



ILIAS KOKOROSKOS MYTHOS

Ilias started cooking at a tender age of 13 and he realized how much he likes making people happy with food. At the age of 15, he decided further his culinary dream and study at the Culinary Academy but was advised by the principal 'that it will be better to finish school first, take proper education and then come back and start the 'Culinary journey''. He took his advice and graduated from high school and then went on to university to take get his degree in Business Administration. Since he had already decided that cooking is what he wanted to do, he took up his first job in the kitchen, and realized that this is what he wanted to do - to please people and entertain them with his food.

He honed his culinary skills by working in several restaurants, jumped from one restaurant to another, since he was young, he wanted to gain as much experience as possible. He tried to work with the best chefs in Greece and take the best out of them. Some of them had great techniques and some of them had great flavours. All of them though taught him how to respect ingredients, minimize wastage, use ingredients that are in season, ingredients that are locally produced and be as authentic as possible.

Ilias brings authentic Greek food to the table. The simple, yet appetizing menu is a compilation of traditional Greek recipes and dishes. It's more like his culinary philosophy... "Once someone asked me if I ever regretted not learning different kind of cuisines or if I would like to cook different kind of cuisines, my answer was: I am specialized in the cuisine that I grew up with, the cuisine that I am eating and tasting for the last 30 years, I have made my name out of this cuisine and I prefer to be authentic than trying to be authentic. I love eating Asian, American, French food but Greek is what I do and enjoy. Of course, I like to mix things up, using Asian ingredients and French techniques, but I want the last impression and the comment from my guests to be 'this food is a journey in Greece'. The process of creating a new dish is more or less common to every chef I think, read books, use the experience that you have gained over the years, eat different cuisines, experimenting and in my occasion "steal" the secrets of the grandmothers in the villages and create something that will be both traditional and modern. Unfortunately, in our times there is no such thing as parthenogenesis but I believe that everybody has its own identity and this is something I believe comes after years of experience."

Obsessed with seasonality, products that come from small producers and of course Greek products. Every ingredient has its own characteristics, he likes ingredients that are unique but at the same time can fit to his type of cuisine and his character. He also likes to get ingredients that have not been used massively and that most of the guests are not aware of and likes educating his guests as much as possible.





Produce, Creativity or Technique... "Everything plus flavour. Without creativity you cannot produce anything new, just copy paste, even if you have a good technique. If I had to choose, I would choose creativity and flavour, as this is the beginning to start producing something. Technique is something that anybody can learn eventually. I know many good chefs with amazing technique but if the end product lacks creativity and flavour then the technique loses the meaning, too much for nothing. All cooking techniques have unique secrets and things to fall in love with depending what you are cooking and what you want to present each time. Same thing for the equipment, for me everything in the kitchen serves a purpose depending how you want to use it. I enjoy using equipment that helps me make my food, my team and my life better. Of course chefs are like kids give us anything that can process our ingredients and we will sit there and play quietly for hours."

Being a chef is perceived as a glamorous profession, advice for chefs entering the kitchen for the first time... Is it glamorous to work in a hot environment, having cuts and burns all over your hands and body, work under loads of pressure with endless shifts and smell like food for the rest of your life? Think well before you become a chef, cooking at home for friends and family is totally different from cooking for 100 - 200 - 300 guests over 5 - 6 recipes at the same time. It is not as glamorous as it sounds. You have to be in love and be sure that this is what you want to do. Cooking on TV shows is glamorous, but reality is not.

