

Traditional Greek Meat Products

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The most common Traditional Greek Meat Products

- Traditional dried fresh sausages
- **Louza from Tinos**
- **Air dried Salami from Lefkada**
- Pastirma
- Cavourmas
- **Siglina or Siglia from Mani**
- **Apaki from Crete**

Map of Greece

Salami of
Leukada



Siglino

Luza

Apaki

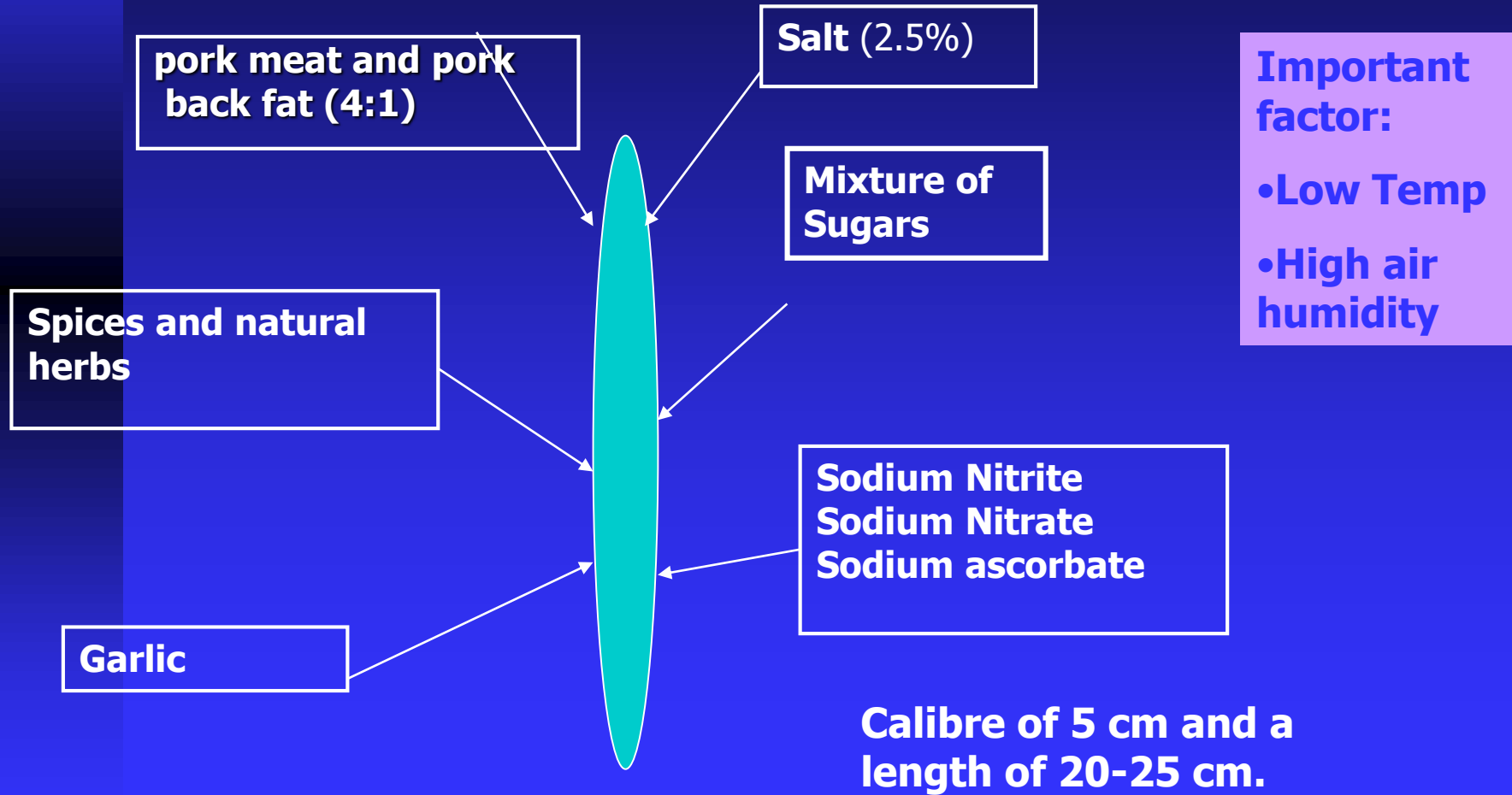
Siglino

Fermented Salami of Lefkada

- Typical fermented, coarsely comminuted dry salami, produced traditionally since the 19th century in the Ionian island of Lefkada.
- Popular all around Greece.
- Consumed in raw state as a condiment.
- Stable a_w product with mild - not too sour- taste, rich in aroma.
- Produced only at the winter, and after a long period of ripening at low temperatures, consumed raw during summer.

