

11.05 2018 Cooking
like Minoans

Pot from the warehouses of the Western side of Knossos palace (14th century B.C.)

Cooking like Minoans

On the occasion of the European Year of Cultural Heritage 2018, the cultural organisation Branding Heritage designed and implemented a multifaceted event dedicated to the Minoan culture, at its birthplace, the Greek island of Crete. The concept was to offer a unique, comprehensive cultural experience to showcase the everlasting influence and wide representation of the Minoan culture in gastronomy and the global contemporary creation. The interactive “Cooking like Minoans” event and the “Contemporary Minoans” conference, respectively, were held with great success on 11-12 May 2018, in collaboration with the British School at Athens, the Heraklion Archaeological Museum and the Region of Crete, under the auspices of the Hellenic Ministry of Culture and Sports, the Hellenic Ministry of Tourism and the Greek National Tourism Organization, with the support of major foundations, institutions and enterprises.

The revival of Minoan gastronomy

The event “Cooking like Minoans” was hosted at the premises of the Knossos Research Centre of the British School at Athens (BSA). The preparation of a meal inspired by the Bronze Age Cretan diet was represented on the spot using ceramic pots on charcoal by archaeologist Dr Jerolyn Morrison, founder of Minoan Tastes. Guests were given a guided tour at Villa Ariadne and the Stratigraphic Museum by BSA Director, Professor John Bennet and Knossos Curator Dr Kostis Christakis.

HRH The Prince of Wales, the Hellenic Minister of Culture Lydia Koniordou, the British Ambassador to Greece Kate Smith, the General Secretary of the Hellenic Ministry of Culture Dr Maria Vlazaki, the Governor of the Region of Crete Stavros Arnaoutakis, and other important figures from the fields of academia, business, art and journalism honoured the event with their presence.

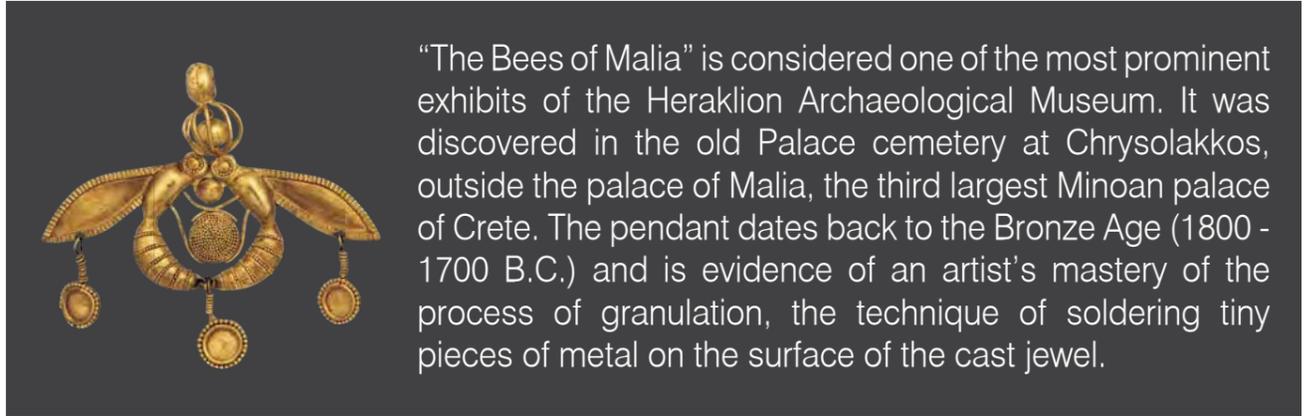




HRH The Prince of Wales arrives at BSA Knossos Research Centre with BSA Director, Professor John Bennet, accompanied by the General Secretary of the Hellenic Ministry of Culture Dr Maria Vlazaki



HRH The Prince of Wales welcomed by BSA Assistant Director Dr Chryssanthi Papadopoulou, BSA Fitch Laboratory Director Dr Evangelia Kiriati and Branding Heritage founder & journalist Katerina Frentzou, who offered him a replica of the Minoan jewel "the Bees of Malia", thanking him for embracing his Greek heritage.



"The Bees of Malia" is considered one of the most prominent exhibits of the Heraklion Archaeological Museum. It was discovered in the old Palace cemetery at Chrysolakkos, outside the palace of Malia, the third largest Minoan palace of Crete. The pendant dates back to the Bronze Age (1800 - 1700 B.C.) and is evidence of an artist's mastery of the process of granulation, the technique of soldering tiny pieces of metal on the surface of the cast jewel.



Archaeologist Dr Jerolyn Morrison who performed the revival of Minoan gastronomy, gives an insight to Prince Charles on the way ancient Cretans cooked, at the presence of John Bennet, Knossos Curator Dr Kostis Christakis, Katerina Frentzou.

