

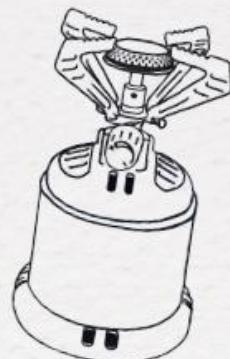


Hiking & Cooking in Greece

JACK WOLFSKIN RECIPE BOOK

What you need to COOK OUTDOORS

PACK LIGHT AND SMART.



Choose efficient gear that is light and multipurpose.

Pots and pans can be modular, bowls can be folded. Or just eat out of the pot. You can always store equipment like socks or small items in the wider pots. Make sure you have a lighter with you and get to know your equipment, especially how to repair it - just in case. Use your water bottle to get fresh water for cooking and cleaning your dishes.

- BACKPACKING STOVE
- COOKWARE
(POT AND PAN)
- CUTTING BOARD
- CUP
- BOWL
- KNIFE/SPOON/FORK
- LIGHTER
- REPAIR KIT



COOK WITH LOCAL INGREDIENTS

Plan to buy as much as you can locally and along the way.

We started out in a little village with a store where we bought local ingredients like bulgur, tea, bread and also fresh ingredients like lemons.

Get to know the local herbs and spices. In Greece we planned on picking typical herbs such as thyme, wild mint, wild lavender, and wild garlic. Depending what is in season.

A fun and yummy way to get to know the country and its landscape.



In the Mount Parnassos area you can get fresh sheep milk everywhere. It is used for making tasty, traditional products such as feta, and also FORMAELA cheese (exclusively produced in that area in a small town called Arachova).

There is also TRACHANAS , a dried food ingredient based on a mixture of grain and fermented milk. Trachanas is a specialty of all Greek mountains and can be considered a traditional kind of superfood! It only needs to be filled up with hot water, milk or stock and is perfect for backpacking, as its a one pot dish that saves space. And it is delicious!

A typical local shepherd's picnic consists of some local cheese, bread, olives from Delphi valley, dry figs, fresh seasonal vegetables and fruits and probably trachanas boiled with water for a hot dinner.



Our ROUTE

Day 1: Individual arrival to Athens and drive to Eptalofos



Route planning
in Eptalofos

Day 2: We walk from the waterfalls of Eptalofos along the north side of Mount Parnassos, on the National Trail 22 that connects Athens with Mount Parnassos, to the mountain village of Polydrosos.

Distance: ca. 10,8km | Walking time: ca. 4h
Ascent: ca. 465m | Descent: ca. 876m

Day 3: From Polydrosos you will pass through fertile fields and forest areas with endemic species such as Greek fir and juniper trees. Your day ends at the Defuer mountain hut at 1820m altitude.



Distance: ca. 15,4km | Walking time: ca. 7h
Ascent: ca. 681m | Descent: ca. 279m

Defuer - Hütte

Day 4: We climb the 2395m high Gerondovrachos peak. Discover rare endemic species of plants and insects. And observe herds of sheep and goats - from their milk a high-quality feta cheese is produced. Transfer to Arachova and overnight

Distance: ca. 11,1km | Walking time: ca. 7h
Ascent: ca. 634m | Descent: ca. 1304m



Up to the
Gerondovrachos peak



Impressive view
of the olive grove

Day 5: After transfer to Livadi Plain we walk the historical path which leads from the slopes of Mount Parnassos to the village of Delphi.

Distance: ca. 12km | Walking time: ca. 8h
Ascent: ca. 377m | Descent: ca. 861m

Day 6: From Delphi via Chrissi through millions of olive trees in the heart of the famous olive grove to the beach near the small port town of Itea.

