

RESUME

KOURKOUTAS IOANNIS (YIANNIS)



Personal Information:

First Name and Surname: Ioannis (Yiannis) Kourkoutas
Date of birth: 04/11/1974, Place of birth: Athens, Greece.
Married status: Married, Father of 2 children.
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Google Scholar: <https://scholar.google.com/citations?user=QyinLQUAAAJ&hl=el&oi=ao>

Current position:

Professor of Applied Biotechnology, Department of Molecular Biology & Genetics, Democritus University of Thrace, Alexandroupolis, GR-68100, Greece.

Education:

1997-2002 PhD in Food Biotechnology, University of Patras, Department of Chemistry, Greece.
04/1999 Degree in Enology, University of Patras, Department of Chemistry, Greece.
1992-1997 Degree in Chemistry, University of Patras, Department of Chemistry, Greece.

Academic Experience:

2022-present Professor of Applied Biotechnology, Department of Molecular Biology & Genetics, Democritus University of Thrace, Alexandroupolis, GR-68100, Greece.
2017-2022 Associate Professor of Applied Biotechnology, Department of Molecular Biology & Genetics, Democritus University of Thrace, Alexandroupolis, GR-68100, Greece.

2012-2017	Assistant Professor of Applied Biotechnology, Department of Molecular Biology & Genetics, Democritus University of Thrace, Alexandroupolis, GR-68100, Greece.
2007-2012	Lecturer of Applied Biotechnology, Department of Molecular Biology & Genetics, Democritus University of Thrace, Alexandroupolis, GR-68100, Greece.

Post-Doc Experience:

2005-2007	Post-Doc Researcher. AMTH11: “Improvement of quality of dairy products by application and modelling of new technologies” with attendance of EVROFARMA Dairy Industry. Budget: 750.000€
2006-2008	Post-Doc Researcher. DEL_13: “Production of dried starter cultures for food production using whey as raw material”, with attendance of AVIGAL Dairy Industry. Budget: 756.850€
2006-2007	Post-Doc Researcher. PBMAT-3: “Bioethanol production from breweries cellulose wastes (spent grains)” with attendance of MACEDONIA-THRACE Brewery. Budget: 179.200€
2004-2006	Post-Doc Researcher. “Pythagoras I: Supporting Research Teams in the Universities: The liquid waste of dairy industry as raw material for the production of freeze-dried probiotic kefir culture and use of the freeze-dried culture in as starter in cheese ripening”. Budget: 80.000€
2002 & 2005	Post-Doc Researcher. School of Biomedical Sciences, University of Ulster, N. Ireland, UK.

Record of Funded Research Projects:

Prof. Y. Kourkoutas has participated in many research projects (coordinating most of them) totaling more than 8.500.000€ His funds derive from EU, National Grants and the Agri-Food Industry.

Selected Projects:

Projects in progress

- Action:** KA220-HED - Cooperation partnerships in higher education. **Project title:** Bridging the Gap Between Biotechnology and Industry: Integrating Design Thinking and Flipped Learning – BIOTE(A)CH. **Source of funding:** European Union (Erasmus) **Budget:** 40.530,00€ **Starting/ending dates:** December 2022-December 2024. **Duth Coordinator:** Kourkoutas, Y.
- Hellenic Foundation for Research and Innovation (H.F.R.I.). **Action:** 1st Call for proposals for research projects for the support of Faculty members and Researchers working in the Greek Universities and Research Centers and the procurement of strategic research equipment. **Project title:** BioActiveScreen Research Infrastructure in Northern Greece: Identification of endemic aromatic plant-derived bioactive compounds of high-added value. **Source of funding:** H.F.R.I. **Budget:** 1.440.000,00€ **Starting/ending dates:** June 2021-June 2024. **Coordinator:** Chliclia, E.
- Hellenic Foundation for Research and Innovation (H.F.R.I.). **Action:** 1st Call of H.F.R.I. research projects for the support of Faculty Members (DEP) and Researchers, and the procurement high-value research equipment. **Project title:** Innovative immobilized functional starter cultures: Characterization and application in production of novel foods with health-promoting potential using agricultural wastes-iFUNcultures. **Source of funding:** H.F.R.I. **Budget:** 170.000,00€ **Starting/ending dates:** January 2020-January 2024. **Scientific coordinator:** Kourkoutas, Y.

4. **Action:** Research-Create-Innovate. **Project title:** Valorization of Drama wine identity through a holistic characterization of the natural and microbial environment-Drama_Terroir (T2EAK-02974). **Source of funding:** EYDE-ETAK and private industrial funds (KTIMA TEXNI OINOY, NIKOS LAZARIDIS S.A., KTIMA COSTA LAZARIDI S.A., INNOVINO IKE, KTIMA PAVLIDIS S.A., and OINOGENESIS S.A.). **Budget:** 995.087,72€ **Starting/ending dates:** July 2021-November 2023. **Coordinator:** Koundouras, S.

5. **Operational Program:** Support of Regional Excellence (EPAnEK). **Project title:** FOODBIOMES: Infrastructure of Microbiome Applications in Food Systems. **Source of funding:** Regional Excellence in R & D Infrastructures, Hellenic General Secretariat of Research and Innovation (GSRI). **Budget:** 3.943.705,00€ **Starting/ending dates:** November 2020-August 2023. **Coordinator:** Kourkoutas, Y.

6. **Operational Program:** Support of Regional Excellence (EPAnEK). **Project title:** Risk & Resilience Assessment Center (RiskAC). **Source of funding:** Regional Excellence in R & D Infrastructures, Hellenic General Secretariat of Research and Innovation (GSRI). **Budget:** 1.999.827,40€. **Starting/ending dates:** November 2020-August 2023. **Coordinator:** Dokas, I.

7. **Operational Program:** Support of Regional Excellence (EPAnEK). **Project title:** AGRO4+: Holistic Approach to Agriculture 4.0 for new farmers. **Source of funding:** Regional Excellence in R & D Infrastructures, Hellenic General Secretariat of Research and Innovation (GSRI). **Budget:** 3.161.137,92€ **Starting/ending dates:** November 2020-August 2023. **Coordinator:** Tsirligkanis, N.