Fermented Salami of Lefkada

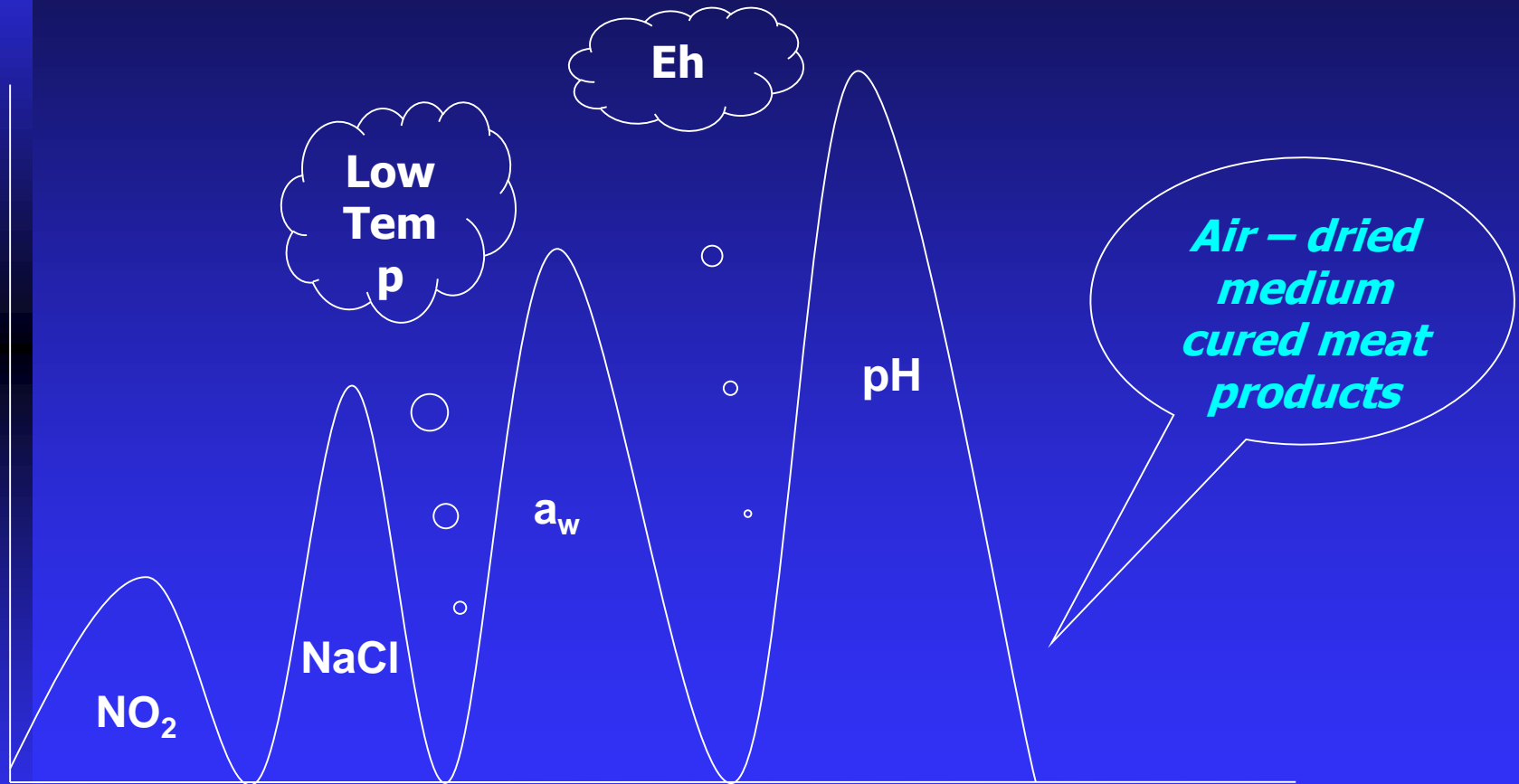
MAIN INGREDIENTS:



