

Odysea News



Sweet Honey Offers!

A 100% pure honey produced by an artisan beekeeper in the small village of Ilias, central Greece. The bees are protected during the winter then moved during the spring and summer to areas rich in thyme and fragrant flowering herbs or to pine forests according to the variety of honey. Extracted cold and unfiltered so the beneficial properties of the nectar and pollen remain.

Wild Thyme & Fragrant Herb Honey 450g

usual price: £3.99 **special offer £2.99***

Pine & Fir Tree Honey 450g

usual Price: £3.99 **special offer £2.99***

Greek Yoghurt, Honey & Walnuts Why not try this delicious, traditionally Greek treat for a healthy breakfast or dessert. In the past it was customary for a Greek mother to offer this to her son on his wedding night!



Real Greek Yoghurt

Real Greek Yoghurt with a delicious thick, creamy consistency, made in Greece with Greek milk. Enjoy 1kg of Real Greek yoghurt for half price this month!

Real Greek Yoghurt 1kg

usual price: £3.99 **special offer £1.99***

Tzatsiki (pronounced tsah-ZEE-kee)

- 450g Real Greek yoghurt
- 300g (approx.) cucumber
- 5 cloves garlic, crushed
- 1 dessert spoon Odysea Aged Corinthian Vinegar (or Balsamic vinegar)
- 3 dessert spoons Odysea Extra Virgin Olive Oil
- 1 dessert spoon fresh, finely chopped mint (optional)

Grate the cucumber, sprinkle with salt and strain in a sieve till most of the juice is removed. Add all the ingredients to the yoghurt, mix and add salt to taste. Add a drizzle of olive oil before serving and looks great garnished with an olive or two! Can be eaten immediately or will keep for up to one week in the fridge.

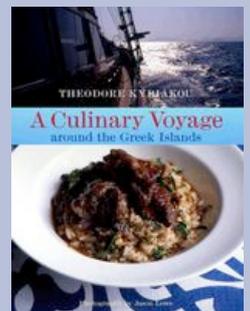


Special offers for real Greek yoghurt and Odysea's honey plus yoghurt recipes and your chance to win a signed copy of 'Theodore Kyriakou's book 'A Culinary Voyage around the Greek Islands' all in this edition of our April newsletter!

'A Culinary Voyage around the Greek Islands' by Theodore Kyriakou

We have signed copies of celebrity chef Theodore Kyriakou's latest book to give to the first 5 orders received* over £100!

Follow Theodore Kyriakou as he embarks on a gastronomic voyage around the Greek islands, capturing the intensity of the experience that interweaves sea and sky - simple living and unchanged traditions. Island food reflects the seasons and the remarkable differences between the islands, each with their own staple foods and local delicacies. The chapters follow the course of the day and the rhythm of island life, from breakfast through Spring tides and seasonal vegetables to dinner under the moonlight.



*All offers available exclusively online at www.odysea.com are valid until 30th April 2010 and are subject to availability