8. **National action:** Investment Plans of Innovation, Research and Development of the Agrifood sector. **Project title:** Development innovative probiotic KEFIR products exploiting the microbial diversity of the EMTh Region-Pinnokefir. **Source of funding:** Region of East Macedonia & Thrace and private industrial funds (Agricultural and Livingston Cooperative of Prosotsani "MENOIKIO"). **Budget:** 157.900,00€ (cost of subcontractor: 42.500,00€). **Starting/ending dates:** June 2020-June 2022. **Coordinator:** Meleneklis, V. **Subcontractor coordinator:** Kourkoutas, Y.

Completed projects

9. **National action:** Investment Plans of Innovation, Research and Development of the Agrifood sector. **Project title:** Exploitation of agro-industrial by-products for production of organic compost soil-AgroWasteCompost. **Source of funding:** Region of East Macedonia & Thrace and private industrial funds (EVRITIKA KELARIA S.A.). **Budget:** 127.835,50€ (cost of subcontractor: 50.130,00€). **Starting/ending dates:** December 2019-March 2023. **Coordinator:** V. Charovas. **Subcontractor coordinator:** Y. Kourkoutas.

10. **National action:** Investment Plans of Innovation, Research and Development of the Agrifood sector. **Project title:** Exploitation of the microbial terroir of "Pavlidis Winery" for the promotion of the distinct quality characteristics of the local wines-Pavlidis Terroir. **Source of funding:** Region of East Macedonia & Thrace and private industrial funds (Ktima Pavlidis S.A.). **Budget:** 183.313,83€ (cost of subcontractor: 57.856,00€). **Starting/ending dates:** December 2019-March 2023. **Coordinator:** P. Kyriakidis. **Subcontractor coordinator:** M. Grigoriou.

11. **Action:** Research-Create-Innovate. **Project title:** Innovative Functional Foods: Development, Production, Characterization, Properties-iFUNFoods (T1EAK-03846). **Source of funding:** EYDE-ETAK and private industrial funds (ACHAIKO ENTELWEISS S. A. and QLCON S. A.). **Budget:** 952.434,78€ **Starting/ending dates:** September 2018-March 2023. **Coordinator:** Kourkoutas, Y.

12. **National action:** Investment Plans of Innovation, Research and Development of the Agrifood sector. **Project title:** Development of an innovative set of novel products from cow milk with increased levels of calcium and protein-JerseyMILK. **Source of funding:** Region of East

Macedonia & Thrace and private industrial funds (EVROFARMA DAIRY COMPANY S.A.). **Budget:** 240.000,00€(cost of subcontractor: 40.000,00€). **Starting/ending dates:** December 2019-December 2022. **Coordinator:** Papazilakis, A. **Subcontractor coordinator:** Kourkoutas, Y.

13. **Operational Program:** Competitiveness, Entrepreneurship and Innovation (EPAnEK). **Project title:** FOOD INNOVATION RI: Research Infrastructure of the Development of Food Bioprocesses and Innovation Exploitation. **Source of funding:** Hellenic General Secretariat of Research and Innovation (GSRI). **Budget:** 3.000.000,00€ **Starting/ending dates:** November 2018-October 2022. **Coordinator:** Kanellaki, M.

14. **Emblematic Action:** Establishment of National Research Networks in the framework of the Hellenic General Secretariat of Research and Innovation (GSRI). **Project title:** The roads of the vineyards. **Source of funding:** Hellenic General Secretariat of Research and Innovation (GSRI). **Budget:** 2.500.000,00€ **Starting/ending dates:** March 2019-April 2022. **Coordinator:** Koundouras, S.

15. **Action:** RIS3-Region of Western Greece-Agro-Nutrition. **Project title:** Development of novel functional foods exploiting health-promoting microorganisms-NOVoody's (ΔEP6-0022891). **Source of funding:** Region of Western Greece and private industrial funds (QLCON S.A. and ACHAIKO ENTELWEISS S.A.). **Budget:** 240.000,00€ **Starting/ending dates:** December 2018-July 2021. **Coordinator:** P. Panas. **Scientific Coordinator of Laboratory of Applied Microbiology & Biotechnology, DMBG, DUTH:** Kourkoutas, Y.

16. **Operational Program:** Competitiveness, Entrepreneurship and Innovation (EPAnEK). **Project title:** OMIC-ENGINE: Synthetic biology: From omics technologies to genomic engineering. **Source of funding:** Hellenic General Secretariat of Research and Innovation (GSRI). **Budget:** 4.000.000,00€ **Starting/ending dates:** January 2018-May 2021. **Coordinator:** Mathiopoulos, C.

17. **Operational Program:** Competitiveness, Entrepreneurship and Innovation (EPAnEK). **Project title:** OPENSREEN-GR: An Open-Access Research Infrastructure of Target-Based Screening Technologies and Chemical Biology for Human and Animal Health, Agriculture and Environment. **Source of funding:** Hellenic General Secretariat of Research and Innovation (GSRI). **Budget:** 3.025.090,09€ **Starting/ending dates:** December 2017-January 2021. **Coordinator:** Kletsas, D.

18. **Operational programme:** Human Resources Development, Education and Lifelong Learning. **Call EBAM34:** Support researchers with emphasis on young researchers. **Project title:** Novel wine products using biopreservatives and probiotics (OPS code: 5006289). **Source of funding:** Hellenic Ministry of Education, Research and Religious Affairs, Greece. **Budget:** 65.800,00€ **Starting/ending dates:** March 2018-January 2020. **Scientific coordinator:** Kourkoutas, Y.

19. **Action:** SYNERGASIA II. **Project title:** Novel functional foods containing bioactive essential oils from Greek endemic species with health promoting properties-BioFood for Health (11SYN_2_566). **Source of funding:** EYDE-ETAK and private industrial funds (EVGA S. A. and VIORYL S. A.). **Budget:** 1.184.000,00€ **Starting/ending dates:** August 2013-October 2015. **Coordinator:** Kourkoutas, Y.

20. **Action:** SYNERGASIA II. **Project title:** Functional dairy and meat products with high added value fermented or enriched with new probiotic microorganisms isolated from Greek traditional products-ProbioDairyMeat (11SYN_2_571). **Source of funding:** EYDE-ETAK and private industrial funds (NIKAS S.A., RODOPI S.A. and OIKOFARMA S.A.). **Budget:** 1.580.000,00€ **Starting/ending dates:** October 2013-October 2015. **Coordinator:** Tassou, C.

21. **Action:** Greece-China Bilateral Cooperation-2012-2014. **Project title:** Bioactive essential oils and other beneficial substances isolated from Greek and Chinese endemic species with health promoting properties-BioActiveHealth (12CHN_409). **Source of funding:** Hellenic General Secretariat of Research and Technology (GSRT) and private industrial funds (VIORYL S. A. and PAXMAN Ltd). **Budget:** 560.000,00€ **Starting/ending dates:** December 2012-November 2015. **Scientific coordinator:** Kourkoutas, Y.

