

"We don't want dirty medals"

Greek Olympic Committee (EOE) President Minos Kyriakou, speaking to the ANA-MPA at the "Greek Home" in Beijing over the weekend on the occasion of the first positive sample found in a doping test carried out with 400 meters hurdle star Fani Halkia, (the second doping case during the current Olympic Games period, said that "we want pure sport, we don't want dirty medals."

Kyriakou stressed that "what is our philosophy? We want pure sport, we don't want dirty medals. If we can't have fair medals, then we shall have mass sport. Never dirty championship seeking, however. The EOE will continue checks at an even more intensive rate until the phenomenon of those who use substances, cheating their fellow athletes and the Olympic movement is eliminated as much as possible, of course."

He added that "not all athletes are doped. Sport is not dirty in its entirety. There is the category of those who undermine sport and we are chasing them all the way. The EOE has quadrupled checks and expenditures for doping control. From 2004 until today, and with our own resources, we have spent an amount in excess of half a million euros for doping checks. For the first time, all athletes were subjected to four checks before the Olympic Games."

Kyriakou also revealed that he will seek re-election for a second four-year tenure in the upcoming elections, while stressing that the EOE will call on the government to enforce stricter penalties for athletes guilty of doping.



SEGAS announcement

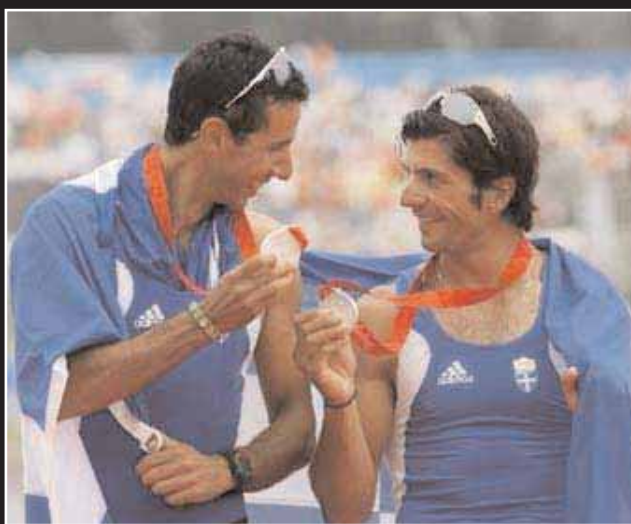
The Greek athletics federation (SEGAS) issued an announcement on Sunday, in the wake of the new doping case appearing in Greek athletics, expressing its profound regret over the development.

"SEGAS expresses its profound regret over the new blow dealt at Greek sport and at athletics in particular, with the positive first sample of Athens Olympic Games gold medalist Fani Halkia," the announcement said.

"In no way can these isolated cases change the overall splendid image of Greek athletics," it went on to say, adding that "unfortunately, it is being proved once again in a very painful way that the struggle against doping is long and difficult."

The announcement also underlined that the responsibilities of a coach are evident and indisputable and that from now on every positive sample of an athlete will result in the automatic and lifelong termination of every relation between the coach and the federation.

First medals for Greece



Six Greek athletes won the first three medals for Greece in the 2008 Beijing Olympic Games on Sunday.

Vasilis Polymeros and Dimitris Mougios won the Men's Lightweight Double Sculls Rowing silver medal, while the crew from Great Britain clinched the gold and the one from Denmark the bronze.

Greek champion Chrysopigi Devetzi claimed the bronze in Triple jump, jumping as far as 15.23m. Earlier, Sofia Bekatorou, Sofia Papadopoulou and Virginia Kravarioti had won the bronze medal in Sailing Yngling.

Chrysi Biskitzi and Alexandra Tsiavou came sixth in the Lightweight Women's Double Sculls, 7:04.61.

Greek monastic food gets cookbook treatment

Mount Athos, Greece » In a secluded Orthodox Christian sanctuary, the phone is ringing again for Father Epifanios Milopotaminos.

Ever since he wrote a cookbook sharing his secrets for feeding his fellow monks, Milopotaminos' cell phone rings constantly with requests to speak at seminars, appear on television and do cooking demonstrations.

He's an unlikely candidate for sudden celebrity; in the nearly four decades since he took charge of cooking on the secluded Mount Athos sanctuary, little about what he does has changed.

"It's the same way meals were prepared 100 years ago, or 50 years ago," Epifanios says of the meat- and dairy-free diet, much of it cooked over a log fire. "It's a clean diet that people once ate across the eastern Mediterranean."

This year he shared that diet, collecting 126 of his recipes in a book that provides a rare glimpse into life in this community of some 1,500 monks in 20 monasteries that strictly limits outside access, including barring women.

