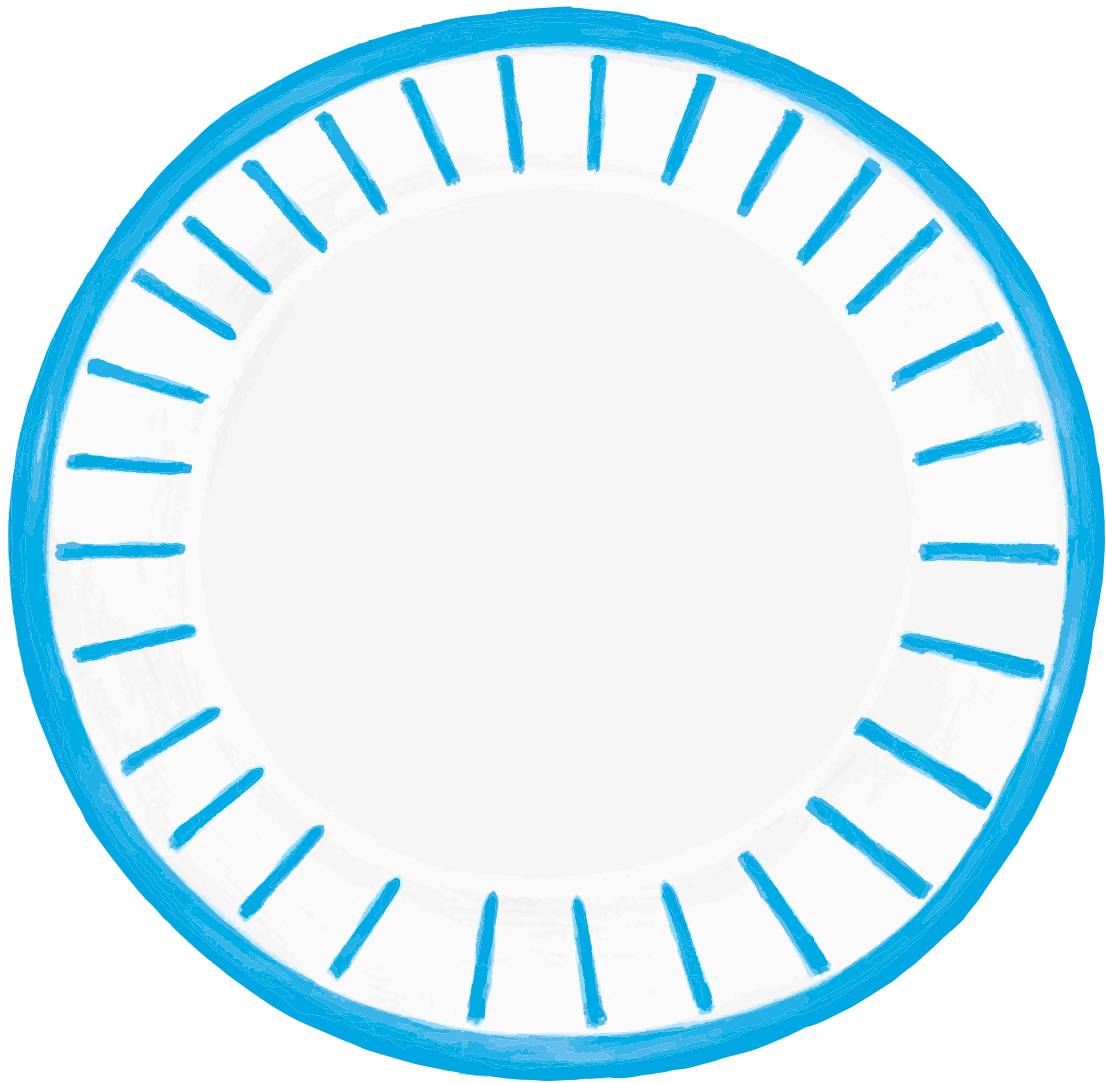


A TASTE OF
GREECE





Product Catalogue

Contents

About us	06
Our company	08
Our numbers	10
Our Brand	12
Our Products	14
Twist Pies	16
Homemade Pies	18
Bougatsa Pies	20
Mini Pies	22
Croissants	24
Filo Dough	26
Our Recipes	28
Spinach Pie	30
Cheese Pie	32
Onion Pie	34
Mini Rolls with Greens	36
Aubergine Pie	38
Leek Pie with Ham	40
Galaktobureko	42
Mini Cheese Pies	44
Puff Pastry Mini Pies with Spinach & White Cheese	46
Pepper Pie	48
Chicken & Cheese Tart	50
Brownie Tart	52
We are Greeks	54