22. **Action:** Support of Post-Doctorate Researchers. **Project title:** Production of novel probiotic food products: Investigation of anticancer properties-ProbFood [LS9(3546)]. **Source of funding:** Hellenic General Secretariat of Research and Technology (GSRT). **Budget:** 150.000,00€ **Starting/ending dates:** February 2012-January 2015. **Scientific coordinator:** Kourkoutas, Y.

23. **National action:** Support of New and Small and Medium Enterprises. **Project title:** Use of biologically active essential oils in the production of alcoholic beverages and pastry products with potential health benefits (17NEWB2012). **Source of funding:** EYDE-ETAK and private industrial funds (TENTOURA CASTRO S.A.). **Budget:** 190.000,00€ (cost of subcontractor: 58.000,00€). **Starting/ending dates:** November 2012-January 2015. **Coordinator:** Katsigianni, E. **Subcontractor coordinator:** Kourkoutas, Y.

24. **National action:** Support of New and Small and Medium Enterprises. **Project title:** Production of probiotic ice-cream using immobilized *L. casei* on dry nuts and pastry products (15NEWE2009). **Source of funding:** EYDE-ETAK and private industrial funds (ACHAIKO ENTELWEISS S.A.). **Budget:** 200.000,00€ (cost of subcontractor: 60.000,00€). **Starting/ending dates:** September 2011-December 2014. **Coordinator:** Michalopoulos, I. **Subcontractor coordinator:** Kourkoutas, Y.

Granted Patents:

1. Dimitrellou, D., Kandylis, P., Kourkoutas, Y. Baby creams containing freeze-dried or thermally-dried immobilized probiotic bacteria on fruits, casein or whey protein. Patent. Hellenic Industrial Property Organization, 2016, no. 1008754.
2. ACHAIKO ENTELWEISS S. A., Panas, P., Kourkoutas, Y. Industrial use of wet or dried immobilized lactic acid bacteria on dry nuts and pastry products in probiotic ice-cream production. Patent. Hellenic Industrial Property Organization, 2013, no. 1008050.
3. Kanellaki, M., Kourkoutas, Y., Bosnea, L., Sidira, M. Industrial use of wet, thermally-dried or lyophilized immobilized lactic acid bacteria in production of meat products. Patent. Hellenic Industrial Property Organization, 2012, no. 1007555.
4. Kanellaki, M., Koutinas, A. A., Kourkoutas, Y., Bosnea, L. Industrial use of wet or lyophilized immobilized lactic acid bacteria in production of dairy products. Patent. Hellenic Industrial Property Organization, 2006, no. 1005393.

Publications:

Prof. Y. Kourkoutas has published more than 120 papers in peer-reviewed journals (citations > 3000, *h*-factor: 32).

1. Nelios, G., Prapa, I., Nikolaou, A., Mitropoulou, G., Yanni, A., Kostomitsopoulos, N., Kourkoutas, Y. Cereals and fruits as effective delivery vehicles of *Lacticaseibacillus rhamnosus* through gastrointestinal tract. *Appl Sci*, 2023, 13, 8643. <https://doi.org/10.3390/app13158643>.

2. Pavlatou, C., Nikolaou, A., Prapa, I., Tegopoulos, C., Plessas, S., Grigoriou, M. E., Bezirtzoglou, E., Kourkoutas, Y. Effect of immobilized *Pediococcus acidilactici* ORE5 cells on pistachio nuts on the functional regulation of the novel katiki Domokou-type cheese microbiome. *Appl Sci*, 2023, 13, 8047. <https://doi.org/10.3390/app13148047>.
3. Mitropoulou, G., Stavropoulou, E., Vaou, N., Tsakris, Z., Voidarou, C., Tsiotsias, A., Tsigalou, C., Taban, B. M., Kourkoutas, Y., Bezirtzoglou, E. Insights into antimicrobial and anti-inflammatory applications of plant bioactive compounds. *Microorganisms*, 2023, 11, 1156. <https://doi.org/10.3390/microorganisms11051156>.
4. Karapantzou, I., Mitropoulou, G., Prapa, I., Papanikolaou, D., Charovas, V., Kourkoutas, Y. Physicochemical changes and microbiome associations during vermicomposting of winery waste. *Sustainability*, 2023, 15, 7484. <https://doi.org/10.3390/su15097484>.
5. Nikolaou, A., Santarmaki, V., Mitropoulou, G., Sgouros, G., Kourkoutas, Y. Novel low-alcohol Sangria-type wine products with immobilized kefir cultures and essential oils. *Microbiol Res*, 2023, 14, 543-588. <https://doi.org/10.3390/microbiolres14020038>.
6. Kompoura, V., Prapa, I., Vasilakopoulou, P. B., Mitropoulou, G., Nelios, G., Balafas, E., Kostomitsopoulos, N., Chiou, A., Karathanos, V. A., Bezirtzoglou, E., Kourkoutas, Y., Yanni, A. E. Corinthian currants supplementation restores serum polar phenolic compounds, reduces IL-1beta, and exerts beneficial effects on gut microbiota in the streptozotocin-induced Type-1 diabetic rat. *Metabolites*, 2023, 13, 415. <https://doi.org/10.3390/metabo13030415>.
7. Gkalpinos, V. K., Anagnostou, V. A., Mitropoulou, G., Kompoura, V., Karapantzou, I., Fasoulis, C. K., Vasdekis, E. P., Kourkoutas, Y., Tzakos, A. G. *Aloysia citrodora* extracts cultivated in Greece as antioxidants and potent regulators of food microbiota. *Appl Sci*, 2023, 13, 3663. <https://doi.org/10.3390/app13063663>.
8. Nelios, G., Nikolaou, A., Papazilakis, P., Kourkoutas, Y. Developing new high-protein-content traditional-type Greek yoghurts based on Jersey cow milk. *Dairy*, 2023, 4, 235–248. <https://doi.org/10.3390/dairy4010017>.
9. Prapa, I., Nikolaou, A., Panas, P., Tassou, C., Kourkoutas, Y. Developing stable freeze-dried functional ingredients containing wild-type presumptive probiotic strains for food systems. *Appl. Sci*, 2023, 13, 630. <https://doi.org/10.3390/app13010630>.
10. Nikolaou, A., Mitropoulou, G., Nelios, G., Kourkoutas, Y. Novel functional grape juices fortified with free or immobilized *Lactocaseibacillus rhamnosus* OLXAL-1. *Microorganisms*, 2023, 11, 646. <https://doi.org/10.3390/microorganisms11030646>.
11. Mileriene, J., Serniene, L., Kasparaviciene, B., Lauciene, L., Kasetiene, N., Zakariene, G., Kersiene, M., Leskauskaitė, D., Viskelis, J., Kourkoutas, Y., Malakauskas, M. Exploring the potential of acid whey cheese supplemented with apple pomace and GABA-producing indigenous *Lactococcus lactis* strain. *Microorganisms*, 2023, 11, 436. <https://doi.org/10.3390/microorganisms11020436>.
12. Sgouros, G., Mallouchos, A., Dourou, D., Banilas, G., Chalvantzi, I., Kourkoutas, Y., Nisiotou, A. *Torulasporea delbrueckii* may help manage total and volatile acidity of Santorini-Asyrtiko wine in view of global warming. *Foods*, 2023, 12, 191. <https://doi.org/10.3390/foods12010191>.
13. Maniki, E., Kostoglou, D., Paterakis, N., Nikolaou, A., Kourkoutas, Y., Papachristoforou, A., Giaouris, E. Chemical composition, antioxidant, and antibiofilm properties of essential oil from *Thymus capitatus* plants organically cultured on the Greek island of Lemnos. *Molecules*, 2023, 28, 1154. <https://doi.org/10.3390/molecules28031154>.
14. Vakadaris, G., Stefanis, C., Giorgi, E., Brouvalis, M., Voidarou, C., Kourkoutas, Y., Tsigalou, C., Bezirtzoglou, E. The role of probiotics in inducing and maintaining remission in Crohn's