Cooking like Minoans

A cultural cooking experience took place in Knossos. Reviving Minoan gastronomy, archaeologist Dr Jerolyn Morrison (PhD, University of Leicester) prepared a meal using ancient practices, as reconstructed on the basis of archaeological evidence. An expert on Prehistoric Aegean cuisine, Dr Morrison combined nutritional raw materials, remains of which date back to the Cretan Bronze Age, to recreate Minoan dishes. Dr Morrison prepared the food in ceramic Minoan-style cooking pots, which she is reproducing herself, working with local clay. As eloquently expressed by the BSA, "Dr Morrison's 'Minoan way of cooking' is an example of how archaeological evidence, in combination with ethnoarchaeological approaches, can help reconstruct past practices, connecting past and present."



Due to lack of information in writing about the diet in Minoan Age, the ceramic jars found at the excavations, revealed how the Minoans supplied their food. They cultivated pulses (beans, lentils) and cereals (wheat, barley), harvested fruits and nuts, hunted deer and birds, fished and harvested shellfish. Their cooking tools included tripods and closed pots, ideal for cooking of meat, legumes, octopus, while shallow open clay pots served for baking delicate foods such as fish, small birds and snails.



Prince Charles casts honey on lentils prepared by Dr Morrison, "cooking like a Minoan".

Cooking like Minoans

Minoan Menu

Dishes from the pots

Lentils with garlic, coriander & honey
Lamb with xinohondros & herbs
Pork with petimezi & pears
Chicken with figs & honey

Dessert

Fresh and dried fruit
Pasteli (sesame seed & honey)

Beverages

Cretan herbal tea
Cretan wine

At the experiential event, guests participated in the cooking process, stirring the food (photo co-founder of brand Zeus+Dione Mareva Grabowski) and tasting ancient delicacies, still served today in Crete.

Aiming to promote the culinary history of ancient Crete, among others, Branding Heritage embarks on a journey to spread the cultural cooking experience that took place in Knossos, across border, campaigning for the Minoan diet worldwide.



HRH The Prince of Wales accepts a symbolic gift from Dr Morrison, a replica of a Minoan cooking pot made with local clay of Crete, as was done 5,000 years ago.

Dr Kostis Christakis guides guests through the history of the Knossos Research Centre, all the way from the excavations of Sir Arthur Evans to the present day, as well as its role in the diachronic study and promotion of the Cretan civilisation.



Prince Charles discussing with President at MVV foundation Marianna Vardinoyannis, Managing partner at Militos Consulting SA & Chief Visionary Officer at SE knowl -partner of Prince's Trust International- Olga Stavropoulou and Head of Corporate Communication & Digital Marketing at Creta Farms Elena Domazaki.



Villa Ariadne



“Knossos has been a major focus of the British School’s activity in Greece since the pioneering work of Sir Arthur Evans and David Hogarth over a century ago. As one of the premier archaeological sites in Europe, it offers near unrivalled opportunities for excavation and research. The School’s facilities at Knossos are located on the former estate of Sir Arthur Evans, close to his residence - the Villa Ariadne. They provide a base for scholars studying Crete as well as for archaeological teams working at Knossos. The compound includes accommodation, a research library, working spaces for the study of archaeological material, storage for ongoing excavation and survey projects, together with the historic collections of material from excavations at Knossos held at the Stratigraphic Museum, dating back to Evans’ time”.

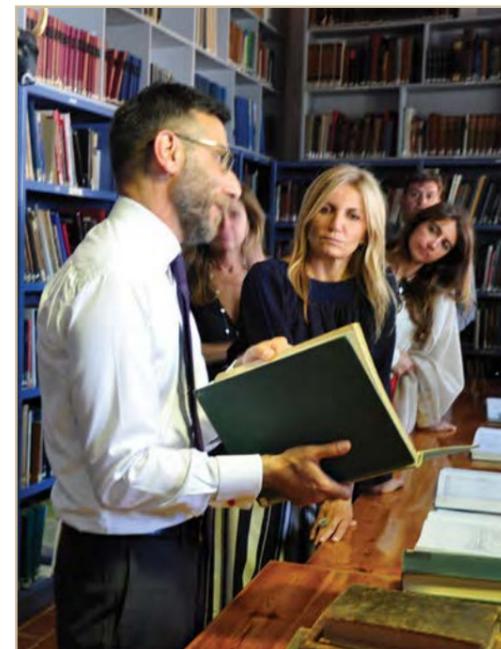


<https://www.bsa.ac.uk>



John Bennet guides guests through the history of Villa Ariadne, the residence of British archaeologist Sir Arthur Evans who excavated the ruins of the ancient city of Knossos and uncovered evidence of a sophisticated Bronze Age civilisation, which he named 'Minoan'. His work has been one of archaeology’s major achievements and greatly advanced the study of European and Eastern Mediterranean prehistory.

