



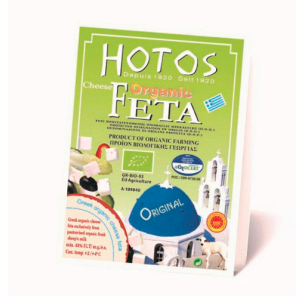
Greece

ORGANIC HOTOS FETA CHEESE



Epirus
Greece

ORGANIC Hotos feta is an organic cheese with Protected Designation of Origin (PDO). It is made from fresh organic pasteurised milk from the herds of Greek goats that are fed on the wild and juicy vegetation of the Epirus region, on soils free of toxic residues and rich in vitamins and minerals. The high quality of the milk used, together with a production process free of all types of chemical additives, achieves an unmistakable and tasty cheese: with a salty, slightly acidic touch, a mild aroma and a compact texture that is pleasant to the palate ... ORGANIC Hotos feta keeps all Mediterranean nutrients and essences intact.



200 gr

The Epirus region, in the north-western part of the country, hosts the main producers of feta cheese. The rugged and mountainous landscape - *its ridges are part of the Dinaric Alps* -, frequent rainfall - *it is the region with the most rainfall in all of Greece* - and the richness of its flora create optimal conditions for grazing sheep and goats. A privileged environment, where traditional lifestyles are maintained and natural cycles are respected, which are basic factors for the production of organic, more nutritious, healthy and tasty food.



IDEAL FOR THE MEDITERRANEAN DIET
TASTY AND NUTRITIOUS, MILD AROMA
NO SYNTHETIC ADDITIVES, NO PESTICIDES, NO ANTI-BIOTICS, NO GENETIC MODIFICATIONS, GLUTEN FREE

History and production

The Hotos family has made feta cheese for three generations, following the secrets of the area's mountain tradition. In all these years, not only have they not relinquished the company's family and traditional nature, but they have also done everything possible to incorporate the technical innovations necessary to remain faithful to a way of doing, which respects the environment, livestock and production.



ORGANIC Hotos feta is the culmination of these values, which translates into a cheese which is renowned for its exceptional organoleptic and nutritional properties, where love for the past and future is expressed equally, hence joining the current trend of a healthier diet in balance with nature.

PAIRING

Accompany with: cucumbers, dried tomatoes, olives, basil, oregano, etc.

Wine: fruity white wine like Verdejo, Albariño or a light red wine, Pommery Brut Royal champagne.

Beer: blonde beer like Pilsen, wheat beers like white beer.

Bread: toast, fig or raisin bread, crackers.



HOTOS
Traditional Greek Cheese Products
Since 1920

Importado y distribuido por:  iberconseil

Methods of use:

ORGANIC Hotos feta, thanks to its production process and packaging, can be stored for a long time.

It is packed in its brine, thus keeping all its flavour and aroma.

You can use it in your diet on a daily basis in many different ways.

TYPE OF CUT

PREPARED HOT

PREPARED COLD

Dices/cubes



• With grilled vegetables

All kinds of salads with feta: lentil, Greek-style with tomato...

Crumbled



• Grilled on lasagne Pasta with feta
• Empanadas
• Quiches
• Pizza toppings

• Smoked salmon and black olive salad

Slices



• Grilled mini sandwich

• Mini sandwich: feta with wholemeal bread, sun-dried tomato, olives

In sauces



• Béchamel for moussaka
• Croquettes
• Fritters

• Crudités
• Salad

RECIPES

INGREDIENTS



- 160 g ORGANIC Hotos feta
- 160 g cherry tomatoes
- 360 g courgette 'spaghetti'
- 2 tablespoons pine nuts
- 30 g olive paste
- 100 g extra virgin olive oil
- 20 g apple cider vinegar

👩🍳 Easy | 👤 Serves 2 | 😊 Suitable for children

PREPARATION

Cut the ORGANIC feta into dice or crumble it with your fingers.

Cut the tomatoes in half.

Chop the herbs.

Place the courgette spaghetti in a bowl and mix in the cheese, tomatoes, herbs and pine nuts.

Mix the olives, oil and vinegar in a saucepan.

Place the spaghetti and rest of the ingredients on a plate and finish with the olive dressing on top.

NOTES

If you cannot get the spaghetti, you can grate the courgette with a coarse grater or cut it into thin strips. Fresh herbs like basil, sage, thyme, rosemary, parsley, etc., can be used.



COURGETTE SPAGHETTI SALAD WITH ORGANIC FETA, SPRING ONION, CHERRY TOMATOES AND OLIVE PASTE

INGREDIENTS



- 1 aubergine
- 4 tablespoons flour
- 20 g butter
- 20 g flour
- 200 g milk
- 60 g ORGANIC Hotos feta

👩🍳 Easy | 👤 Serves 2 | 😊 Suitable for children

PREPARATION

Cut the aubergine into slices as thin as possible. Dredge the aubergine slices in flour and shake off any excess. Fry at a moderate temperature (160°C) until the bubbles disappear. Turn them before finishing cooking. Remove, season with salt and set aside on absorbent paper. Crumble the ORGANIC feta cheese. For the béchamel, heat the butter in a pan and, when it melts, add the flour. Cook for a couple of minutes while stirring. Add milk and stir continuously with a whisk. Add the ORGANIC crumbled feta cheese to the hot béchamel sauce and stir. If necessary, a pinch of salt can be added. Blend the béchamel to a very fine texture.

ASSEMBLY

Place the béchamel in a bowl and serve with the crisps.

NOTES

To cut the eggplant into slices more easily, first cut it in half lengthwise to obtain a flat support base. You can add a little milk for a lighter texture.

TIP

You can substitute the aubergine crisps with other shop-bought vegetable crisps.
Wine: Pommery Brut Royal Champagne



AUBERGINE CRISPS WITH ORGANIC FETA BÉCHAMEL

VIDEOS OF THE RECIPES ARE AVAILABLE ON OUR APP



AND ALSO ON www.iberconseil.es