Avgotaraho.



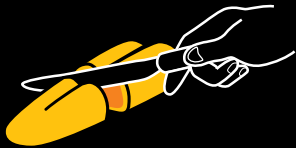
Trikalinos Bottarga
Premium Quality Greek Avgotaraho.



Trikalinos Fleur de Sel
Crystal Sea Salt.



GET STARTED



1. Cut



2. Cut thin slices



3. Remove wax



5. Enjoy

Try it plain or on top of toasted bread. Enjoy it accompanied by distillates, champagne or an exceptional whisky.

And for those of you for whom food is creative expression, don't hesitate to experiment the following selected recipes...

AVGOTARAHO CANAPÉS

INGREDIENTS (serves 4)

20 thin slices of avgotaraho

10 thin baguette slices

5 dried apricots or figs, cut in half

1 ½ tablespoons of cream cheese

1 tablespoon of honey

1 teaspoon of balsamic vinegar

PREPARATION

Spread the cream cheese on the bread slices and top with either the apricot or fig half along with two avgotaraho slices. Mix the honey with the balsamic vinegar and using a toothpick, drizzle 2 drops over each slice.



BRUSCHETTA WITH AVGOTARAHO

INGREDIENTS (serves 4)

15 slices of avgotaraho

$\frac{3}{4}$ cup of celery

15 medium-sized cherry tomatoes

2 tablespoons of olive oil

1 teaspoon of freshly ground pepper

juice of 1 lemon

4 slices of dark bread or 8 rusks

PREPARATION

Finely chop the celery and the tomatoes. Mix with the salt, olive oil and lemon juice and divide the mixture over the bread slices or over the rusks. Cut the avgotaraho in thin slices and lay them over the vegetables. Grind pepper over the avgotaraho and sprinkle with a few drops of oil.

Tip: you may mix all the ingredients (except the dark bread or the rusks) and place the mixture over a green salad as well.



AVGOTARAHO TORTILLAS

INGREDIENTS (serves 4)

8 small tortillas

$\frac{3}{4}$ cup of cream cheese

$\frac{1}{4}$ cup of strained yoghurt

1 tablespoon of finely chopped dill

1 finely chopped green onion (only the green part)

8 medium-sized lettuce leaves (washed and dried)

1 medium-sliced cucumber

40 thin slices of avgotaraho

PREPARATION

Combine the cream cheese with the yoghurt, dill and the green onion.

Spread the mixture on the tortillas.

Lay the lettuce, cucumber and avgotaraho slices on top. Roll up the tortilla.

Cut in rounds, if desired.



BROWN BREAD WITH CREAM CHEESE AND AVGOTARAHO

INGREDIENTS (serves 4)

- 8 thin slices of bread
- 1 cup of cream cheese
- 1 thinly sliced cucumber
- 24 slices of avgotaraho
- 1 ½ tablespoons of capers
- 1 teaspoon of oregano

PREPARATION

Spread the cream cheese on the bread slices. Top with cucumber slice. Add 3 to 4 avgotaraho slices to each piece of bread. Sprinkle with capers and then with the oregano.
Tip: Can be served as an appetizer, accompanied with an aperitif, or as a light first course with the addition of sliced, hard-boiled egg.



FOIE GRAS TERRINE WITH TRUFFLE AND AVGOTARAHO

INGREDIENTS (serves 4)

- 4 large slices of foie gras (340 gr.)
- 1/4 teaspoon of salt
- 1 pinch of pepper
- 1 pinch of sugar
- 1 sprig of rosemary
- 1 sprig of oregan
- 1 goblet of Metaxa brandy
- 20 thin slices of truffle
- 20 slices of avgotaraho

PREPARATION

Take the foie gras and remove fibres, if there are any. Marinate it with brandy, rosemary and oregan for 10 hours, so that flavours mix. Place it in a terrine and bake for 15-20 min at 75°C. Remove from the oven, remove fats from the upper part of the terrine using kitchen paper. Leave to rest in the fridge for 10 hours.

To serve you may either place avgotaraho or truffle slices on top or cut the content of the terrine in slices lengthwise and make layers of avgotaraho, terrine content, truffle, terrine content again and avgotaraho successively. Accompany with Trikalinos Fleur de Sel Crystal sea salt.



ZAFEIRI'S TRAHANAS (FRUMENTY)

INGREDIENTS (serves 4)

$\frac{3}{4}$ cup sweet frumenty

zest from 1 lime or half of one lemon

10 thin slices of avgotaraho

$\frac{1}{2}$ teaspoon of freshly ground pepper

PREPARATION

Boil 1 litre of water, add the frumenty and the zest and cook until the soup thickens. Cut the avgotaraho into transparent slivers or small cubes. Add the avgotaraho and the pepper to the soup, stir, remove from heat and serve immediately.



SPAGHETTI WITH AVGOTARAHO

INGREDIENTS (serves 4)

1 package of spaghetti (500 g)

25 slices of avgotaraho

8 tablespoons of olive oil

1 cup of finely chopped leek

½ of a lemon both juice and zest

salt and freshly ground pepper

PREPARATION

Boil the spaghetti according to the directions on the package.

Heat 4 tablespoons olive oil over a medium flame and sauté the leek for 8-10 min, until smooth. Add the salt and pepper. Cut the avgotaraho in thin, transparent slices and mix with the lemon juice and 4 tablespoons olive oil. Strain the spaghetti, add the leek, stir, add the avgotaraho and mix. Sprinkle the lemon zest and a generous amount of pepper. Serve immediately.



AVGOTARAHO AND YOGHURT DIP

INGREDIENTS (serves 4)

15 thin slices of avgotaraho

1 ½ cup of strained yoghurt

3 tablespoons of cream cheese

1/3 cup of orange juice

1 tablespoon of finely chopped fennel leaves

PREPARATION

Mix the avgotaraho and the orange juice with the help of a fork.

Add the remaining ingredients.

Serve the dip in a bowl and accompany with raw, steamed or grilled vegetables.



Passionate about Grey Mullet Bottarga
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