All products are deep frozen and the photos are serving suggestions.





About us



*We bake
History*
— since 1974 —



Our company



Michail Arabatzis S.A. - Hellenic Dough is one of the largest frozen dough manufacturers in Europe and the #1 company in Greek frozen dough specialties globally.

Every year, it delivers 500.000.000 delightful moments to more than 40 countries, as 1,5 million consumers enjoy one of its 700+ products every day! With over 50 years of experience, a commitment to Greek culinary tradition, and an exceptional team of 870 skilled professionals, the company continuously enriches its product range with innovative, high-quality added value and extremely safe products.

We produce more than 700 sku's in our 3 owned state-of-the-art production plants in Thessaloniki - Greece for both Food Service and Retail, through our brands - Chryssi Zymi, Elzymi, Hellenic Dough and we also invest to strategic cooperations with significant retailers producing private label products.

Having incorporated the principles of sustainable development into its business strategy, it aims to create long-term value for all stakeholders. Additionally, the company has adopted the 10 principles of the United Nations Global Compact, of which it is a member. Its Platinum distinction in the EcoVadis sustainability performance evaluation process ranks it in the top 1% of companies evaluated by the organization globally.

Our mission is to offer products that safeguard & pass on the Greek nutritional tradition to future generations, while inspiring consumers worldwide to embrace the wisdom of Greek cuisine.