Microorganisms associated with the Product

- Initial flora consisting from **Psychrotrophic bacteria** (e.g. *Pseudomonas* spp), *B. thermosphacta* and molds and yeasts. (producing nice aromas!!!)
- Pathogenic bacteria (*St. aureus*, *E. coli*, *Salmonella* spp, *Listeria* spp and sulfite reducing bacteria).
- Lactic acid Bacteria (*L. sakei*, *L. plantarum*, *L. curvatus* etc)
- *Micrococcaceae*
- *Staphylococcaceae*

Hurdles involved with their storage stability and safety





Syglino from Mani

- Siglino is a traditional cooked meat product from Mani in Peloponnis.
- It consists of lean pork meat pieces without bones, which is cured with salt, marinated in red wine, smoked and cooked.
- Preserved dipped in olive oil or covered with melted pork fat and preserved sometimes without chilling.

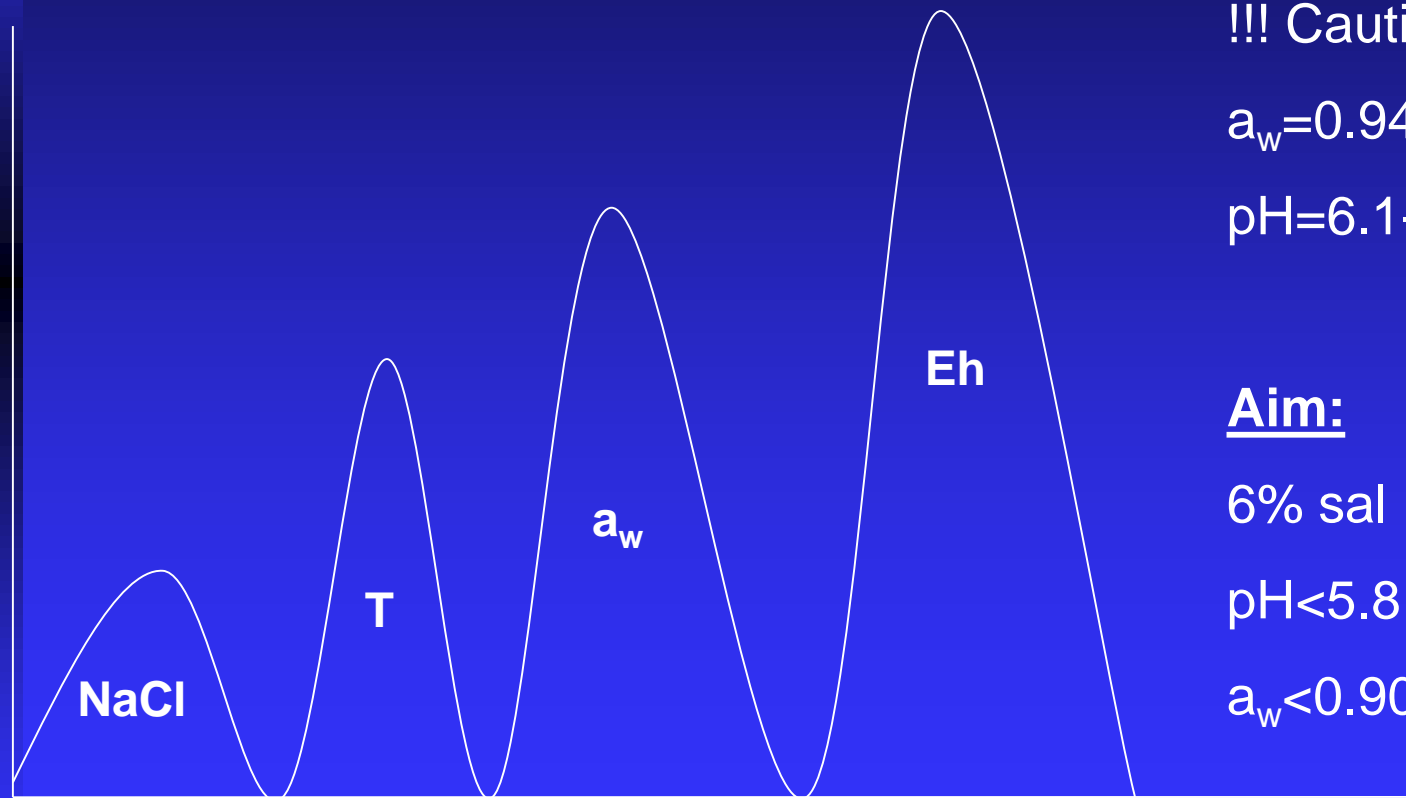
Processing techniques

- The meat used, is without fat and connective tissue, mainly from pork.
- The lean meat pieces from soultter or ham are cured with salt, marinated in red wine, smoked and cooked in water with red wine orange peels and spices
- The cooked meat pieces are cutted in pieces, placed in big pots and covered with oil or hot melted fat.
- The product is stored in cool rooms and consumed over summer or later on, alone or cooked with other foods.

Microorganisms associated with the Product

- Due to the production technology, syglino can be considered as a pasteurized product. All vegetative microorganisms are inactivated.
- Some spores of bacilli and clostridia can survive the heat processing.
- Recontamination with pathogenic bacteria (*St. aureus*, *E. coli*, *Salmonella* spp, *Listeria* spp and sulfite reducing bacteria) is a potential risk.

Hurdles involved with their storage stability and safety



!!! Caution!!!

$a_w=0.94-0.96$

pH=6.1-6.7

Aim:

6% sal

pH<5.8

$a_w<0.90$



Apaki from Crete

- A local cured and marinated pork meat product of Crete.
- It is produced usually from the fillet of the pork.
- The fillets are placed in salt and then in vinegar.
- After removed from the vinegar it is covered with spices.