Distance: ca. 12km | Walking time: ca. 8h
Ascent: ca. 377m | Descent: ca. 861m



Asteri Beach, Itea

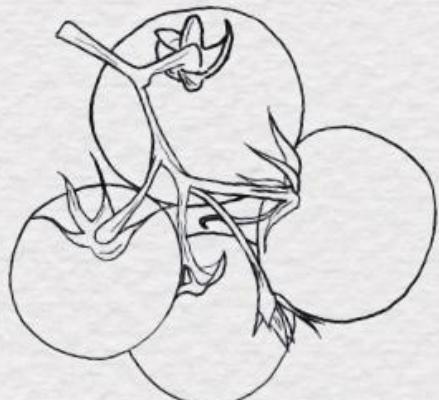
BULGUR SALAD with Honey Dressing



Ingredients

- 150 G BULGUR
- 250 G TOMATOES
- A HANDFUL OF BLACK RAISINS
- A HANDFUL OF CASHEWS

3 TSP OLIVE OIL
1 TSP HONEY
- SALT + PEPPER



Recipe



- Drizzle with a dash of oil if desired.
- Wash & chop the tomatoes.
- Mix the olive oil with the honey and spices and season with salt & pepper.
- Mix everything together.



...soooooo yummy!

Bon appetit!

FETA in sesame crust with thyme honey

Ingredients



- 1 FETA
- 3 EGGS
- SOME FLOUR
- 250 G PEELED SESAME SEEDS
- 300 G HONEY
- FRESH THYME
- GREEK OLIVE OIL
- VEGETABLE OIL
- CHILI FLAKES
- SALT & PEPPER



Recipe



- Beat eggs and season with pepper, salt and chili flakes.
- Put flour in one bowl and sesame seeds in a separate one.
- Coat feta in flour, then roll in egg, repeat twice and roll in sesame seeds at the end.
- Heat up vegetable oil and olive oil and fry feta until crispy brown.

Enjoy your
meal!



Everything tastes better
outdoors.

Stuffed Zucchini with Feta and Thyme

Ingredients

1 ZUCCHINI
100 G FETA CHEESE
20 G OLIVES
1 TBS HONEY
- SOME THYME
30 ML FRESH
LEMON JUICE
- SOME ORGANIC
LEMON ZEST
- SALT & PEPPER
- SOME OLIVE OIL



Recipe



- Grate lemon zest, finely chopped thyme, pit olives, if necessary, crumble feta cheese.
- Mix everything together and add a little olive oil.
- Allow to simmer on lowest heat for about 20 minutes.
- Wash zucchini, cut in half lengthwise and hollow out.
- Sprinkle zucchini halves (inside) with the lemon juice.
- Fill the feta olive mixture into the zucchini and cook covered in a pan for min. 10 minutes.



...beach dinner!

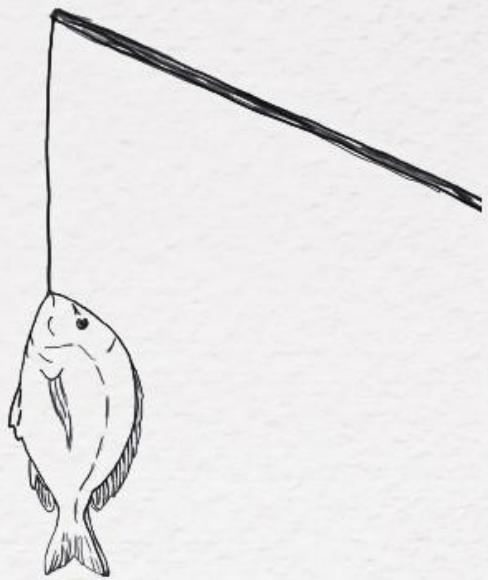
Ready for Yummm!

Grilled FISH greek style

Ingredients

1 FISH
(DEPENDING ON AVAILABILITY,
WE COOKED SEA BREAM)

1 LEMON
2 CLOVES GARLIC
SALT & PEPPER
2 TBSP OLIVE OIL
1 TBSP OREGANO
6 SPRIGS THYME
DILL





Good catch!

Recipe

- For the marinade, squeeze half a lemon, add 2 tbsp olive oil, salt & pepper, chopped garlic, thyme and dill
- Marinate the stuffed fish to your liking
- Grill fish for appr. 30 mins, turn regularly, re-marinate from time to time



when life gives you lemons....



Sunrise over
Delphi



Greece 2023

We Live to Discover

Discover more: jack-wolfskin.com/light-hiking