Our numbers

1.500.000

consumers enjoy our products daily

500.000.000

bites every year

3

production plants

32

state-of-the-art production lines

>850

employees

700

different products

4.500

customers globally

Presence in

>40

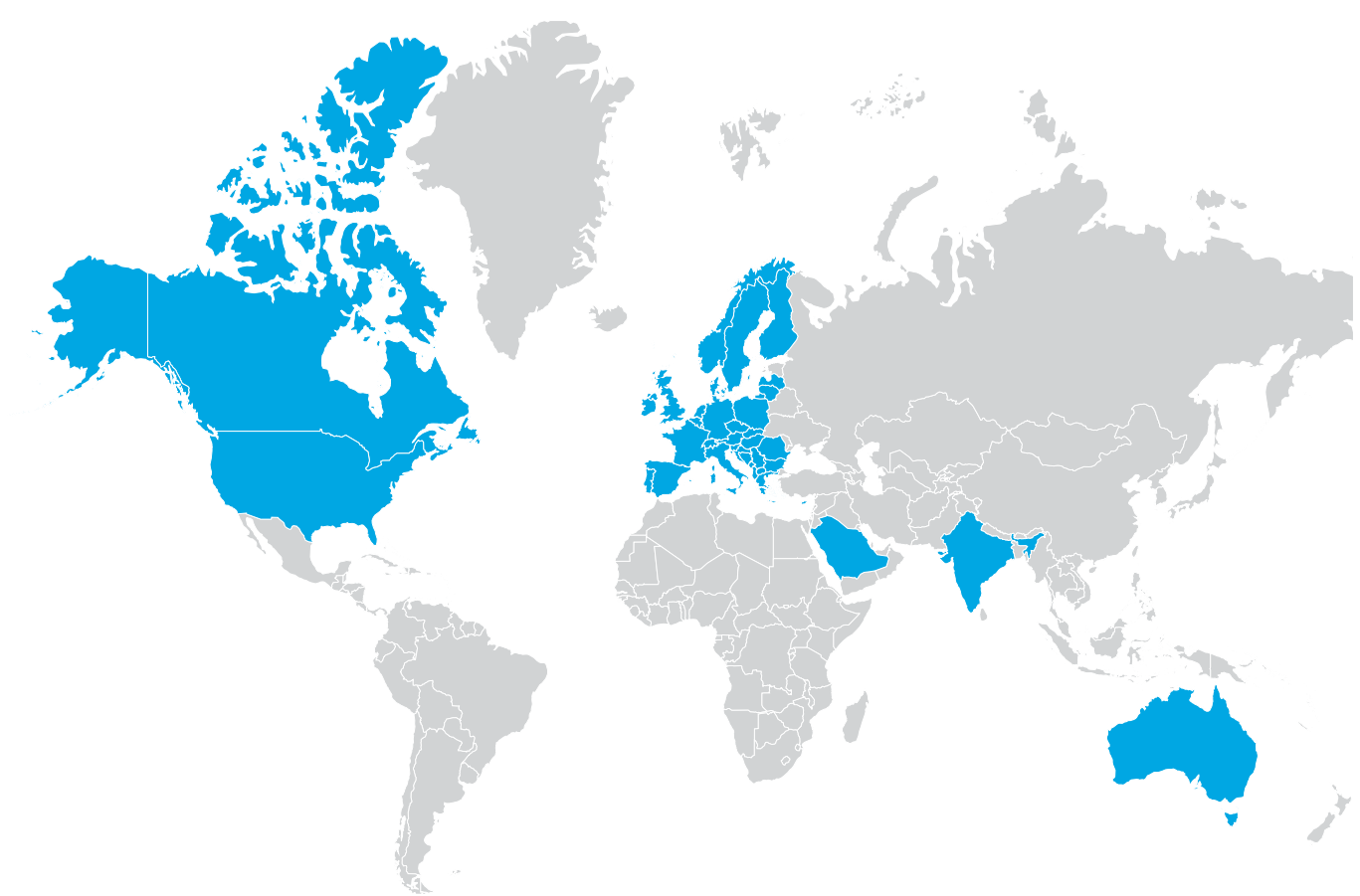
countries

>1.000

ship containers yearly

>2.500

trucks distribute our products in Europe



#1 company
in **Greek frozen dough specialties**
globally

Our Brand



Elzymi includes all the Greekness, the authentic traditional flavors and aromas of our country and all these secret recipes that Greek householders created with care and love for their beloved.

Elzymi's products have been inspired by Greek tradition and have all the nutritional wisdom of the Mediterranean diet.

Just one bite offers all the indulgence, quality and delicious taste.

Elzymi's filo pastries are just a unique taste experience!

Delicious Greek Flavors!



Our Products

Twist Pies



Having a special twisted shape and inspired by authentic Greek recipe with pure local ingredients, Elzymi Twist Pies are a unique tasty flavor, savory or sweet.



200602 | 800g.

**Twist Pie
with Spinach, Mizithra &
Feta Cheese P.D.O.**

Canada

8 x 800g. | EUR 70 & UK 120

180°C 40'

• NO PRESERVATIVES NOR COLOURING AGENTS



200603 | 800g.

**Twist Pie
with Mizithra
& Feta Cheese P.D.O.**

Canada | East Europe

8 x 800g. | EUR 70 & UK 120

180°C 40'

• NO PRESERVATIVES NOR COLOURING AGENTS



200606 | 600g.

**Twist Pie
with Apple
& Cinnamon**



Canada

10 x 600g. | EUR 48 & UK 96

180°C 40'

• NO PRESERVATIVES NOR COLOURING AGENTS

Homemade Pies



(Greek Pita)

Treat your family & friends to a taste of Greece with Elzymi delicious ready to bake Greek pies. Crispy country filo sheet "embraces" rich fillings of fine ingredients creating a delightful experience!

Pies (Pites) play a significant role in the Mediterranean diet. Inspired by traditional local recipes, this delicious Greek specialty comes in so many different flavors and can be consumed any time. For breakfast or for dinner, as a main course, or for starters. Sitting at the family table or on the go.



200607 | 850g.

Homemade Spinach Pie with Spinach, Endive, Leek & Feta Cheese P.D.O.

