



'Trahanas'

sour frumenty
with milk

FROM GREEK CULINARY TRADITION



PASTA INDUSTRY

HELIOS trahanas with red sauce and traditional sausages

Ingredients (for 6 servings)

- 250 g. HELIOS trahanas
- 2 ½ lt water
or vegetable broth
- 3 traditional sausages,
sliced
- 1 pepper, finely chopped
- 1 onion, finely chopped
- 1 tomato, grated
- 200 g. tomato
concentrate
- 4 tbsp olive oil
- Salt, pepper



Preparation:

In a saucepan, add the oil and sauté the sausage. Add the onion, tomato and pepper and continue sautéing for a few minutes. Add salt and pepper.

Add the trahanas, stir and add the water and tomato concentrate. Simmer for about 10 minutes, stirring regularly. Serve the soup warm.



HELIOS trahanas with feta cheese and paprika

Ingredients (for 6 servings)

- 250 g. HELIOS trahanas
- 2 lt water or chicken broth
- 200 g. feta cheese
- 250 g. milk
- 25 g. butter
- 1 tbsp paprika
- Salt, pepper



Preparation:

Put the water, butter, salt and pepper in a large pot and leave to boil. Pour in the frumenty and stir regularly for about 8 minutes. Reduce heat, add the milk and paprika, stir and simmer for another 5 minutes, until the frumenty thickens.

Cut the feta cheese into cubes. Serve the soup warm with feta cheese and a little paprika in the centre.



Can the essence of Greek culinary tradition be captured in a single type of pasta?



Trahanas is the traditional Greek pasta par excellence. With origins lost in the depths of time, it has nourished generations of Greeks. Rich in nutrients thanks to its two main ingredients, durum wheat semolina and milk, trahanas is easy-to-make, uniquely tasty pasta!

Faithful to Greek tradition, HELIOS Pasta Industry makes HELIOS Greek trahanas from durum wheat semolina and milk. Enjoy it in traditional Greek soups or engage your imagination and create your own recipes.

Use HELIOS trahanas as a filling for pies or stuffed vine leaves, as a side dish to meat and poultry or make a delicious trachanoto, using trahanas instead of rice.



PASTA INDUSTRY



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