

EST. 1856

Trikalinos

GREY MULLET

BOTTARGA

Premium Quality Greek Avgotaraho

AMBASSADORS MANUAL

AVGOTARAO (BOTTARGA) The Mediterranean Caviar

Delicacy of cured mullet or tuna roe

Avgotaraho	(Greek)
Batarekh	(Arabic)
Botarga	(Spanish)
Bottarga	(Italian)
Karasumi	(Japanese)
Poutargue	(French)

TASTE AND VALUE THROUGH THE AGES

The heritage of preserving seafood, farming the nutrient-rich sea salt of the tidal marshes and using it to preserve that seafood, is maintained to this day especially in some Mediterranean countries. While the practice of preserving tuna or mullet roe is sometimes thought to be the legacy of the Byzantines, it actually goes farther back to ancient Greeks and Egyptians and even some coastal areas of Asia.

Grey mullet roe is considered a choice delicacy since the era of Pharaohs.

COLUMBIA UNIVERSITY PRESS

It was well known in the Byzantine times as an essential and important food of the ancient Greeks.

FOOD & CULTURE ENCYCLOPEDIA: Byzantine Empire

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"



PRODUCT RANGE



Grey Mullet Bottarga (Avgotaraho)

What is this? A delicacy of cured Grey Mullet Roe. **Natural without preservatives**, with **high nutritional value** and a pleasant **long lasting aftertaste**.

What makes Trikalinos Bottarga so special?

- Produced exclusively from Grey Mullet Roe, recognized as **the best roe** for Avgotaraho production.
- **Standardized production techniques** properly balance the salting and drying processes to deliver higher moisture and lower sodium in the final product.
- It 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.

Why is it good for health? It constitutes **a rich source of omega-3 fatty acids**, which reinforce body health by acting positively on the cardiovascular system and by strengthening the immune system.

Usage Tips

To remove easily the protective wax leave the Bottarga stick outside of the refrigerator for at least one hour before you cut it with a sharp knife.



Keep the remaining waxed Bottarga in the drawer of the refrigerator, covering the exposed part with cling film.

For more info you are welcome to visit our website, www.trikalinos.gr.

BOTTARGA Nutritional Value

RICH IN OMEGA 3¹

What is the Recommended Dietary Allowance of Omega 3 according to various Health Associations?

American Heart Association	0.5-1.0 g/day
British Nutrition Foundation Task Force	1.0-1.5 g/day
UK Department of Health	0.2 g/day
World Health Organization	0.7 g/day
Institutes of Medicine Dietary Reference Intakes	0.11-0.16 g/day

What Fishes Contain the Most Omega 3 Fatty Acids in a portion of 100g ?

Atlantic Mackerel	2,45g	Pacific Oysters	0,71g
Avgotaraho	2,02g	Catfish	0,43g
Pacific Sardines	1,87g	Pacific Halibut	0,42g
Atlantic Herring	1,67g	Snow Crab	0,37g
Salmon	1,5g	Crawfish	0,17g
European Anchovies	1,44g	Clams	0,14g

JOURNAL OF AGRICULTURAL AND FOOD CHEMISTRY:

Chemical Composition of Greek Avgotaraho. Harokopio University
 (1) Omega-3 Fatty Acids have a history of being used to augment cardiac health and immunity, as well as play a role in alleviating joint pain, high blood pressure and mood issues. Omega-3 Fatty Acids are called essential fatty acids; meaning that they are essential to human health, but the body can't make them on its own, so they are obtained through the food we eat.

HIGH MOISTURE, LOW FAT

	Grey Mullet Roe /Avgotaraho				
	Greece	Florida	Japan	Taiwan	Italy
Moisture %	45,1 +/-3,5	30.5	23.4	25.2	25.2
Total Lipids %	17,7 +/-1,5	25.7	33.1	26.2	29.7
Energy (kcal/100g)	313,3 +/-18,2	373.3	452.7	412.6	438.5

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BOTTARGA Excellence

CERTIFICATES

Certificate ISO9001:2008



Certificate ISO 22000:2005



Japanese Health and Food organization certification (analysis of Trikalinos Avgotaraho)



Imports certification given by the Japanese Authorities to Trikalinos Co



PRODUCT RANGE



Grey Mullet Bottarga POWDER

What is this? Dehydrated, grated Bottarga. **Natural product without preservatives**, with **nutritional value** and a **pleasant long-lasting aftertaste**.

What makes Trikalinos Bottarga POWDER so special?
Trikalinos Grey Mullet Roe Bottarga POWDER is produced exclusively from Grey Mullet Roe, recognized as the **best raw material** for Avgotaraho production.