Canada

8 x 850g. | EUR 64 & UK 120

180°C 40'

• NO PRESERVATIVES NOR COLOURING AGENTS



200608 | 850g.

Homemade Cheese Pie with Graviera Cheese from Crete P.D.O. & Kasseri Cheese P.D.O.

Canada

8 x 850g. | EUR 64 & UK 120

180°C 40'

• NO PRESERVATIVES NOR COLOURING AGENTS



200618 | 850g.

Greek Pie with Spinach, Leek, Mizithra & Feta Cheese P.D.O.

East Europe

8 x 850g. | EUR 64 & UK 120

180°C 40'

• NO PRESERVATIVES AND COLOURS
• NO HYDROGENATED FATS AND OILS
• LOW SUGARS

Bougatsa Pies



**Traditional recipe with
Thessaloniki's aroma!**

Crispy authentic Bougatsa filo encloses
a rich sweet or savory filling creating
an incomparable taste experience.



200614 | 450g.

**Bougatsa Pie with
Vanilla Flavor
Semolina Cream**



🌐 East Europe

📦 12 x 450g. | 🏠 EUR 64 & UK 90

🕒 200°C 30'

- NO PRESERVATIVES AND COLOURS
- NO HYDROGENATED FATS AND OILS
- CONTAINS ICING SUGAR (6G)
AND CINNAMON (1,5G) IN SACHETS



200617 | 450g.

**Bougatsa Pie
with Mizithra &
Feta Cheese P.D.O.**

🌐 East Europe

📦 12 x 450g. | 🏠 EUR 64 & UK 90

🕒 200°C 30'

- NO PRESERVATIVES AND COLOURS
- NO HYDROGENATED FATS AND OILS
- LOW SUGARS
- SOURCE OF PROTEIN



200619 | 450g.

**Bougatsa Pie
with Hazelnut
Cocoa Filling**



🌐 France

📦 12 x 450g. | 🏠 EUR 64 & UK 90

🕒 200°C 30'

- NO PRESERVATIVES NOR COLOURING AGENTS
- NO HYDROGENATED FATS AND OILS

Mini Pies



Crispy authentic filo dough kneaded with extra virgin olive oil in roll or twist shape or juicy Kourou pies-crumble pastry made with egg and milk, embrace delicious fillings from pure ingredients of Greece!



200600 | 800g.

**Filo Rollini with spinach,
Mizithra & Feta Cheese P.D.O.**

Canada | USA

10 x 800g. | EUR 63 & UK 96

35'

• NO PRESERVATIVES NOR COLOURING AGENTS



200601 | 800g.

**Filo Rollini with Mizithra
& Feta Cheese P.D.O.**

Canada | USA

10 x 800g. | EUR 63 & UK 96

35'

• NO PRESERVATIVES NOR COLOURING AGENTS



200605 | 800g.

**Mini Twists with Mizithra
& Feta Cheese P.D.O.**

Canada

10 x 800g. | EUR 63 & UK 90

35'

• NO PRESERVATIVES AND COLOURS



200615 | 800g.

**Shortcrust Mini Pies with Mizithra
& Feta Cheese P.D.O.**

East Europe

10 x 800g. | EUR 63 & UK 90

20'

• NO PRESERVATIVES AND COLOURS
• NO HYDROGENATED FATS AND OILS
• LOW SUGARS

Croissants



Elzymi creates the most delicious, fluffy Croissants made with premium butter!

Enjoy their fluffy dough and golden-brown delicious crust, plain or stuffed with fillings of your own choice.



200616 | 300g.

Butter Croissant

East Europe

12 x 300g. | EUR 77

180°C 15'

- NO PRESERVATIVES AND COLOURS
- NO HYDROGENATED FATS AND OILS

Filo Dough



Filo dough is ideal for delicious creations and inspiring tasty combinations.

Thin, crispy filo pastry and fluffy puff pastry with rich layers stand out for their taste & quality and create traditional recipes!



200612 | 850g.

Puff Pastry

Canada

12 x 850g. | UK 130

• NO PRESERVATIVES



200613 | 450g.

