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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Greek Food

By Yannis Moraitis

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by: **Yannis Moraitis**

A meal in Greece is highlighted with a selection of hot and cold plates known as mezedes. Soups are few but they are meals by themselves.

– The main course is a boiled or grilled meat/fish. There are also many delectable meat stews to choose from, as well as plain grilled cuts of meat and of course the well known charcoal grilled lamb or pork called souvlaki.

– Fish and shellfish are excellent in any kind of cooking.

Salads are usually ordered with the main course and can consist fresh vegetables or cooked dandelions .

– Horiatiki, the traditional Greek salad, consists of tomato slices, cucumber slices, olives, peppers, onions and feta cheese dressed with oil and vinegar.

– Cheese, the most commonly offered in restaurants are feta (white semi-soft and salted), graviera (yellow hard), kasseri (yellow semi-soft), and manouri (unsalted creamy and fattening).

– Desserts, are a delectable treat, including baklava (consisting of strudel leaves and walnuts) and kataifi (which consists of nuts wrapped in shredded wheat with a honey sauce). During the summer as desserts are preferred large peaches , watermelonmelon, grapes and pears

– Greek coffee is like Turkish coffee. Greek coffee is always served with a glass of water.

Eating Establishments

There is a wide variety of eating establishments in Greece:

Greek Food

- Tavern, eating establishment with emphasis on the traditional cooking and mezedes.
- Psistaria, a barbecue style eating place.
- Estiatorion (restaurant), a conventional eating establishment.
- Psarotaverna (fish tavern), they specialise in fish and almost found by seaside or harbour side.
- Prices and Tipping, in Greece a 15% service charge is usually included in your bill. Menus are usually presented with two parallel price charts. On the left the price of the food and drink. On the right the same price with service and tax included. The service charge is ordained by Greek law so additional tipping is really a recognition of special service for special requests.

Extract from our Yachting in Greece – General Information and info.

Yannis Moraitis, director of Seascope Sailing Yacht Charters.

For more information please check my web site.

How To Create The Right Ambiance For The Perfect Party

By Mohamed Rabea

A party will always be a perfect occasion to relax and have fun, meet people, and get high naturally. Thus, party planners must make sure that the parties they coordinate are well-planned and well thought out.

To be successful, a party must have all the elements that are considered by most people as necessary when throwing a party. To start with, the party planner is faced with the difficult task of choosing a theme for the party, so as to get the right ambiance.

Getting the right atmosphere or setting for a party requires planning and research. You have to be updated with just about anything, so you can come up with an appropriate party theme. In selecting a theme, you have to consider the personality of your client, the purpose of the party and the invited guests.

If you are planning a children's party, then choose from among the various cartoon character or fantasy themes, depending on the character or taste of the child for whom the party is being prepared.

A launching party that is intended to announce or launch a company product should consider the product to be launched. It can be a formal or an informal party, depending on the preference of your client. From here, you can choose a party theme which should have a relation to the product that will

be launched.

The choice of theme will make or unmake your party. The theme sets the ambiance of the party and if you really want to make an impact, then every aspect of the party should be related to the theme.

If you have decided to have a Greek party theme, then everything should evolve around this. The invitation could have a background of an awe-inspiring Greek pillar embossed in gold ink, which shows off the Greek architecture. You can also require the guests to come in Greek-inspired attires and the food servers dressed in Greek robes and sandals. Even the menu, the decoration and the music should be Greek-inspired in order to get the right atmosphere.

To get the right ambiance for a party, the party planner should also coordinate the over-all preparation for the party including the selection of the location for the party, the activities and the program. You may have the right ambiance but it will not be fun unless the party is interactive, meaning the guests are given the opportunity to relax and meet other people.

If you get the theme right and you plan everything around this theme, then you just make sure you have the right food and the right guest list and you will surely have a great party ambiance.

Mohamed Rabea – Online Tips and Resources!

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