



EST. 1856

**— Trikalinos —**  
GREY MULLET  
**BOTTARGA**

*Premium Quality Greek Avgotaraho*

**TIPS & RECIPES**



## 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  
[www.trikalinos.gr](http://www.trikalinos.gr)

**Trikalinos Co.** Ethnarchou Makariou Ave. 50, 172 34 Dafni - Athens, Tel. +30 210 9273660, Fax. +30 210 9273661, email: [info@trikalinos.gr](mailto:info@trikalinos.gr)