Enjoy...
Use it as **"salt & pepper"** (just a pinch) before serving: it will enhance the aroma of boiled and grilled fish and will transform them to a dish worthy of Michelin stars. Even a plain seafood or vegetable risotto will take off, both as far as taste and presentation are concerned, with "Trikalinos Bottarga POWDER". **Recipes can be found on www.trikalinos.gr.**

PRODUCT RANGE



FLEUR DE SEL Sea Salt Crystals

What is this? Fleur de Sel is **the purest of all table salts** considered as marine salt of **supreme quality**.

What makes Trikalinos FLEUR DE SEL so special?

Trikalinos FLEUR DE SEL is obtained solely by **traditional harvesting methods** from the Etoliko lagoon in Greece. **100% natural salt** it is **not altered in any way**. Fresh, bright, white salt always slightly moist.

Enjoy...

Use it for **everyday cooking** or as a **topping**. Leave its crystals dissolve in your mouth and you will appreciate its **mild, subtle yet aromatic taste**.

Usage Tips

- Open the metal tin and use scissors to cut the upper part of the bag.
- Keep the salt in the bag inside the metal tin.
- Remember to close the bag and the tin after usage.

Trikalinos BOTTARGA AND SPIRITS

Recommendations for the Perfect Match



Enjoy Trikalinos Grey Mullet Bottarga accompanied by:

Wine

Sauvignon Blancs from the Loire Valley in central France ("Sancere" Appellation of Origin as well as the mineral and "smoked" wines from the "Pouilly Fume" Appellation of Origin).

The Riesling wines from Alsace, Austria, Australia and Germany. Totally dry, full-bodied and of good acidity are recommended a) Austrian Rieslings are of the "Smaragd" grade from the Wachau Valley in the Danube river area. b) German Rieslings from the Pfalz region.

Chablis wines, from the homonymous region of Burgundy. Wines of the Premier Cru level aged at least five years after their vintage, are recommended.

"Savennieres" Appellation of Origin wines, from the Loire Valley in France, specially from the Chenin Blanc grape variety. Excellent Chenin Blanc wines are also produced in South Africa.

The "manzanilla" type of sherry wines, from the town of Sanlucar de Barameda in Southern Andalucia (Spain). They have wonderful aromas and flavours of salt, sea weed and iodine.

Santorini's island Assyrtiko white wine. Santorini's volcanic soils have such characteristics that a Santorini white wine is in its youth similar to a young Chablis or/and Chenin Blanc, whereas after some ageing it takes a Riesling style character.

Whiskey

Preferably a single malt or smoked whiskey. The Japanese whiskey's make a perfect match as well as those from from Islay Island.

Champagne

Prefer a variety with high percentage of pinot noir.

BOTTARGA Pairing Tree



Trikalinos AMUSE-BOUCHE for Inspired Service

Trikalinos RECIPES for Every Day Pleasure



Bottarga Fleur
Bottarga, Bottarga Powder, Watercress leaf



Bottarga Sticks
Bottarga, Cucumber, Turnip



Bottarga Roll
Bottarga, Chive sprigs, Lime zest



Bottarga Keep it Simple
Bottarga, Bottarga powder, Lime zest



Bottarga Canapés
Bottarga, Baguette slices,
Dried apricots or figs, Cream cheese



Bottarga Bruschetta
Bottarga, Celery, Cherry tomatoes, Olive oil,
Ground pepper, Lemon juice, Rusks



Bottarga Chic
Bottarga, Spring onion sprig, Lime zest,
Bottarga Powder



Bottarga Mythos
Bottarga, Dried fig slices,
Toasted round bread



Bottarga Ikebana
Bottarga, Cucumber stripe,
Lemon zest



Bottarga Tortillas
Bottarga, Tortillas, Cream cheese, Strained yoghurt,
Dill, Green onion, Lettuce, Cucumber



Bottarga Open Sandwich
Bottarga, Brown bread, Cream cheese,
Cucumber stripes, Capers, Oregano



Bottarga Dip
Bottarga, Strained yoghurt, Cream cheese,
Orange juice, Fennel leaves

Trikalinos CREATIONS for Selective Palates



Bottarga, Foie Gras and Truffle Tressure

Bottarga, Foie gras, Pepper, Sugar,
Rosemary, Oregan, Brandy, Truffle,
Fleur de Sel



Bottarga Trahanas

Bottarga, Sweet frumenty, Lime zest,
Gound pepper



Bottarga Pasta

Bottarga, Spaghetti, Olive oil,
Chopped leek, Lemon juice and zest,
Fleur de Sel, Ground pepper



They said about BOTTARGA:

Chef Letteris Lazarou for "I COOK GREEK" Magazine
(issue No. 1, February 2007)

"...my favorite product, the Zafeiri's Trikalinos Avgotaraho. I consider avgotaraho as one of the finest Greek products, that - just a single piece of which - may lead you to dreamy sea voyages."

Interview with José Andrés - www.superchefblog.com

SC: You are supporting Iberian ham. Do you have a product line - pots and pans or foods? Will we see them soon?