- disease and ulcerative colitis: A systematic review of the literature. *Biomedicines*, 2023, 11, 494. <https://doi.org/10.3390/biomedicines11020494>.
15. Mantzourani, I., Daoutidou, M., Nikolaou, A., Kourkoutas, Y., Alexopoulos, A., Tzavellas, I., Dasenaki, M., Thomaidis, N., Plessas, S. Microbiological stability and sensorial valorization of thyme and oregano essential oils alone or in combined with ethanolic pomegranate extracts in wine marinated pork meat. *Int J Food Microbiol*, 2023, 386, 110022. <https://doi.org/10.1016/j.ijfoodmicro.2022.110022>.
16. Stefanis, C., Giorgi, E., Kalentzis, K., Tselemonis, A., Tsigalou, C., Nena, E., Kontogiorgis, C., Kourkoutas, Y., Voidarou, C., Chatzaki, E., Dokas, I., Konstantinidis, T., Bezirtzoglou, E. Assessing worldwide research activity on ICT in climate change using Scopus database: A bibliometric analysis. *Front Environ Sci*, 2022, 10:868197. [doi: 10.3389/fenvs.2022.868197](https://doi.org/10.3389/fenvs.2022.868197).
17. Nikolaou, A., Sgouros, G., Santarmaki, V., Mitropoulou, G., Kourkoutas, Y. Preliminary evaluation of the use of thermally-dried immobilized kefir cells in low alcohol winemaking. *Appl. Sci*, 2022, 12, 6176. <https://doi.org/10.3390/app12126176>.
18. Mitropoulou, G., Prapa, I., Nikolaou, A., Tegopoulos, K., Tsirka, T., Chorianopoulos, N., Tassou, C., Kolovos, P., Grigoriou, M. E., Kourkoutas, Y. Effect of free or immobilized *Lactiplantibacillus plantarum* T571 on feta-type cheese microbiome. *Front Biosci (Elite Ed.)*, 2022, 14(4), 31. <https://doi.org/10.31083/j.fbe1404031>.
19. Mitropoulou, G., Bardouki, H., Vamvakias, M., Panas, P., Paraskevas, P., Kourkoutas, Y. Assessment of antimicrobial efficiency of *Pistacia lentiscus* and *Fortunella margarita* essential oils against spoilage and pathogenic microbes in ice cream and fruit juices. *Microbiol Res*, 2022, 13, 667-680. [doi.org/ 10.3390/microbiolres13030048](https://doi.org/10.3390/microbiolres13030048).
20. Prapa, I., Yanni, A. E., Nikolaou, A., Kostomitsopoulos, N., Kalogeropoulos, N., Bezirtzoglou, E., Karathanos, V. T., Kourkoutas, Y. Dietary pistachio (*Pistachia vera* L.) beneficially alters fatty acid profiles in streptozotocin-induced diabetic rat. *Appl Sci*, 2022, 12, 4606. <https://doi.org/10.3390/app12094606>.
21. Karampatea, A., Vrhovšek, Ur., Tsakiris, A., Dimopoulou, M., Kourkoutas, Y., Skavdis, G. Organoleptic and quality characteristics of Malagousia variety grapes fermented with selected indigenous yeast strains. *S Afr J Enol Vitic*, 2002, 43(2). <https://doi.org/10.21548/43-2-5405>.
22. Nelios, G., Santarmaki, V., Pavlatou, C., Dimitrellou, D., Kourkoutas, Y. New wild-type *Lactocaseibacillus rhamnosus* strains as candidates to manage Type 1 diabetes. *Microorganisms*, 2022, 10, 272. <https://doi.org/10.3390/microorganisms10020272>.
23. Karampatea, A., Tsakiris, A., Kourkoutas, Y., Skavdis, G. Molecular and phenotypic diversity of indigenous oenological strains of *Saccharomyces cerevisiae* isolated in Greece. *Eng Proc*, 2021, 9, 7. <https://doi.org/10.3390/engproc2021009007>.
24. Kokkinomagoulos, E., Nikolaou, A., Kourkoutas, Y., Biliaderis, C. G., Kandylis, P. Impact of sugar type addition and fermentation temperature on pomegranate alcoholic beverage production and characteristics. *Antioxidants*, 2021, 10, 889. <https://doi.org/10.3390/antiox10060889>.
25. Nikolaou, A., Kourkoutas, Y. High-temperature semi-dry and sweet low alcohol wine-making using immobilized kefir culture. *Fermentation*, 2021, 7, 45, <https://doi.org/10.3390/fermentation7020045>.
26. Bezirtzoglou, E., Stavropoulou, E., Kantartzi, K., Tsigalou, C., Voidarou, C., Mitropoulou, G., Prapa, I., Santarmaki, V., Kompoura, V., Yanni, E. A., Antoniadou, M., Varzakas, T., Kourkoutas, Y. Maintaining digestive health in diabetes: The role of the gut microbiome and the challenge of functional foods. *Microorganisms*, 2021, 9, 516, <https://doi.org/10.3390/microorganisms9030516>.