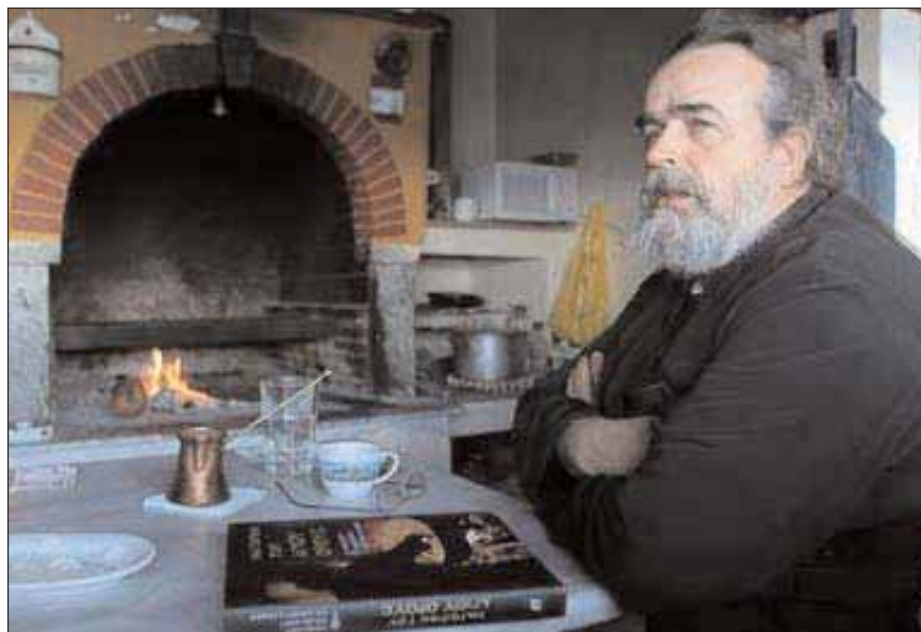
And people appear to like what they see.

"People are curious because we use different ingredients and different methods," he says.

Epifanios already has appeared on a popular Greek cooking show and his publisher, Synchronoi Ozizontes, says the leather-bound cookbook has sold 12,000 copies, a healthy figure for the local

Athens nutrition scientist Paraskevas Papachristou says books such as Father Epifanios' get a great deal of attention because Greeks generally want to eat healthier.

Published in April, "Cooking on Mount Athos" (so far available only in



Greek Orthodox monk Father Epifanios sits in his kitchen with his book of recipes at the chapel of Mylopotamos on Mount Athos. (Nikolas Giakoumidis / The Associated Press)

Greek) offers unpretentious, tasty recipes. Don't expect arugula with balsamic vinegar. Rather, lots of chickpeas and bitter wild greens.

"Monks at Mount Athos don't eat meat," says Epifanios. "The word butter is never mentioned in the book, and we don't add flour to thicken sauces. We just let the ingredients boil down."

Slow cooking suits the heavily bearded monks, who rise well before dawn and spend much of their day in prayer.

"We have a lot of time, without families, wives and children to tend to," Epifanios says.

Dinner, and its unhurried preparation, is where the talking takes place. Monks, migrant workers and guests sit around Epifanios' table peeling potatoes, slicing vegetables and topping up glasses with monastery-made wine or the potent grape-residue spirit, tsipouro.

On special occasions, it's the same food made on a much larger scale. The monks use two hefty wooden poles to place pots more than a yard wide onto outdoor fires.

"People are less in touch with their natural surroundings nowadays," Epifanios says. "They used to eat what they found around them and what they could gather."

Braised cod with plums

Traditional versions of this dish call for salt cod, which is cod that has been salted and dried. Though delicious, salt cod can be tedious to prepare, as it must be soaked in water for hours to remove excess salt.

This version has been adapted for fresh cod, a substitution that also reduces cooking time.

- 3 tablespoons olive oil
- 3 cloves garlic, minced
- 1 large yellow onion, diced
- 1 pound plums, halved and pitted
- 1 1/2 pounds cod
- 1/2 teaspoon kosher salt
- Juice of 1 lemon

2 tablespoons chopped fresh parsley

Freshly ground black pepper, to taste
In a large, deep frying pan over medium-high heat, combine olive oil, garlic and onion. Sauti until onion just begins to soften, about 3 to 4 minutes.

Add plums and sauti another 2 minutes. Arrange cod over onions and plums, then add enough water to come halfway up the cod. Sprinkle cod with salt, then bring water to a simmer, cover and cook 15 minutes, or until the cod flakes easily.

Sprinkle lemon juice and parsley over cod, then season with pepper.

Serves » 4 to 6 servings