Research Library



Stratigraphic museum



Dr Christakis demonstrates the Research Library collection and presents the display of clay vessels, part of the Knossos Stratigraphic Museum collection, dating from the Protopalatial period to Roman times.

Cooking like Minoans



Regional Governor of Crete Stavros Arnaoutakis, valuable supporter of the event



Marianna Vardinoyannis, Olga Stavropoulou, Katerina Frentzou



Pulic Relations & Press Director at Aegean Airlines Stavroula Saloutsi, Advisor of the Hellenic Minister of Tourism Maria Kalitsi, Katerina Frentzou, designer Sophia Kokosalaki



Katerina Frentzou, Polina Ellis, Mareva Grabowski, lawyer Eleni Giannopoulou



Sophia Kokosalaki, co-founder Ancient Greek sandals Christina Martini, Katerina Frentzou, archaeologist and designer Polina Ellis



Mareva Grabowski, Marianna Vardinoyannis



Maria Adamaki, founder of Minoan Spora and Epaminondas Lamprinos, Cretan entrepreneur talking with Dr Morisson



Marianna Vardinoyannis offering Prince Charles her book entitled "Labouring with the Challenges of Female Identity: Insights into Minoan Society"



Prince Charles, Lydia Koniordou, Dr Jerolyn Morrison



Mareva Grabowski with Dr Jerolyn Morrison and her team



Clarence House @ClarenceHouse
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The Prince of Wales learns about Minoan cooking at the @BSAthens Knossos Research Centre.
The British School at Athens has a base in Knossos where archaeological teams can study and carry out their research. HRH is Patron of @BSAthens.
#RoyalVisitGreece
5:09 AM - 11 May 2018



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VOGUE
How The Ancient Minoans Inspire Summer Style
Lentils are meant to be *highly good for you*," observed Prince Charles watching wild thyme honey being poured into a tripod terracotta cooking pot of pulses in the grounds of Knossos Palace that was constructed c.1900 B.C. The Prince, surrounded by Greek fashion and jewellery designers, archaeologists, entrepreneurs and historians was immersed - learning about the impact of ancient Minoan civilisation (the first European civilisation) on contemporary style. He gained a light tan too, ahead of the big wedding.



TO BEMA
THE KYPIAKH
Στην Κρήτη φάγαμε σαν Μινωίτες



TO BEMA
THE KYPIAKH
Τα αγαθά της σύγχρονης εποχής
Το μνημόνιο
ΣΥΓΧΡΟΝΟΙ ΜΙΝΩΙΤΕΣ
Είμαστε έτοιμοι για σύγχρονα προϊόντα που αναπτύχθηκαν στην Κρήνη



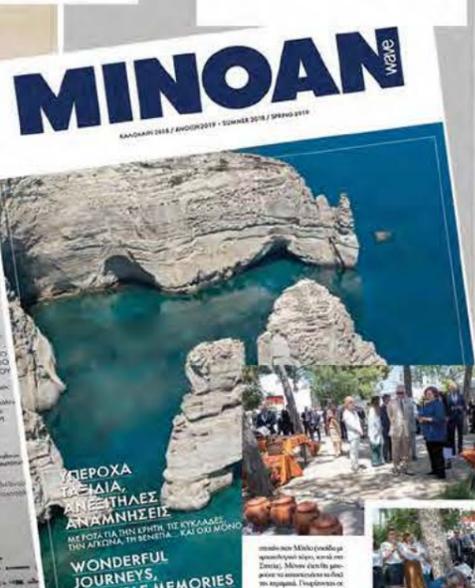
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Ο Τουκαλιώτης «κουρεύει» τις μεγάλες προσδοκίες
Χρηματοδότηση στη ΔΕΠ για την ΕΑΤΑ
Καταύθησαν 4.665 αιτήσεις για 21 θέσεις στο Δημόσιο
12.051 ΑΡΧΑΙΟΛΟΓΙΚΟΙ ΜΗΝΕΣ
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ΤΑ ΠΡΟΪΟΝΤΑ
του Αθηναίων
2018
GASTRONOMY
The culinary traditions of Crete make the most of water, the fountain of ingredients and wisdom that its mountains provide.



MINOAN
WONDERFUL JOURNEYS, UNFORGETTABLE MEMORIES



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Devoted to the promotion of cultural heritage and cultural entrepreneurship, non-profit Cultural Organisation Branding Heritage aims to foster and highlight ancient Greek culture as an everlasting source of inspiration and wide influence on the international scene of contemporary design and creation. As such, BH supports the revival of ancient techniques and showcases artistic creation that pays tribute to the “global” Greek heritage across borders. Soon, BH embarks on a journey to bring children closer to and lead them to discover and experience hands-on their precious cultural roots.

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LOUKIA KATSINELOU
GRAPHIC DESIGNER

The organization and coordination of the event was undertaken by Militos Consulting SA.