Filo Pastry for Pies

Canada

12 x 450g. | UK 168



Our Recipes

Spinach Pie

1 hour & 15 minutes

Ingredients

1 pack Elzymi Filo Pastry for Pies

1.5kg frozen spinach

2 onions

2-3 leeks (white part only)

3 spring onions

300g olive oil

Olive oil for brushing

1/3 teaspoon pepper

1½ teaspoons salt

Instructions

01. Let the Filo Pastry sheets thaw as per package instructions. Preheat the oven to 180°C. Place the frozen spinach in a large wide saucepan. Cook over medium heat for about 10-15 minutes, until fully thawed. Remove from heat and transfer to a bowl.

02. Finely chop the onion, the leek, and the spring onions. In the same saucepan, heat 1 cup of oil and sauté the onion, leek, and spring onions over medium to high heat. Once the vegetables have softened and the onion has turned golden, add the spinach, reduce the heat to medium and cook for 10 minutes. Add salt, pepper.

03. Transfer the filling to a bowl and let it cool for 10 minutes. In a baking tray, brush the base and side walls with oil. Layer 4 filo sheets, brushing oil between them and gently crumpling each one. Spread the filling over the entire surface of the baking tray.

04. Cover with another 4 filo sheets, well drizzled with oil (without using a brush), so they don't stick together and become crispy. Cut the excess from the top sheets and fold the ends of the bottom sheets so that they cover the top sheets. Score the spinach pie into pieces.

05. Bake at 180°C (fan setting) for 40-60 minutes, until the filo sheet turns golden brown, depending on your oven, on a middle to high rack.

Product used in this recipe



Cheese Pie

45 Minutes

Ingredients

1 pack Elzymi Filo Pastry for Pies

200g feta cheese

200g grated mizithra cheese

200g grated kefalograviera cheese

3 eggs
(2 for the filling and
1 for the brushing)

Olive oil to brush
the pastry sheets with

A few drops of whole fat milk

Pepper

Sesame seeds (optional)

Product used in this recipe



Instructions

- 01.** Let the Filo Pastry sheets thaw as per package instructions.
- 02.** Brush 5 filo pastry sheets with some olive oil and lay them out in an oiled baking tray. In a bowl, crumble the feta cheese by hand. Add the mizithra and kefalograviera cheese, as well as the pepper, and mix. Break the 2 eggs in the bowl with the cheeses, mix and then add the milk and stir well.
- 03.** Spread the filling in the baking tray and cover the cheese pie with the remaining 5 pastry sheets in the same way, after brushing them with some olive oil. Brush the pie with some more olive oil and score the pieces, and then brush it with the egg after lightly whisking it.
- 04.** Sprinkle the sesame seeds on top (optional).
- 05.** Bake in a well-preheated oven at 180°C for 20-30 minutes.



Onion Pie

30 Minutes

Ingredients

1 pack Elzymi Filo Pastry for Pies

10 large onions,
sliced into rings and halved

500ml chicken stock
(homemade or refrigerated)

200ml balsamic vinegar

150g brown sugar

500g anthotyro or
soft white cheese, crumbled

250ml cream

2 eggs, lightly whisked

½ bunch mint, finely chopped

200g kefalotyri, grated

2 tablespoons fine semolina

½ cup olive oil

½ tablespoon black cumin

½ tablespoon sesame seeds

Salt, pepper

Product used in this recipe



Instructions

01. Let the Filo Pastry sheets thaw as per package instructions.
02. In a saucepan, bring the onions and stock to a boil until all the liquids evaporate. Immediately after, add the vinegar and let it boil for 3 more minutes. Add the sugar and stir constantly, so that the sugar melts and forms a "caramel". Remove from the hob and allow to cool.
03. In a bowl, crumble the anthotyro or white soft cheese with a fork and add the cream. Add the eggs, mint and kefalotyri and season with salt and pepper. Be careful not to add too much salt, because kefalotyri is a salty cheese. Add the onions, stir, and add the semolina.
04. Preheat the oven to 220°C. Brush oil on the baking tray and layer half of the filo sheets, after brushing them with oil one by one. Empty the mixture and layer the remaining filo sheets, brushing them with oil one by one. Sprinkle a little water and add some black cumin and sesame seeds. Bake for about 20 minutes, until the top turns golden brown. Serve hot or cold.



