

„Cooking is Love“

Elizavet is the new chef in "O Mikros Kosmos"

Introducing: Elizavet has been cooking in the evenings at "O Mikros Kosmos" since March. We are delighted that she is sharing her enthusiasm for Cretan dishes with our guests. Naturally, we wanted to find out more about Elizavet's cooking. Madeleine recorded the conversation.



"Cooking is part of our family: my father was a chef on an Italian freighter when he was young. When he returned after years away from his Cretan Homeland, he taught the Women in the Village how to make a good Mousaka and an particularly good Pastitsio: With this very special béchamel sauce - I still make the béchamel in exactly the same way today. I got into cooking because I fell in love with it: I got married very young. I come from Mitropoli and still live there. My husband came to live with me in my village. We started with very little and worked a lot.

I then started cooking for my husband and later for my whole family. I love him so much, and I just wanted to make it as nice as possible for us.

Yes, I cooked out of love and filled with love.

I didn't know anything at the beginning and the first potatoes were burnt. But of course I wanted to do better. So I thought about it, tried a lot and learned a lot. I also learned a lot from my mother-in-law. And later I learned "from scratch" in taverns. I really enjoy learning. I still attend courses run by top chefs



today. What interests me about gourmet cuisine is how the dishes are beautifully presented. But apart from that, I'm passionate about traditional Cretan cuisine. I'm interested in cooking with what the Cretan soil in the Messara plain has to offer: Cooking with herbs, wild vegetables and the fruits that grow here from this earth.

This is nature, this is earth, this is life. You can smell and taste it.

This is also my nature and my earth, this is my soul.

What I cook comes from this earth, it comes from my soul. The cooking, that is me. Αυτό. Κατάλαβες;

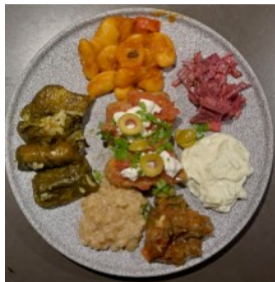
My cousin is the head chef in a renowned restaurant. She would like me to join her kitchen crew. But I don't want to leave here. I'm rooted here, this is where I belong“.

Elizavet had her own restaurant in Agii Deka and worked as head chef in a now renowned tavern in the Messara plain after the Covid lockdown. She came to "Kleine Welt" because she can cook on a smaller scale, have direct contact with guests - and have time for herself and her family despite all the work. And: because she can also experiment with Cretan recipes and try out new things. She is looking forward to that.



"My husband says I make up my recipes in my dreams. I would talk in my sleep about how to prepare the lamb and how to make starters. In fact, the ideas for my own recipes simply arise in my head. And I find inspiration in everything that grows and thrives here. It is often very simple things, vegetables, herbs, which in a certain combination develop irresistible fragrances. There are vegetables, herbs and fruit

The new hotel resort in the south of Crete



that you won't find anywhere else. Only here on Crete, our island. I live for cooking and for making sure that people have a good time with what I cook. And when I come here to "O Mikros Kosmos" and am

happy because it's so beautiful here and the people here are so cheerful and kind and radiant, then I can cook well.

Then I sing quietly to myself while I cook.

My favorite food?
It's all these beautiful, simple, typically Cretan, traditional dishes that I particularly like so much. Bamies for example. Soups. Salads. A beautiful piece of meat. Lamb with wild cretan vegetables. I just have it in me, this love of cooking. It really is love. I've always had them.

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