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STELAI



SIMPOSIO
DEGLI DEI

CHEF'S NOTES

"The Greeks didn't just feed themselves for the sake of eating. Their fine hosting abilities and the art of banqueting is expressed in the very definition of their dining know-how : a sharing experience in which any guest, friend or foreigner, is invited to partake. Their great hosting tradition aims to nourish the guest's spirit as well as his body. Each guest, is in a way, very much like Odysseus at the table of the Phaeacians: he is able to share his thoughts with their dining companions, engaging the fellow diners with his stories and tell his journey. Everyone is enticed to open up. Anyone can mutually share their stories.

With the Greek colonisation the great poleis such as Akragas, the ancient Agrigento, were born and built. The Sicilian cuisine flourished and imposed itself throughout the Mediterranean. A simple and genuine cuisine." Being someone who is in passionate about researching ancient cooking traditions, conceiving this menu has been a very exciting opportunity that allowed me to partake in the creation of this show that exudes history and culture. Our is a very simple but tasty menu, that brings our guest's palate back in time and gives them the chance to taste ancient recipes, which stand at the basis of our ancient culinary tradition and are still alive in the Sicilian cuisine.

Bread, oil, fish, olives, cheeses, meats, legumes. All these ingredients are the absolute protagonists of a menu that aims to bring diners back to the very essence of the "Symposia". The ancient art of staying together, nourishing body and spirit, able to enrich the deeper aspects of one's soul.

Rosario Matina
Chef



Ancient Greeks were refined experts in the art of throwing lavishing feast and fancy banquet. This ancient tradition has left numerous traces in traditional Sicilian cuisine. Through exquisite recipes retraced in ancient texts, some of these delights are revived in the Symposium of the Gods in order to offer our guests an experience of authentic ecstasy for the palate.

SÌTOS. Extra virgin olive oil crunchy bread with rosemary and green olives. Cereal bread was at the basis of the Greek diet. Greeks of the classical age uses to bake different types of cereal bread to worship the Goddess Demeter, goddess of the harvest and agriculture. The pickled olives were a fanciful appetiser which got the palate ready for the meal.

AMBROSIA. Ambrosia was the nectar of the Gods. A mysterious and uplifting drink, a delicious elixir of long life that was served in Olympian banquets and in religious rituals. A drink made of wine, spices and honey which was believed to be able to spark divine vigor and joy in each fellow diner.



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ÀRTOS. Crispy ancient wheat bread (Tumminia) with pecorino cheese and dried fennel sausage, seasoned with extra virgin olive oil and Carcaci red oregano. The ancient Greeks loved to taste cereals, cheeses and meats prepared in various combinations. Especially during feasts, rites and banquets. Olive oil dressing mixed with fragrant aromas was an absolute must on the table.

LÀGANON. Crispy pasta soup with legume. When Akragas (Ancient name of Agrigento) was founded, Alongside the baking of cereal bread, locals developed the recipe of làganon: a crunchy pasta enriched with legume soup. The ancient Greeks had a soft spot for it. làganon can be considered the ancestor of today's most famous street food: the sicilian "arancina".

SARDINEE. Sweet and sour sardines cooked in vine leaves. The ancient Greeks loved cooking fish wrapped in vine leaves to enhance its flavour and give the fish a particular aroma. A delicious dish that made ancient banquets a sharing and joyful experience.

CHYTÓS. Mushy fava beans with gàron. The traditional macco di fave is a Sicilian soup that deepens its roots in the heritage of the ancient Greek cuisine. An exquisite and velvety puree with an irresistible touch of gàron: a fish sauce similar to our modern anchovy paste. A mix of ancient flavours that creates a gentle harmony between earthly sweetness and marine flavour.



ICHTHYÏA. Ancient fish soup on spelled cream. It was very common to see fish on an ancient Greek table. It was definitely part of the meal courses of a banquet. Fish was often combined with ancient pureed cereals, seasoned with olive oil and aromatic herbs. A delightful and mystical mixture of land and sea flavours.



AMÒRBITES. The ancestor of the Sicilian cassata. Ricotta, the undisputed star of Sicilian pastry, makes its entrance on the tables of the ancients in the classical era. Amòrbites was widespread and much loved in Sicily during the Greek era. Amòrbites is a dessert made of ricotta sweetened with honey. It was probably served with pieces of soft focaccia on the side. These are believed to be the origins of everyone's favourite Sicilian dessert, the cassata.

STAFYLÍ. Fresh grapes and pomegranate. The ancient Greeks loved to end a meal with fruit. Grapes, in particular. They ate grapes to honour Dionysus, the god of wine who accompanied the whole symposium.



STELÀI

info e prenotazioni dello spettacolo
con pranzo o cena.

info and reservations for the show
with lunch or dinner.

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