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SEXY STYLE RULES

SUMMER LOVERS

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The virtuoso of modern gastronomy

An unrepentant “taste hunter”, the chef of Kensho hotel became famous for his altered Cretan cuisine that upended tradition, holding onto the authentic flavors with ease, but combining them with new techniques.

What motivated you to get into gastronomy?
It was a love-hate relationship. From a young age, I was with my father, who was also a chef. From buying the ingredients, to coming in contact with nature, it all enchanted me and made me love gastronomy and make it an occupation.

Have your business priorities or needs changed since then?
Yes, a lot. Now, I just want to concern myself a lot with Greek products and old classic recipes. My greatest need is to create my own gastronomy.

Is Mykonos an inspiration, a way of life or a choice for you?
It’s an inspiration and a choice, to accomplish something different with Cretan and island gastronomy.

What makes you happy at the end of each professional day?
The emotions that my customers express with every dish they taste.

Five words that describe you.
Emotion, tradition, flavours, vision...
Kenshō. Wagyu Beef Stew.

Chef George Stylianoudakis

INGREDIENTS
1 kg beef cheeks
100 gr. tomato water
4 sprigs thyme
6 sprigs parsley
4 laurel leaves
2 cloves of garlic
8 whole allspice berries
8 peppercorns
800 gr. beef stock (see basic recipes)
60 gr. olive oil

PREPARATION
Place the beef cheeks in brine for four hours. Dry well, and store in the fridge. In the meantime, prepare the rest of the ingredients. Bring the tomato water, the stock, herbs and olive oil to a boil, stirring very well. Let ingredients release their aromas, and chill.

Once beef cheeks are ready, divide in two bags, pour in the marinade and seal. Cook at 62 C for 72 hours. Afterwards, heat in a bain marie and sear. Serve with a sauce of kuzu, cinnamon and beef stock.

Phoenix Restaurant.

Are you in the mood for Lebanese food and Eastern flavours with a twist? Your wish becomes reality at the new Phoenix Lebanese Restaurant & Sunset bar. Here, tasty tabbouleh salad and classic fattouch are in harmony with the sophisticated environment and island feel, created by the white backdrop and the endless views of Mykonos harbour. The atmosphere of the East is conveyed through the delicious flavors and aromatic smoke of the traditional hookah pipe swirling through the air. (Mykonos View Hotel, +30 22890 24045, mykonosview.gr)