27. Mitropoulou, G., Oreopoulou, A., Papavasiliopoulou, E., Vamvakias, M., Panas, P., Fragias, S., Kourkoutas, Y. *Origanum vulgare* ssp. *hirtum* essential oil as a natural intrinsic hurdle against common spoilage and pathogenic microbes of concern in tomato juice. *Appl Microbiol*, 2021, 1, 1–10, <https://doi.org/10.3390/applmicrobiol1010001>.
28. Nikolaou, A., Kandyliis, P., Kanellaki, M., Kourkoutas, Y. Winemaking using immobilized kefir cells on natural zeolites. *LWT-Food Sci Technol*, 2020, 133, 110043, <https://doi.org/10.1016/j.lwt.2020.110043>.
29. Plessas, S., Kioussi, D. E., Rathosi, M., Alexopoulos, A., Kourkoutas, Y., Mantzourani, I., Galanis, A., Bezirtzoglou, E. Isolation of a *Lactobacillus paracasei* strain with probiotic attributes from kefir grains. *Biomedicines*, 2020, 8, 594, [doi:10.3390/biomedicines8120594](https://doi.org/10.3390/biomedicines8120594).
30. Kokkinomagoulos, E., Nikolaou, A., Kourkoutas, Y., Kandyliis, P. Evaluation of yeast strains for pomegranate alcoholic beverage production: Effect on physicochemical characteristics, antioxidant activity, and aroma compounds. *Microorganisms*, 2020, 8, 1583, <http://dx.doi.org/10.3390/microorganisms8101583>.
31. Yanni, A. E., Mitropoulou, G., Prapa, I., Agrogiannis, G., Kostomitsopoulos, N., Bezirtzoglou, E., Kourkoutas, Y., Karathanos, V. T. Functional modulation of gut microbiota in diabetic rats following dietary intervention with pistachio nuts (*Pistacia vera* L.). *Metabol Open*, 2020, 7, 100040.
32. Mitropoulou, G., Sidira, M., Skitsa, M., Tsochantaridis, I., Pappa, A., Dimtsoudis, C., Proestos, C., Kourkoutas, Y. Assessment of the antimicrobial, antioxidant, and antiproliferative potential of *Sideritis raeseri* subsp. *raeseri* essential oil. *Foods*, 2020, 9, 860, [doi:10.3390/foods9070860](https://doi.org/10.3390/foods9070860).
33. Nikolaou, A., Nelios, G., Kanellaki, M., Kourkoutas, Y. Freeze-dried immobilized kefir culture in cider-making. *J Sci Food Agric*, 2020, <https://doi.org/10.1002/jsfa.10363>.
34. Andreadelis, I., Chatziathanasiadou, M. V., Ntountaniotis, D., Valsami, G., Papaemmanouil, C., Christodoulou, E., Mitropoulou, G., Kourkoutas, Y., Tzakos, A. G., Mavromoustakos, T. Charting the structural and thermodynamic determinants in phenolic acid natural product-cyclodextrin encapsulations. *J Biomol Struct Dyn*, 2020, <https://doi.org/10.1080/07391102.2020.1751716>.
35. Mitropoulou, G., Nikolaou, A., Santarmaki, V., Sgouros, G., Kourkoutas, Y. *Citrus medica* and *Cinnamomum zeylanicum* essential oils as potential biopreservatives against spoilage in low alcohol wine products. *Foods*, 2020, 9, 577, [doi:10.3390/foods9050577](https://doi.org/10.3390/foods9050577).
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Editorials:

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Articles in Books:

Prof. Y. Kourkoutas has published 15 articles in books.

Articles in books (selected):

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Prof. Y. Kourkoutas has published more than 120 proceedings in international conferences.

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2. Prapa, I., Pavlatou, C., Stylianopoulou, E., Tegopoulos, K., Tsourekis, A., Argiriou, A., Kolovos, P., Grigoriou, M., Panas, P., Kourkoutas, Y. Novel Presumptive Probiotic Strains for Functional Food Ingredients. IPA World Congress + Probiota 2023, Barcelona, Spain, 6-8 February 2023.
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8. Pavlatou, C., Prapa, I., Kompoura, V., Kourkoutas, Y. *In vitro* evaluation of functional properties of wild-type lactic acid bacteria isolated from various sources. 30th International Conference of FFC - 18th International Symposium of ASFFBC, Myrina, Lemnos, Greece, 23-25 September 2022.
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42. Panas, P., Kourkoutas, Y. Developing effective functional constituents for inserting probiotic cultures in foods. Probiota-2019, Copenhagen, 13-15 February 2019.
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48. Mitropoulou, G., Chorianopoulos, N., Tsimogiannis, D., Bimpilas, A., Oreopoulou, V., Vamvakias, M., Bardouki, H., Papavasilopoulou, E., Oreopoulou, A., Panas, P., Kourkoutas, Y. Application of a mathematical model for precise determination of the antibacterial activity of essential oils isolated from Greek endemic plant species. QSafe, Ermoupolis, Syros, Greece, 10-12 April 2017 (p. 32).
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52. Mitropoulou, G., Oreopoulou, A., Papavasilopoulou, E., Vamvakias, M., Fragias, S., Panas, P., Kourkoutas, Y. Antimicrobial activity of *Oregano vulgare* spp. *hirtum* against *Saccharomyces cerevisiae*, *Aspergillus niger* and *Clostridium difficile* in tomato juice. International Conference on Nutraceuticals and Functional Foods-Superfoods for Nutrition and Well-Being, Kalamata, Greece, 7-9 July 2016 (pp. 101-102).
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90. Dimitrellou, D., Kandyliis, P., Lević, S., Petrović, T., Dimitrijević-Branković, S., Nedović, V., Kourkoutas, Y. Survival of microencapsulated *Lactobacillus casei* ATCC 393 under simulated gastrointestinal conditions. 19th International Symposium on Microencapsulation, Pamplona, Spain, 9-11 September 2013 (p. 151).
91. Tiptiri-Kourpeti, A., Iliaki, S., Simoglou-Karali, C., Dimitrellou, D., Karoutsou, M., Santarmaki, V., Ypsilantis, P., Simopoulos, C., Kourkoutas Y., Chlichlia, K. Anti-cancer properties of *Lactobacillus casei*: Inhibition of growth of colon adenocarcinoma cells *in vitro* and *in vivo*. 35th Scientific Conference of Hellenic Association for Biological Sciences, Nafplio, Greece, 23-25 May 2013 (pp. 350-351).
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93. Kandyliis, P., Santarmaki, V., Panas, P., Mixalopoulos, I., Kourkoutas, Y. Freeze-dried immobilized *Lactobacillus casei* on dried nuts and pastry products as starter culture for probiotic foods. 35th Annual Conference, Hellenic Association for Biological Sciences, Nafplio, Greece, 23-25 May 2013 (pp. 124-125).

