



Tomorrow Tastes Mediterranean

International Conference

October 13 - 14, 2025

Kalamata and the Region of Messinia, Greece

On-site & Online



TORRIBERA MEDITERRANEAN CENTER



UNIVERSITAT
BARCELONA



Culinary Institute
of America



CAPTAIN VASSILIS & CARMEN
CONSTANTAKOPOULOS
FOUNDATION



In collaboration with:



SCHOOL OF PUBLIC HEALTH
Department of Nutrition

6th International Conference

Tomorrow Tastes Mediterranean

Elite City Resort, Kalamata, Greece

*Crafting our future at the nexus of Mediterranean culinary heritage,
personal and planetary health, innovation and exchange*

2025 Conference Program Schedule

Subject to change

All times are in Eastern European Summer Time (EEST)

Monday, October 13

8:30

Registration, Coffee and Light Breakfast

With local Messinian flavors



- 9:00 **Welcome – Tomorrow Tastes Mediterranean, 2025: Vantage Point Messina**
Presenters: **Michiel Bakker**, President, The Culinary Institute of America; Hyde Park, USA
Achilleas Constantakopoulos, Chairman, Captain Vassilis & Carmen Constantakopoulos Foundation; Athens, Greece
Rosa M. Lamuela-Raventós, Full Professor of Nutrition and Bromatology and Researcher at the Institute of Nutrition and Food Safety, University of Barcelona and Group Director, Natural Antioxidants/Polyphenol Research Group, CIBEROBN; Barcelona, Spain
- 9:30 Plenary Session I
The Healthy, Sustainable Mediterranean Diet: At the Leading Edge of Science, Translating for Modern Appetites and Lifestyles
Moderator: **Greg Drescher**, Senior Advisor for Strategic Partnerships, Industry Leadership and Impact, The Culinary Institute of America; Hyde Park, USA
Presenters: **Frank Hu**, Fredrick J. Stare Professor of Nutrition and Epidemiology, Chair of the Dept. of Nutrition, Harvard T.H. Chan School of Public Health; Boston, USA
Walter Willett, Professor of Epidemiology and Nutrition, Harvard T.H. Chan School of Public Health; Co-Chair, EAT-Lancet Commission on Food, Planet and Health; Boston, USA
Antonia Trichopoulou, Member of the Academy of Athens; Head, Center for Public Health Research and Education (CEPHRE), Academy of Athens; Full Professor Emeritus, University of Athens School of Medicine; Athens, Greece
Miguel Ángel Martínez González, Professor, Preventive Medicine and Public Health, University of Navarra; Adjunct Professor, Dept. of Nutrition, Harvard T.H. Chan School of Public Health; Pamplona, Spain
Ramon Estruch, Senior Consultant and Internal Medicine Department, Hospital Clinic; Professor of Medicine, University of Barcelona; Chair, Scientific Advisory Council, Torribera Mediterranean Center; Barcelona, Spain
- 11:00 **Coffee/Networking break**
- 11:30 Plenary Session II
Renewing the World Heritage of the Mediterranean Diet, Part I: From Government and Academia to Agriculture and Industry
Moderator: **Giorgos Tsiros**, Managing Editor of Magazines and Special Publications, Kathimerini; Athens, Greece
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Presenters: **Kostas Tsiaras**, Minister of Rural Development and Food; Former Minister of Justice; Member of the Hellenic Parliament for Karditsa; Athens, Greece
Stefanos Fotiou, Director of the Office of Sustainable Development Goals at the Food and Agriculture Organization (FAO) of the United Nations; Leader of the UN Food Systems Coordination Hub; Rome, Italy
Diego Canga Fano, Acting Deputy Director General, DG AGRI European Commission; Brussels, Belgium

12:30

Plenary Session III

Looking Back, Looking Forward: Cultural Exchange and Evolution around the Mediterranean Kitchen