- Apaki is dried in the air for many weeks
- Sometimes it is hot smoked

Processing techniques

- The meat used for apaci is taken from pork fillet or pork kotollets without bones.
- Meat strips are rubbed and covered with salt and nitrate for 1-3 days.
- After curing the meat pieces are soaked in water and dipped into wine vinegar for 2-4 days.
- After removed from the vinegar it is covered with spices and dried in the air for many weeks
- Sometimes it is hot smoked

Microorganisms associated with the product

- Initial flora consisting from Psychrotrophic bacteria (e.g. *Pseudomonas* spp) and molds and yeasts. Pathogenic bacteria (*St. aureus*, *E. coli*, *Salmonella* spp, *Listeria* spp and sulfite reducing bacteria) could be present.
- Lactic acid Bacteria (no so much growth!)
- *Micrococcaceae*
- *Staphylococcaceae*



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Το Απάκι είναι τρυφερό κρέας χοιρινού κομμένο σε φέτες και καπνισμένο με βότανα της Κρητικής Γης. Είναι ο κλασικός κρασομεζές για όλους που δίνουν σημασία στη γεύση. Είναι έτοιμο για σερβίρισμα αλλά μπορείτε να το ψήσετε ελαφρά. Παντρεύεται ιδανικά με ξηρό κόκκινο κρασί ή ούζο.



Apaki is a tender pork meat cut in slices and smoked with Cretan herbs. It's a typical wine "tapas" for everybody who has seeks the good taste. It's ready to eat but you can grill it a bit if desired. It is ideally combined with red dry wine or "ouzo".



Louza from Tinos

- A local salted and air dried pork meat product from the island of Tinos.
- It is produced usually from the cotollets of the pork.
- The meat pieces are placed in salt for 3-5 days.
- After removed from the salt are soaked dried for 6-12 hours and then put in the blind farm of cattle.
- It is dried in the air for many weeks

Microorganisms associated with the product

- Initial flora consisting from Psychrotrophic bacteria (e.g. *Pseudomonas* spp) and molds and yeasts. Pathogenic bacteria (*St. aureus*, *E. coli*, *Salmonella* spp, *Listeria* spp and sulfite reducing bacteria) could be present.
- Lactic acid Bacteria (no so much growth!)
- *Micrococcaceae*
- *Staphylococcaceae*



11/10/2011