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96. Santarmaki, V., Vatikioti, N.P., Triantafilli, O., Sidira, M., Panas, P., Mixalopoulos, I., Kourkoutas, Y. Thermally-dried immobilized *Lactobacillus casei* on dried nuts and pastry products as starter culture for probiotic foods. 5th International Conference on Industrial Bioprocesses (IFIB-2012), Taipei, Taiwan, 7-10 October 2012 (p. 317).
97. Dimitrellou, D., Kandylis, P., Sidira, M., Galanis, A., Koutinas, A.A., Kourkoutas, Y. Probiotic feta-type cheese production by free or immobilized *Lactobacillus casei* ATCC 393 on whey protein. 5th International Conference on Industrial Bioprocesses (IFIB-2012), Taipei, Taiwan, 7-10 October 2012 (p. 316).
98. Sidira, M., Kanellaki, M., Kourkoutas, Y. Profile of aroma-related volatile compounds isolated by probiotic dry-fermented sausages produced with free or immobilized *L. casei* using SPME GC/MS analysis. 13th International Flavor Conference, Porto Heli, Greece, 29 May-1 June 2012 (p. 13).
99. Dimitrellou, D., Kandylis, P., Kourkoutas, Y. Volatile compounds of probiotic Feta-type cheese produced by free or immobilized *Lactobacillus casei* ATCC 393 on whey protein as starter cultures. 13th International Flavor Conference, Porto Heli, Greece, 29 May-1 June 2012 (p. 11).
100. Sidira, M., Bosnea, L., Galanis, A., Kanellaki, M., Kourkoutas, Y. Probiotic dry-fermented sausages production using immobilized *Lactobacillus casei* on prebiotic supports. 6th Central European Congress on Food (CEFood-2012), Novi Sad, Serbia, 23-26 May 2012 (p. 429).
101. Dimitrellou, D., Sidira, M., Saxami, S., Santarmaki, S., Kanellaki, M., Galanis, A., Kourkoutas, Y. Probiotic yoghurt production using immobilized *Lactobacillus casei* on prebiotic supports. 6th Central European Congress on Food (CEFood-2012), Novi Sad, Serbia, 23-26 May 2012 (p. 428).
102. Sidira, M., Saxami, G., Karapetsas, A., Kanellaki M., Kourkoutas, Y., Galanis, A. Denaturing gradient gel electrophoresis analysis to monitor dynamic changes in the microbial population during maturation of probiotic dry fermented sausages. 34th Annual conference of Hellenic Society for Biological Sciences (EEBE-2012), Trikala, Greece, 17-19 May 2012 (p. 248).
103. Saxami, G., Nikolaou, M., Kiourtzidis, M., Belik, D., Ypsilantis, P., Simopoulos C., Kourkoutas, Y., Galanis A. Study of the *in vivo* adhesion properties of *Lactobacillus casei* ATCC 393 in the rat gastrointestinal tract. 62th Meeting of the Hellenic Society of Biochemistry and Molecular Biology, Athens, Greece, 9-11 December 2011.
104. Sidira, M., Ypsilantis P., Saxami, G., Galanis, A., Simopoulos C., Kourkoutas, Y. *In vitro* and *in vivo* study of gastrointestinal survival of *Lactobacillus casei* ATCC 393, adhesion to intestinal mucosa and modulation of intestinal microbial flora. 4th Food Congress “Modern Approach to Food Hygiene and Safety” of the Hellenic Veterinary Medical Society (HVMS-2011), Thessaloniki, Greece, 11-13 November 2011 (pp. 55-66).
105. Nikolaou, A., Saxami, G., Karapetsas, A., Sidira, M., Kourkoutas, Y., Galanis, A. Molecular identification of lactic acid bacteria in probiotic products. 33rd Scientific Conference of Hellenic Society for Biological Sciences, Edessa Greece, 19-21 May 2011.
106. Dimitrellou, D., Kandylis, P., Sidira, M., Galanis, A., Kourkoutas, Y., Kanellaki, M. Immobilized *Lactobacillus casei* ATCC 393 on whey protein as starter culture in probiotic Feta-