Moderator: **Michael Sperling**, Vice President of Academic Affairs, Chief Academic Officer, The Culinary Institute of America; Hyde Park, USA
Presenters: **Noga Arikha**, Senior Expert at Florence School of Transactional Governance, European University Institute; Florence, Italy
Jack Davis, Carl W. Blegen Professor of Greek Archaeology, University of Cincinnati; Cincinnati, USA
Evi Margaritis, Associate Professor in Environmental Archaeology, The Science and Technology in Archaeology and Culture Research Centre at The Cyprus Institute; Nicosia, Cyprus
Villy Fotopoulou, Director of Modern Culture Heritage, Hellenic Ministry of Culture; Athens, Greece

13:30

Lunch

Local Messinian and Mediterranean bites prepared by the students and professors of Orizon culinary school

14:30

Plenary Session IV

Planetary Health—Our Meals, Our Cultures, Our Future *The Release of the EAT-Lancet 2.0 Commission Report and its Projected Impact*

Moderator: **Ellen Cecilie Wright**, Senior Science Officer, EAT; Oslo, Norway
Presenters: **Walter Willett**, Professor of Epidemiology and Nutrition Harvard T.H. Chan School of Public Health; Co-Chair, EAT-Lancet Commission on Food, Planet and Health; Boston, USA
Demetres Karavellas, CEO and Chair of the WWF Mediterranean Marine Initiative, WWF Greece; Athens, Greece
Natassa Kannavou, Co-Founder, Digital Democracy Foundation; Athens, Greece



15:45

Plenary Session V

Tradition Re-imagined and the Pursuit of Excellence: Olive Oil, Wine, and Bread at the Mediterranean Table

Moderator: **Diane Kochilas**, Chef, Cooking School Owner, Cookbook Author and Host of PBS Series, *My Greek Table*; Athens, Greece

Presenters: **Tassos Kyriakides**, Assistant Professor, Yale School of Public Health; Co-Organizer of the Annual Yale Symposia on Olive Oil & Health; New Haven, USA

Konstantinos Lazarakis (Master of Wine), President, WSPC Wine School; General Manager, AIOLOS S.A.; Co-owner, Wine Wonders LLC.; President, Thessaloniki International Wine & Spirits Competition; Athens, Greece

Jaime Lillo, Executive Director, International Olive Council; Madrid, Spain

Stellios Boutaris, President, Greek Wine Federation; CEO, Ktima Kyr-Yianni Winery; Athens, Greece

16:45

Coffee/Networking break

17:15

Concurrent Workshops

1. Beyond Extra-Virgin: Olive Oil, Phytochemicals and the Taste of Excellence

Location: Main Stage / Language: English with Greek translation

Moderator: **Alexandra Kicenik Devarenne**, Consultant, Writer and Educator, CalAthena; CEO and Co-Founder, Extra Virgin Alliance; Petaluma, USA

Presenters: **Rosa M. Lamuela-Raventós**, Full Professor of Nutrition and Bromatology and Researcher at the Institute of Nutrition and Food Safety, University of Barcelona and CIBEROBN; Barcelona, Spain

Manolis Papoutsakis, Chef and Co-Owner, Haroupi, Ten Tables and Pharaoh Restaurants; Thessaloniki and Athens, Greece

Discussant: **Maria Loi**, Chef and Owner, Loi Estiatorio Restaurant; Author and Television Host, *Life of Loi: Secrets of the Mediterranean*; New York, USA

2. From the Olive Groves to the Table: Flavor Development in the Plant-Centric Mediterranean Kitchen

Location: Yamas Restaurant / Language: English, no translation

Moderator: **Joseph R. Profaci**, Executive Director, North American Olive Oil Association; New York, USA



Presenters: **Jason Potanovich**, Chef and Associate Dean, Chair of the Olive Oil Working Group, The Culinary Institute of America; Hyde Park, USA
María José San Román, Gastronomic Director, Monastrell Restaurant; CEO, María José San Roman Group; Alicante, Spain

3. **Modern Greek Wine: The World Discovers the Possibilities of Ancient Varietals and More**