Mini Rolls with Greens

1 hour & 15 minutes

Ingredients

1 pack Elzymi Filo Pastry for Pies

4 tablespoons melted butter

250g fresh or frozen spinach

4 leeks

4 spring onions

1 bunch dill, finely chopped

4 tablespoons oil

2 tablespoons breadcrumbs

A little salt

Freshly ground pepper

Instructions

01. Let the Filo Pastry sheets thaw as per package instructions.

For the filling

02. Wash and chop the spinach, leeks and spring onions.

03. In a deep frying pan, sauté the onions with the oil. Add the spinach and leek. Let them sauté until their water evaporates. Season with salt and pepper.

04. Allow the greens to cool.

05. Mix with the breadcrumbs and dill.

For the assembly

06. Take 10 filo sheets and lay them in pairs, lightly buttered

07. Cut them into strips, adding some filling on the edges.

08. Fold them into triangular or rectangular pies and bake them in a preheated oven for about 25-30 minutes at 180°C.

Product used in this recipe



Aubergine Pie

2 hours & 30 minutes

Ingredients

1 pack Elzymi Filo Pastry for Pies

½ teacup oil

1½ kg white aubergines

2 grated onions

½ teacup finely chopped parsley

250g crumbled feta

250g grated graviera
or hard yellow cheese

2 tablespoons butter

5 eggs for the filling

1 egg lightly whisked for the brushing

A little lemon juice

A little salt

Freshly ground pepper

Product used in this recipe



Instructions

01. Let the Filo Pastry sheets thaw as per package instructions.

For the filling

02. Peel the aubergines, grate them and sprinkle them with the lemon juice. Season with salt and set aside.

03. Sauté the onions with the butter, then add the aubergines after rinsing and squeezing them well. Continue sautéing for 15 minutes. Remove from heat and add the eggs, feta, ¾ of the graviera or yellow hard cheese, parsley, salt and pepper.

04. Preheat the oven to 200°C.

For the assembly

05. Take 10 filo pastry sheets, place them on a flat surface 2 sheets of filo pastry, one over the other, brushed with oil. Spread the filling evenly on top. Roll the sheets with the filling inward from both opposite sides, until the two rolls meet in the centre.

06. Place in a buttered baking tray and repeat the process with the remaining sheets and filling.

07. Sprinkle with the remaining grated graviera.

08. Whisk the sixth egg with the remaining oil and pour over the pie. Bake for 60-70 minutes at 180°C. Serve hot.



Leek Pie with Ham

45 minutes

Ingredients

1 pack Elzymi Filo Pastry for Pies

120g finely chopped ham

3 + 1 eggs
(separate yolks and whites
for the 3 and keep 1 whole
to whisk for brushing)

3 leeks, finely chopped

50g butter

100g grated graviera

100g gorgonzola
or blue cheese,
mashed with a fork

200g anthotyro
or soft white cheese

Salt, pepper

Product used in this recipe



Instructions

01. Let the Filo Pastry sheets thaw as per package instructions.
02. In a deep frying pan, sauté the leeks in butter while stirring, season with salt and pepper and continue sautéing until they soften.
03. Whisk the egg whites in a mixer until a stiff meringue is formed.
04. In a bowl, mix the graviera with the ham, leeks, blue cheese, egg yolks, and anthotyro or soft white cheese. Incorporate the meringue into the mix, stirring gently.
05. Lay half of the filo sheets in a buttered baking tray, brushing them with butter one by one.
06. Place inside the filling mixture and cover with the remaining sheets, after also brushing them with butter in between. Brush the surface with the whisked egg.
07. Bake the pie at 180°C for about half an hour or until it turns an even golden brown colour and serve hot.