- type cheese production with enhanced protein content. IDF-International Symposium on Sheep, Goat & other non-Cow Milk. Athens, Greece, 16-18 May 2011.
- 107.Saxami, G., Nikolaou, A., Karapetsas, A., Kourkoutas Y., Galanis, A. A new methodology for rapid detection of lactic acid bacteria based on Multiplex PCR. 5th Meeting of Hellenic Society of Bioscientists, Athens, Greece, 25-27 November 2010 (p. 3).
- 108.Sidira, M., Galanis, A., Ypsilantis, P., Belik, D., Simopoulos, C., Kourkoutas Y. Probiotic potential of immobilized *Lactobacillus casei* ATCC 393: Effect of fermented milk administration on gastrointestinal survival and modulation of intestinal microbial flora in Wistar rats. 5th Meeting of Hellenic Society of Bioscientists, Athens, Greece, 25-27 November 2010 (p. 2).
- 109.Fitsiou, E., Anastopoulos, I., Kourkoutas, Y., Nychas, G. J. E., Kortsaris, A., Panayiotidis, M., Pappa, A. Antioxidant and anticancer properties of essential oils of *Satureja thymbra* and *Satureja parnassica*. 61th Conference of the Hellenic Society of Biochemistry and Molecular Biology, 15-17 October 2010, Alexandroupolis, Greece (p. 77).
- 110.Sidira, M., Galanis, A., Kanellaki, M., Kourkoutas, Y. The potential of immobilized *Lactobacillus casei* ATCC 393 on wheat as starter culture for probiotic fermented sausages. 61th Conference of the Hellenic Society for Biochemistry and Molecular Biology, Alexandroupolis, Greece, 15-17 October 2010 (p. 56).
- 111.Nikolaou, A., Saxami, G., Kourkoutas, Y., Galanis, A. A new methodology for rapid detection of *L. delbrueckii* subsp. *bulgaricus* based on Multiplex PCR. 61th Conference of the Hellenic Society of Biochemistry and Molecular Biology, Alexandroupolis, Greece, 15-17 October 2010 (p.55).
- 112.Sidira, M., Galanis, A., Ypsilantis, P., Semelidiou, O., Belik D., Simopoulos C., Kourkoutas Y. Probiotic potential of fermented milk produced by immobilized or free *Lactobacillus casei* ATCC 393. 61th Conference of the Hellenic Society of Biochemistry and Molecular Biology, Alexandroupolis, Greece, 15-17 October 2010 (p.55).
- 113.Sidira, M., Progaki Z., Efstratiou E., Galanis A., Ypsilantis P., Simopoulos., Kourkoutas, Y. Molecular and microbiological study of the role of probiotics on the regulation of fecal microbial flora in Wistar rats. 60th Conference of the Hellenic Society for Biochemistry and Molecular Biology, Athens, Greece, 20-22 November 2009 (p. 145).
- 114.Karapetsas, A., Vavoulidis, E., Sandaltzopoulos, R., Kourkoutas, Y., Galanis, A. Rapid detection and identification of probiotic *Lactobacillus casei* ATCC 393 by multiplex PCR. 60th Conference of the Hellenic Society for Biochemistry and Molecular Biology, Athens, Greece, 20-22 November 2009 (p. 85).
- 115.Sidira, M., Dimitrellou, D., Kanellaki, M., Kourkoutas, Y. Volatile compounds of probiotic fermented sausages produced by immobilized *L. casei* on wheat. 12th International Flavour Conference, 4th George Charalambous Memorial Symposium, Skiathos Island, Greece, 25-29 May 2009.
- 116.Sidira, M., Bosnea, L., Kanellaki, M., Kourkoutas, Y. Probiotic fermented sausage production using immobilized *L. casei* on wheat. 3rd International Congress on Bioprocesses in Food Industries & 5th Convention of the Biotech Research Society, Hyderabad, India, 6-8 November 2008 (p. 70).
- 117.Bezirtzoglou, E., Alexopoulos, A., Kourkoutas, Y., Stefanis, C., Vavias S., Voidarou, C. Experimental effect of ozone upon the microbial flora of commercially produced dairy fermented products. 10th International congress of Engineering and Food (ICEF-2008), Vina del Mar, Chile, 20-24 April 2008 (p. 10).
- 118.Bezirtzoglou, E., Kourkoutas, Y., Stefanis, C., Vavias, S., Plessas, S., Voidarou, C., Alexopoulos, A. Implementation of safe microbiological policy for assessment of dairy industry

- associated bacteria. The Second International Congress of Central Asia Infectious Diseases (CCAID-2008), Almaty-Kazakhstan, 27-30 March 2008 (p. 164).
- 119.Dimitrellou, D., Kandyliis, P., Kanellaki, M., Koutinas, A.A., Kourkoutas, Y. Evaluation of thermally-dried immobilized kefir on casein as a starter culture for whey-cheese production. International Conference on New Horizons in Biotechnology (NHBT-2007), Trivandrum, India, 26-29 November 2007 (p. 248).
- 120.Alexopoulos, A., Kourkoutas, Y., Stefanis, C., Vavias, S., Plessas, S., Voidarou, C., Bezirtzoglou, E. Short-term inducible effect of ozone upon the microbial microflora of sealed yoghurts. International Conference on New Horizons in Biotechnology (NHBT-2007), Trivandrum, India, 26-29 November 2007 (p. 236).
- 121.Kourkoutas, Y., Alexopoulos, A., Dimitrellou, D., Theodoridou, I., Koutinas, A.A., Bezirtzoglou, E. Bioconversion of brewer's spent grains to bioethanol using an environmentally isolated strain of *Klebsiella oxytoca*. International Conference on New Horizons in Biotechnology (NHBT-2007), Trivandrum, India, 26-29 November 2007 (p. 138).
- 122.Voidarou, C., Alexopoulos, A., Kourkoutas, Y., Bezirtzoglou, E. Emerging antibiotic resistance in honey as a hazard for human health. International Conference on New Horizons in Biotechnology (NHBT-2007), Trivandrum, India, 26-29 November 2007 (p. 9).
- 123.Stefanis, C., Alexopoulos, A., Papadopoulos, I., Voidarou, C., Kourkoutas, I., Vavias, S., Bezirtzoglou, E. A preliminary study on the microbial ecology of cultured soils. Sustainable Management and Development of Mountainous and Island Areas, Naxos Island, Cyclades, Greece, 29 September-1 October 2006, ISBN: 960-89345-0-8 (119-124).
- 124.Papadopoulos, I., Stefanis, C., Alexopoulos, A., Voidarou, C., Kourkoutas, Y., Vavias, S., Bezirtzoglou, E. Microbial ecology of beetroots. Sustainable Management and Development of Mountainous and Island Areas, Naxos Island, Cyclades, Greece, 29 September-1 October 2006, ISBN: 960-89345-0-8 (pp. 24-27).
- 125.Kourkoutas, Y., Choriantopoulos, N., Dimitrellou, D., Nychas, G-J.E., Koutinas, A.A. Incorporation of the bacteriocin producing strain *Leuconostoc mesenteroides* L124 in kefir microflora. 2nd International Congress on Bioprocesses in Food Industries (ICBF-2006). Patras, Greece, 18-21 June 2006 (pp. 143-144).
- 126.Tsakiris, A., Kourkoutas, Y., Tzia K. Use of principal component analysis in estimating the market value of wines produced by biotechnological processes. 2nd International Congress on Bioprocesses in Food Industries (ICBF-2006). Patras, Greece, 18-21 June 2006 (p. 126).
- 127.Choriantopoulos, N.G., Giaouris, E.D., Kourkoutas, Y., Nychas, G-J.E. Biofilm formation by *Salmonella enteritica* serovar enteritidis. 2nd International Congress on Bioprocesses in Food Industries (ICBF-2006). Patras, Greece, 18-21 June 2006, (pp. 116-117).
- 128.Kourkoutas, Y., Sipsas, V., Soupioni, M., Panas, P., Dooley, J.S.G., Koutinas, A.A. Use of freeze-dried kefir co-culture as a starter in cheese production. 2nd International Congress on Bioprocesses in Food Industries (ICBF-2006). Patras, Greece, 18-21 June 2006 (pp. 65-66). Oral Presentation.
- 129.Bosnea, L., Kourkoutas, Y., Kopsahelis, N., Agouridis, N., Kanellaki, M. Use of fruits as substrates for cell immobilization for food production. 2nd International Congress on Bioprocesses in Food Industries (ICBF-2006). Patras, Greece, 18-21 June 2006 (pp. 37-38).
- 130.Kourkoutas, Y., Sipsas, V., Soupioni, M., Koutinas, A. A. Greek Feta-type cheese production using freeze-dried kefir as starter culture. Biocatalysis: Enzymes, Mechanisms and Bioprocesses-a Biochemical Society Focused Meeting in association with Pro-Bio Faraday Annual Conference, Manchester, 20-21 November 2005.

