

LIOSTASI

Press Release

Culinary tradition meets gastronomic creativity at Liostasi los Hotel & Spa

Greek island cuisine with a cosmopolitan twist: This is what **Grandma's**, the leading restaurant of los island, stands for. It occupies a prominent position on the pool terrace of **Liostasi los Hotel & Spa**, commanding one the Mediterranean's most romantic sunset views. The award-winning restaurant serves a selection of signature dishes conceived especially for the hotel. These dishes are based on age-old traditional recipes that were reinterpreted according to contemporary culinary trends.

A good example is the **Moussaka**, one of the best known Greek dishes. Unlike the greasy original, Liostasi's version is light and airy, easy on the stomach and, most of all, utterly delicious! It is freshly prepared à la minute and comes with steamed zucchini.

Another Greek classic, the stuffed vegetables called **Gemista**, were reinvented as a risotto. Offering the oh-so-familiar flavour of this traditional comfort food, **Grandma's Risotto** is made of vegetables, spearmint, pine nuts and feta cheese cream.

Two emblematic products of the Cycladic islands are the main elements of the **Octopus Carpaccio on Chickpea Salad**, whereas the yummy **Fruментy Soup** transforms a rather humble ingredient into an excellent basis for a truly gourmet dish.

Among the restaurant's signature dishes are also two salads. The **Cycladic Salad** has a rather rustic feel as it is made of products typically associated with the rugged soil of the

Cycladic islands such as rusks, cucumbers, tomatoes, green peppers, capers and local goat cheese. More cosmopolitan in style, the **Grandma's Salad** is dominated by fresh green vegetables combined with smoked pork, seasonal fruit, pine nuts and honey vinaigrette.

The **Yoghurt Mousse** complements Grandma's selection of signature dishes. True to the Greek islands' tradition of light yet delicious food, the mousse has been refined with figs and Vinsanto wine sauce, two products so typical of this part of the world.

In addition to the signature dishes, there are many other choices on the menu of Grandma's Restaurant, ranging from the succulent homemade cannelloni with cottage cheese from Ios and fresh tomato sauce to the highly popular lamb shank with bulgur. These dishes can be appropriately paired with some of the best wines from all over Greece.

*"We are truly proud of the cuisine offered at our hotel," says **Artemis Denaxas**, owner of Liostasi Ios Hotel & Spa. "Our chefs have done a great job in offering a modern Greek gourmet dining experience that is of the highest quality and at the same time very affordable, thus offering excellent value for money. We will do our best to maintain our position as the island's best and most romantic dining spot and we will keep adding new signature dishes to our menu."*

Liostasi Ios Hotel & Spa (www.liostasi.gr) is the leading boutique hotels of Ios and the only member of **Small Luxury Hotels of the World** on the island. There is a total of 30 stylishly appointed rooms including the six brand-new *Liostasi Suites* with a strikingly minimal Cycladic design. Valued features of the hotel are the high quality of its cuisine, the playful signature cocktails created by Liostasi's bartender, the selection of treatments offered at the boutique spa and, most importantly, the sensational vistas from the hotel's pool terrace complete with sweeping views of nearby islands and one of the Mediterranean's most dramatic sunsets. Due to its utterly romantic atmosphere, Liostasi has established itself as a hip wedding venue for couples from all over the world. The

island's celebrated nightlife and world-class beaches can be reached within minutes from the hotel.

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