Galaktobureko

(Greek custard pie)

30 minutes

Ingredients

1 pack Elzymi Filo Pastry

1 cup melted butter
for the pastry sheets

80g fine semolina

110g sugar

700ml milk

2 tablespoons melted butter

2 egg yolks

Zest of 1 orange

For the cinnamon syrup

200g granulated sugar

200g water

1 cinnamon stick

2 tablespoons cinnamon liqueur

1 tablespoon lemon juice

Product used in this recipe



Instructions

01. Let the Filo Pastry sheets thaw as per package instructions.
02. In a saucepan, boil the ingredients for the syrup for 1-2 minutes (from the time the boiling starts).
03. Remove from the heat and allow to cool.
04. Heat the milk with the sugar while stirring and, when the sugar is dissolved, add the semolina and orange zest. Leave the mixture on medium heat until it thickens, stirring occasionally.
05. When it starts to boil, remove the mixture from the heat and allow it to cool a little.
06. Whisk the yolks and add them to the milk mixture, together with the butter. Stir and let the cream cool. Lay one filo pastry sheet, butter it and fold it in half (horizontally).
07. Place a large spoonful of filling on one end, fold the edges inwards and wrap in small parcels. Repeat the process with all sheets.
08. Brush the galaktobureko parcels with butter and bake in a preheated oven at 180°C for about 15-20 minutes.



Mini Cheese Pies with Feta & Soft White Cheese

25 minutes

Ingredients

1 pack Elzymi Puff Pastry

300g crumbled feta cheese

150g crumbled
soft white cheese

1 egg

1 spoonful finely
chopped thyme

1 spoonful finely chopped
oregano

1 beaten egg

Freshly ground pepper

Instructions

- 01.** Let the Puff Pastry sheets thaw as per package instructions.
- 02.** In a large bowl, add the crumbled feta, the soft white cheese, the egg, the finely chopped thyme, and the oregano. Season with freshly ground black pepper and mix well.
- 03.** Unroll one sheet of puff pastry on a clean, lightly floured countertop. Cut the puff pastry into small 10x10 cm squares, place a spoonful of filling in the centre, moisten the edges with a little water, and close in the shape of a triangle, pressing the edges to seal.
- 04.** Place parchment paper on a shallow baking tray, brush the cheese pies with the beaten egg and place them on the tray. Bake in a preheated oven at 200°C (fan setting) for 20-22 minutes.
- 05.** Repeat the same process with the second sheet of puff pastry.

Product used in this recipe



Puff Pastry Mini Pies with Spinach & White Cheese

45 minutes

Ingredients

1 pack Elzymi Puff Pastry

1/2 kg fresh or frozen spinach

1 bunch of parsley

1/2 teacup finely chopped mint

1/2 teacup finely chopped dill

1 wine glass olive oil

5-6 spring onions

1 teacup grated dry onion

1 bunch of aromatic herbs

500g mizithra
or soft white cheese

Salt, pepper

1 whisked egg for brushing

2-3 tablespoons sesame seeds
(optional)

Product used in this recipe



Instructions

- 01.** Let the Puff Pastry sheets thaw as per package instructions.
- 02.** Roll out both sheets of puff pastry with a rolling pin until they are 0.5 cm thick and cut them into circles with a 10 cm diameter.
- 03.** Wash the greens (if frozen, thaw them first) and let them drain well. Chop them finely and salt them by rubbing them with your hands; then add the parsley, mint, dill, onions, olive oil, wine, pepper, and the mizithra (or soft white cheese) and mix well.
- 04.** Divide the filling among the puff pastry circles, fold them in half and seal well, pressing the edges with a fork. Brush with whisked egg, optionally sprinkle with a little sesame, and place them on a baking tray lined with parchment paper.
- 05.** Bake at 180-200°C until golden brown.