José Andrés: We have two or three ideas. I want to have a product line not for the ego, but to help cover an area that is not covered by anyone, to give service to people. The ham is very important, it was a personal commitment as a chef. We also have a wonderful Bottarga, grey mullet roe. I need this product in my restaurant. I love it. I came across it in Greece. I use it in Zaytinya. It wasn't being imported in the US, so Zaytinya brought it over. Now we are partnering with Roger's Collection for the Avgotaraho Bottarga and the ham.

www.epikouria.com/issue4/interview2.php

In Kouzina & Tarazza, Chef Tsanaklides has created his own little temple of creative Greek cuisine, where he tempts sophisticated diners. Among his dishes is avgotaraho which he describes as "world's finest Bottarga from Greece's finest producer, Trikalinos". He serves it with a little bit of butter on a small bruschetta, finished off with a drizzle of olive oil. He is a strong advocate of "minimal invasion" when the raw material is of superb quality.

www.joseandres.com (link: www.jamieoliver.com)

[...] Afterwards, even though he was exhausted, I dragged Jamie over to Zaytinya to show him what we are doing there.

Jamie fell in love with the avgotaraho, a type of dried mullet roe from Greece. This product is extremely rare, even in Greece, so I am especially proud to be the only restaurant in the United States serving it.

[...]

FREQUENTLY ASKED QUESTIONS

- Which is the proper colour of Avgotaraho ?

Colours naturally vary from golden yellow to darker shades of reddish brown. Such a variation is due to the fact that each one is as unique as each mullet, whom it originates from.

- How thinly shall I slice Avgotaraho ?

As thin as you wish, just keep in mind that the thinner slices are, the easier it is for roe to break and to release its flavour and aroma.

- If I cut Avgotaraho shall I consume all of it right away?

Keep the remaining waxed Avgotaraho in the drawer of the refrigerator, covering the exposed part with cling film and consume within 30 days.

- How can you describe Trikalinos Avgotaraho flavour?

Best described by journalist Simos Georgopoulos:

“Place a plain slice into your mouth and feel a velvety explosion with fruity and sea aftertastes –along with a spicy nip –that will reach out to the uttermost point of your brain. And it will last for hours”

- Is Trikalinos Avgotaraho a gourmet product?

It is the only Greek product to hold a place in the gourmet baskets worldwide, next to the delicatessen dream team of caviar, foie gras and truffle. Chefs all over the world tasted it, adored it and included it in their menus. In the hands of skilled creators it inspires new tasty experimentations, while great commercial houses as Petrossian, Fauchon, Caviar Exclusives included it in the catalogue of their products. Avgotaraho is the jewel of the Greek gastronomy, a fine delicacy noted for its distinctive, yet subtle taste and aroma. It is often described as Greece’s caviar. (visit: <http://enroute.aircanada.com/en/articles/a-real-catch>, to read the relative article titled: “Caviar-Greek style”, by Alan Richman).

- How can I recognise Trikalinos Avgotaraho from others on the market ?

Trikalinos Company trades about 100% of Greek Avgotaraho. It is coated by natural bee’s wax which is stamped with the Trikalinos logo, and it is sold in a special case in selected delicatessens.

- What shall I pay attention to, when I use Avgotaraho in a recipe ?

Do not fry it, do not cook it, do not burn it.

- Can I eat the wax covering the Avgotaraho?

Trikalinos Bottarga is coated by natural bee’s wax to preserve its taste and nutritional value. Remove the wax before savouring the Avgotaraho.

- Is eating Avgotaraho good for my health?

It is a low calorie product with significant amounts of valuable nutrients, such as: Proteins, vitamins A,B12, C, E, Selenium, Ferrum, Calcium and omega-3 fatty acids.
(JOURNAL OF AGRICULTURAL AND FOOD CHEMISTRY: Chemical Composition of Greek Avgotaraho. Harokopio University)

- How can I easily cut very thin slices of Avgotaraho?

In order to cut very thin slices of Avgotaraho, you should cut first a large piece (equal to the full quantity that you will consume), remove the protective wax and then cut as thin slices as you want.

Tip: to remove easily the protective wax, leave the Avgotaraho stick outside the refrigerator, for at least an hour before you cut it.

- Trikalinos Avgotaraho is different than what I am used to: it is very soft and there was quite a bit of oil coming out when I slice it. Is this how it is supposed to be or has it gone bad?

It is how it is supposed to be. Trikalinos Avgotaraho is very different than other Bottarga existing in market. The production procedure guarantees low sodium content and high moisture levels. Also It is coated by natural bees’ wax, which sufficiently preserves the product, its delicate taste and its moisture. For that reason, unlike other Bottarga, it maintains all aromatic sea juices during its shelf life.



Passionate about Grey Mullet Bottarga
www.trikalinos.gr



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