Location: Second Floor Room / Language: Greek, no translation

Moderator: **Stelios Boutaris**, President, Greek Wine Federation. CEO, Ktima Kyr-Yianni Winery; Athens, Greece

Presenters: **Stefanos Koundouras**, Professor of Viticulture, Aristotle University of Thessaloniki; Leading Expert in Vine Physiology, Terroir, and Sustainable Mediterranean Viticulture; Thessaloniki, Greece

Konstantinos Lazarakis, (Master of Wine), President, WSPC Wine School; General Manager, AIOLOS S.A.; Co-owner, Wine Wonders LLC.; President, Thessaloniki International Wine & Spirits Competition; Athens, Greece

Yiannis Baxevanis, Chef, Writer and Culinary Consultant; Athens, Greece

4. **Elevating Plant Protein in the Mediterranean Kitchen: World-Class Inspiration with Nuts, Peas, Beans and Lentils**

Location: Pool Room / Language: English, no translation

Moderator

/Presenter: **Diane Kochilas**, Chef, Cooking School Owner, Cookbook Author, Host of PBS Series, *My Greek Table*; Athens, Greece

Presenters: **Ramon Estruch**, Senior Consultant, Internal Medicine Department, Hospital Clinic; Professor of Medicine, University of Barcelona; Chair Scientific Advisory Council, Torribera Mediterranean Center; Barcelona, Spain

Michel Lucas, Professor of Epidemiology and Culinary Medicine, Faculty of Medicine, Laval University; Researcher, CHU de Quebec Research Center; Quebec City, Canada

Discussant: **Walter Willett**, Professor of Epidemiology and Nutrition, Harvard T.H. Chan School of Public Health; Co-Chair, EAT-Lancet Commission on Food, Planet and Health; Co-Chair, International Carbohydrate Consortium; Boston, USA

5. **Breads and Whole Grains: From Paximadia and the Delicious Art of Long Fermentation to Mechanisms Involved in the Reduction of Chronic Disease and Healthy Longevity**

Location: Back Room / Language: English with Greek translation



Moderator: **Polina Tsalgatidou**, Adjunct Assistant Professor at Department of Agriculture; University of Peloponnese, Kalamata, Greece

Presenters: **Frank Hu**, Fredrick J. Stare Professor of Nutrition and Epidemiology, Chair of the Dept. of Nutrition, Harvard T.H. Chan School of Public Health; Boston, USA
Seirios Kaisaris, Owner & Bread Baker, Seirios Bakery; Kalamata, Greece

Discussants: **Miguel Ángel Martínez González**, Professor, Preventive Medicine and Public Health, University of Navarra; Adjunct Professor, Dept. of Nutrition, Harvard T.H. Chan School of Public Health; Pamplona, Spain
Aris Kefalogiannis, Food Entrepreneur and CEO, CREAT the Foodies Island; Athens

18:30 **End of day 1**
Enjoy dinner on your own

Tuesday, October 14

8:30 **Registration, Coffee and Light Breakfast**
With local Messinian flavors

9:00 Plenary Session VI
Crafting Flavor in the Eastern Mediterranean Kitchen: From Greece and Turkey to the Levant

Moderator: **Maureen Costura**, Professor of Applied Food Studies, CIA; Hyde Park, NY

Presenters: **Özgür Taş**, Chef and Co-Owner, Arjin Experience Restaurant; Trikala, Greece
Şemsa Denizsel, Chef, Author and Youtuber; Thessaloniki, Greece
Kamal Mouzawak, Chef and Food Writer; Beirut, Lebanon

9:50 Plenary Session VII
Healthy and Craveable: Of Chefs, Signature Flavors, and Innovation in the Professional Mediterranean Kitchen

Moderator: **Maria Loi**, Chef and Owner, Loi Estiatorio Restaurant; Author and Television Host, *Life of Loi: Secrets of the Mediterranean*; New York, USA