Pepper Pie

1 hour & 20 minutes

Ingredients

1 pack Elzymi Puff Pastry

750g red peppers
& 250g green peppers

2 dry onions, sliced into rings

3 eggs

500g crumbled feta

250g soft white cheese

1/3 bunch of finely
chopped parsley

1 teaspoon hot pepper

2 tablespoons fine semolina

Salt, freshly ground pepper

A little olive oil
for brushing the pastry

2 tablespoons black sesame seeds

Product used in this recipe



Instructions

- 01.** Let the Puff Pastry sheets thaw as per package instructions.
- 02.** Remove the seeds from the peppers. Cut them into thick slices.
- 03.** In a shallow and wide saucepan, heat the olive oil and sauté the onions in a medium heat for 8-10 minutes. Stir regularly. Add the peppers and stir for 5-6 minutes. Remove the pan from the heat and allow the mixture to cool completely. Then add the eggs, cheese, parsley, hot pepper, salt and pepper, and stir gently.
- 04.** Preheat the oven to 220°C.
- 05.** Brush the baking tray with a little olive oil and spread one sheet of puff pastry, making sure it covers the sides of the tray. Sprinkle with the semolina. Add the cooled filling in a thin layer and spread it evenly. Cover with the second sheet of puff pastry. Press the edges of the two sheets together to seal. Score the surface of the pie into portions. Brush with a little olive oil and sprinkle with black sesame seeds. Bake on the middle rack for about 1 hour or until golden brown. About 10 minutes after placing it in the oven, lower the temperature to 170°C.



Chicken & Cheese Tart

45 minutes

Ingredients

1 pack Elzymi Puff Pastry

10 slices of bacon,
finely chopped

1 large onion, finely chopped

1 green pepper, finely chopped

250g mushrooms of your
choice, cut into slices

3-4 pieces of chicken leg,
peeled, roasted or boiled

¼ cup grated yellow cheese

¼ cup grated kefalotyri cheese

200g cream

2 tablespoons sesame seeds

Butter or oil for the baking tray

Product used in this recipe



Instructions

- 01.** Let one Puff Pastry sheet thaw as per package instructions (keep the other in the freezer for future use).
- 02.** Preheat the oven to 180°C. In a large frying pan, sauté the bacon for 1-2 minutes and then add the onion, pepper and mushrooms. When the ingredients have softened and the liquids have evaporated, remove the pan from the heat and add the chicken and cheese.
- 03.** Mix well.
- 04.** Spread the puff pastry sheet in a buttered or oiled baking tray and spread the filling inside. Pour the cream over the top and sprinkle with the sesame seeds.
- 05.** Bake the tart for 25–30 minutes or until golden brown.



Brownie Tart

35 minutes

Ingredients

1 pack Elzymi Puff Pastry

100g dark chocolate

125g butter

200g sugar

2 eggs

4 tablespoons all-purpose flour

Icing sugar for serving

Instructions

01. Let one Puff Pastry sheet thaw as per package instructions (keep the other in the freezer for future use).
02. Preheat the oven to 180°C. Lightly butter the tart tin and place the puff pastry inside. Remove any excess dough, cover the tart with parchment paper and leave it in the refrigerator for 15 minutes.
03. Melt the butter with the chocolate in a bain-marie. Gradually add the sugar, the eggs, and finally the flour, whisking the mixture continuously.
04. Remove the parchment paper from the tart, fill it with the chocolate mixture and bake for about 30–35 minutes, until golden brown.
05. Let it cool slightly before slicing, as the filling will be runny.
06. Sprinkle with icing sugar and serve.

Product used in this recipe



We are Greeks...



Pie (Pita)



Of course

**we eat pita
for breakfast.**

What else goes with
Greek coffee?

Of course

**we eat pita when
we're full.**

There's **always room**
for pita.

Of course

**spanakopita is
part of our diet.**

It has spinach.
It's delicious and healthy

Of course

**we turn leftover pita
into next-day breakfast.**

Zero guilt.
Maximum joy.

Of course

**we think pita is not
food. It's heritage.**

Especially
at grandma's.

Of course

**we serve pita
at every gathering.**

Even if no one's hungry.
Especially then.



Copyright:
© 2025, Arabatzis S.A. "Hellenic Dough"

Terms of Use:
Reproduction, distribution or modification of the content is prohibited without the written permission of the authors.

Copyright:
All photos and recipes belong to their authors and are protected by copyright laws.