Presenters: **Manolis Papoutsakis**, Chef and Co-Owner, Haroupi, Ten Tables and Pharaoh Restaurants; Thessaloniki and Athens, Greece
Nikos Billis, Executive Chef, W Hotel at Costa Navarino; Pilos, Greece
Christoforos Peskias, Chef and Owner, Dopios and Kapsa Restaurants; Athens, Greece

- 10:40 Plenary Session VIII
Renewing the World Heritage of the Mediterranean Diet, Part II: Perspectives on Agriculture and its Future
- Moderator: **Effie Lazaridou**, Chief Executive Officer, New Agriculture New Generation; Athens, Greece
- Presenters: **Vasilios Gkisakis**, Researcher, National Agricultural Research Foundation, ELGO – DIMITRA; Kalamata, Greece
Alkis Alexandrou, General Manager, Piraeus Bank; Athens, Greece
- Discussant: **Ellen Cecilie Wright**, Senior Science Officer, EAT; Oslo, Norway
- 11:25 **Coffee / Networking Break**
- 11:45 Plenary Session IX
Healthy and Scalable: Mediterranean Plant-Forward Flavors in High-Volume Foodservice, from Schools and Hospitals to the Workplace and Hotels
- Moderator
/ Presenter: **Michiel Bakker**, President, The Culinary Institute of America; Hyde Park, USA
- Presenters: **Joris Larigaldie**, Director of Culinary and F&B Operations, Costa Navarino; Pilos, Greece
Iakovos Apergis, Chef, Piraeus General Hospital – Tzaneio; Athens, Greece
- 12:30 Plenary Session X
Of “Food as Medicine” and “Super Foods” -- Frontiers of Discovery around Polyphenols and other Bioactive Compounds in the Mediterranean Diet
- Moderator: **Frank Hu**, Fredrick J. Stare Professor of Nutrition and Epidemiology, Chair of the Dept. of Nutrition, Harvard T.H. Chan School of Public Health; Boston, USA
- Presenters: **Leandros Skaltsounis**, Professor, School of Pharmacy, University of Athens; Athens, Greece
Rosa M. Lamuela-Raventós, Full Professor of Nutrition and Bromatology and Researcher at the Institute of Nutrition and Food Safety, University of Barcelona and Group Director, Natural Antioxidants/Polyphenol Research Group, CIBEROBN; Barcelona, Spain
Antonia Trichopoulou, Member of the Academy of Athens; Head, Center for Public Health Research and Education (CEPHRE), Academy of Athens; Full Professor Emeritus, University of Athens School of Medicine; Athens, Greece



Andriana C. Kaliora, Professor in Human Nutrition & Foods, Department of Nutrition and Dietetics, School of Health Sci. & Education, Harokopio University; Athens, Greece

13:15 Plenary Session XI

The Mediterranean Diet in the World: Perspectives from Cultures Near and Far; and Social Media

Moderator: **Angeliki Kosmopoulou**, Archaeologist, Story Strategist and Philanthropy Advisor; Founder, Storymentor; Athens, Greece

Presenters: **María José San Roman**, Gastronomic Director, Monastrell Restaurant. CEO, María José San Roman Goup; Alicante, Spain

Cuilin Zhang, Chair, Professor and Director, Global Center for Asian Women's Health (GloW) and Department of Obstetrics & Gynecology, Yong Loo Lin School of Medicine, National University of Singapore; Adjunct Professor of Nutrition, Harvard T.H. Chan School of Public Health; Singapore

Sara Roversi, Activist, Author, Speaker, Entrepreneur; Founder, Future Food Institute; Bologna, Italy

14:00 **Conference Closing Remarks**

Presenter: **Robert Jones**, Vice President, Strategic Partnerships, Industry Leadership and Impact; The Culinary Institute of America; Hyde Park, USA

Xenophon Kappas, General Manager, Captain Vassilis and Carmen Constantakopoulos Foundation; Athens, Greece

Rosa M. Lamuela-Raventós, Full Professor of Nutrition and Bromatology and Researcher at the Institute of Nutrition and Food Safety, University of Barcelona and CIBEROBN; Barcelona, Spain

14:15 Transfer to Kalamata's Agora (Public Market)

14:45 **Mediterranean Marketplace Food Festival: Exploring the Kalamata Agora**

The Central Market in Kalamata, one of the most vibrant in the whole of the Peloponnese, is the setting for our concluding conference event. The festival will connect speakers, attendees, media representatives and sponsors with the local community; with farmers, fishermen and small food producers in the region; and with the rich culinary traditions of Messinia and the whole of the Mediterranean.

Participants will embark on a culinary journey featuring thematic stops that highlight the importance of local and other Mediterranean-sourced ingredients and direct producer-customer connection, as well as tasting experiences created in collaboration

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between local chefs and guest chefs from elsewhere in Greece and the Mediterranean. Local winemakers will pour their best, and olive oil producers from Messinia and around the Mediterranean will share a spectrum of excellent EVOOs, including some that are just pressed from the new, fall 2025 harvest.

In one place, conference attendees will be able to experience the delicious entirety of the seasonal market basket that has shaped and inspired the traditional Greek Mediterranean Diet in Messinia.

*A highlight of the program will be a live cooking demonstration by **Lefteris Lazarou**, one of Greece's most acclaimed chefs, who will prepare lionfish – an invasive species in the Mediterranean. By showcasing its culinary potential, he will not only bring his creativity and deep knowledge of Mediterranean gastronomy to the Agora stage, but also highlight the importance of sustainability and the role gastronomy can play in protecting marine ecosystems.*

Cooking Station 1

Savoring the Mediterranean. Culinary Stories from the Heart of the Diet: Cooking with Three Ingredients

A creative culinary journey where chefs showcase the essence of the Mediterranean diet by preparing dishes with just three main ingredients, highlighting simplicity, seasonality, and authentic flavors.

Host: Manolis Papoutsakis, Chef and Co-Owner, Haroupi, Ten Tables and Pharaoh Restaurants; Thessaloniki and Athens, Greece

Guest Chefs & Time Slots:

- 14:45 – Group A **Leonidas Kiriakopoulos**, Chef, Oinopantopoleio Chrysomallis; Kalamata, Greece
- 15:10 – Group B **Jason Potanovich**, Chef and Associate Dean, Chair of the Olive Oil Working Group, The Culinary Institute of America; Hyde Park, USA
- 15:40 – Group C **Şemsa Denizsel**, Chef, Author and Youtuber; Thessaloniki, Greece
- 16:10 – Group D **Stavriani Zervakakou**, Chef and Owner, Aspasia Restaurant; Stavri-Mani, Greece

Public Sessions:

- 16:30 **Jason Potanovich**, Chef and Associate Dean, Chair of the Olive Oil Working Group, The Culinary Institute of America; Hyde Park, USA

- 17:00 **Leonidas Kiriakopoulos**, Chef, Oinopantopoleio Chrysomallis; Kalamata, Greece

Cooking Station 2

From Local Producers to Your Plate: Ladera

A tribute to Mediterranean ladera – vegetable-based dishes in olive oil – prepared with fresh products from local producers, celebrating authenticity, health, and sustainability.

Host: Dimitris Antonopoulos, Journalist and Gastronomy Expert; Athens, Greece

Guest Chefs & Time Slots:

- 14:45 – Group B **Giannis Koumanis**, Chef and Owner, Versallies Restaurant; Kalamata, Greece
- 15:10 – Group C **Özgür Taş**, Chef and Co-Owner, Arjin Experience Restaurant; Trikala, Greece
- 15:40 – Group D **Sotiris Boutsikos**, Chef, Carina Restaurant; Koroni, Greece
- 16:10 – Group A **Georgia Koutsoukou**, Executive Chef, Food Traditions of Messinia; Slow Food Chef Leader for the Peloponnese; Koroni, Greece

Public Sessions:

- 16:30 **Sotiris Boutsikos**, Chef, Carina Restaurant; Koroni, Greece
- 17:00 **Georgia Koutsoukou**, Executive Chef, Food Traditions of Messinia; Slow Food Chef Leader for the Peloponnese; Koroni, Greece

Cooking Station 3

A Taste of the Season: Greens in Mediterranean Cuisine

A culinary journey celebrating fresh, seasonal greens and herbs, highlighting their central role in the Mediterranean diet through simple, flavorful preparations.

Host: Christoforos Peskias, Chef and Owner, Dopios and Kapsa Restaurants; Athens, Greece

Guest Chefs & Time Slots:

- 14:45 – Group C **Spiros Kompogiannitis**, Chef and Owner, Kardamo Restaurant and Nom Street Food; Kalamata, Greece
- 15:10 – Group D **Kamal Mouzawak**, Chef and Food Writer; Founder of Souk El Tayeb; Beirut, Lebanon

- 15:40 – Group A **Diane Kochilas**, Chef, Cooking School Owner, Cookbook Author and Host of PBS Series, *My Greek Table*; Athens, Greece
- 16:10 – Group B **Yiannis Baxevanis**, Chef, Writer and Culinary Consultant; Athens, Greece

Public Sessions:

- 16:30 **Kamal Mouzawak**, Chef and Food Writer; Founder of Souk El Tayeb; Beirut, Lebanon
- 17:00 **Spiros Kompogiannitis**, Chef and Owner, Kardamo Restaurant and Nom Street Food; Kalamata, Greece

Cooking Station 4

Fish as a Key Element of the Mediterranean Diet

Exploring the richness of Mediterranean cuisine through fish, this station showcases seasonal, sustainable seafood prepared with traditional and innovative techniques.

Host: Angeliki Kosmopoulou, Archaeologist, Story Strategist and Philanthropy Advisor; Founder, Storymentor; Athens, Greece

Guest Chefs & Time Slots:

- 14:45 – Group D **María José San Román**, Gastronomic Director, Monastrell Restaurant; CEO, María José San Roman Group; Alicante, Spain
Joris Larigaldie, Director of Culinary and F&B Operations, Costa Navarino; Messinia, Greece
- 15:10 – Group A **Lluís Bofill Miquel**, Food Journalist; Director, GastroEvents; Tarragona, Spain
Rosa Bel, Head of Production and Organization of Gastronomic Events; Begur, Spain
Kostas Vassiliadis, Chef and Owner, Mple Kanarini Restaurant; Kalamata, Greece
- 15:40 – Group B **María José San Román**, Gastronomic Director, Monastrell Restaurant; CEO, María José San Roman Group; Alicante, Spain
Kostas Vassiliadis, Chef and Owner, Mple Kanarini Restaurant; Kalamata, Greece
- 16:10 – Group C **Lluís Bofill Miquel**, Food Journalist; Director, GastroEvents; Tarragona, Spain
Rosa Bel, Head of Production and Organization of Gastronomic Events; Begur, Spain
Joris Larigaldie, Director of Culinary and F&B Operations, Costa Navarino; Messinia, Greece



Public Sessions:

- 16:30 **María José San Román**, Gastronomic Director, Monastrell Restaurant; CEO, María José San Roman Group; Alicante, Spain
Joris Larigaldie, Director of Culinary and F&B Operations, Costa Navarino; Messinia, Greece
- 17:00 **Lluís Bofill Miquel**, Food Journalist; Director, GastroEvents; Tarragona, Spain
Rosa Bel, Head of Production and Organization of Gastronomic Events; Begur, Spain
Kostas Vassiliadis, Chef and Owner, Mple Kanarini Restaurant; Kalamata, Greece

Sponsor & Local Associations Booths

14:45 – 17:15 Exhibition stands featuring sponsors, local producers and cultural associations

Conference attendees and the public will have the opportunity to interact directly with partners and community representatives, discover regional initiatives, and engage with organizations supporting the values of the Mediterranean Diet

17:15 End of the conference