131. Kourkoutas, Y., Kanellaki, M., Koutinas, A. A. Apple pieces as immobilization support of various microorganisms. European Symposium on Apple Processing, Rennes, France, 16-18 March 2005 (p. 24). Oral Presentation.
132. Kanellaki, M., Bekatorou, A., Koutinas, A. A., Kourkoutas, Y., Iconomopoulou, M., Malouchos, A. Flavor in wines produced by cells immobilized on various supports. 11th International Flavor Conference. 3rd George Charalambous Memorial Symposium. Samos Island, Greece, 1-4 June 2004 (p. 9).
133. Athanasiadis, I., Bekatorou, A., Lidner, C., Kourkoutas, J., Iconomopoulou, M., Boskou, D., Blekas, G. Whey liquid waste of dairy industry as raw material for fermentation by kefir granules. 7th International Conference on Environmental Science and Technology, Ermoupolis, Syros Island, Greece, 3-6 September 2001 (pp. 226-232).
134. Kourkoutas, Y., Dimitropoulou, S., Marchant, R., Nigam, P., Banat, I. M., Kioseglou, V., Psarianos, C., Koutinas, A. A. Whey liquid waste of dairy industry as raw material for fermentation with the thermophilic *Kluyveromyces marxianus* IMB3. 7th International Conference on Environmental Science and Technology, Ermoupolis, Syros Island, Greece, 3-6 September 2001 (pp. 14-20).
135. Kourkoutas, Y., Koutinas, A. A., Kanellaki, M., Psarianos, K. Immobilization of yeast on apple for room and low-temperature wine-making. 2nd International Conference of the Chemical Societies of the South-Eastern European Countries on Chemical Sciences for Sustainable Development, Chalkidiki, Macedonia, Greece, 6-9 June 2000 (p. 159).

Invited Talks:

Prof. Y. Kourkoutas has been invited as a plenary keynote speaker and has served as Chairman in several conferences.

Invited oral presentations (selected):

1. Kourkoutas, Y. Exploring the opportunities for dried immobilised probiotic cultures suitable for functional products. Vitafoods Europe, Geneva, Switzerland, 15-17 May 2018 (p. 5).
2. Kourkoutas, Y. Developing effective delivery systems of beneficial bacteria in food products. 2nd EuroSciCon Conference on Food Technology, Rome, Italy, 14-16 May 2018 (p. 29).
3. Kourkoutas, Y. Emerging immobilization technologies of probiotic bacteria in industrial food production. International Conference on Nutraceuticals and Functional Foods-Superfoods for Nutrition and Well-Being, Kalamata, Greece, 7-9 July 2016 (p. 46).
4. Kourkoutas Y. Advances of cell immobilization technology in industrial production of probiotic foods. 38th SOMED Congress, Verona, Italy, 11-13 October 2015 (p. 47).
5. Santarmaki, V., Sidira, M., Ypsilantis, P., Charalampopoulos, D., Saxami, G., Galanis, A., Simopoulos, C., Kourkoutas, Y. Assessment of GI survival, adhesion ability and modulation of intestinal microbial flora of presumptive probiotic cultures. International ITU Molecular Biology and Genetics Student Congress '14, Istanbul, 15-18 August 2014 (pp.16-17).
6. Sidira, M., Ypsilantis, P., Charalampopoulos, D., Saxami, G., Mitropoulou, G., Galanis, A., Simopoulos, C., Kourkoutas, Y. Assessment of potential probiotic attributes of immobilized *Lactobacillus casei* ATCC 393. International Conference on Advances in Biotechnology and Bioinformatics (ICABB-2013), Pune, India, 25-27 November 2013 (p. B52-B53).
7. Sidira, M., Mitropoulou, G., Galanis, A., Kourkoutas, Y. Immobilized probiotic starter cultures for probiotic meat products with enhanced resistant to microbial spoilage. International Conference

on Environment, Health and Industrial Biotechnology (BioSangam-2013), Allahabad, India, 21-23 November 2013 (p. 414).

8. Sidira, M., Bosnea, L., Galanis, A., Kanellaki, M., Kourkoutas, Y. Immobilized lactic acid bacteria on prebiotics as starter cultures for probiotic fermented meat products. 5th International Conference on Industrial Bioprocesses (IFIB-2012), Taipei, Taiwan, 7-10 October 2012 (p. 79).

9. Sidira, M., Ypsilantis, P., Saxami, G., Galanis, A., Simopoulos, C., Kourkoutas, Y. *In vitro* and *in vivo* investigation of the probiotic properties of free and immobilized *Lactobacillus casei* ATCC 393. 6th Central European Congress on Food (CEFood-2012), Novi Sad, Serbia, 23-26 May 2012 (p. 12).

10. Sidira, M., Galanis, A., Ypsilantis, P., Simopoulos, C., Kourkoutas, Y. Novel probiotic foods containing immobilized lactic acid bacteria: Their potential in human health. 4th International Congress on Bioprocesses in Food Industries (ICBF-2010), Curitiba, Brazil, 5-8 October 2010.

11. Sidira, M., Galanis, A., Ypsilantis, P., Simopoulos, C., Kourkoutas, Y. Probiotic potential of *Lactobacillus casei* ATCC 393: Gastrointestinal survival and modulation of intestinal microbial flora in Wistar rats. XXXIII International Congress on Microbial Ecology and Disease (SOMED 2010), Greece, 6-10 September 2010 (p. 89).

12. Kourkoutas, Y., Koutinas, A. A., Kanellaki, M. Fruit-based immobilized biocatalysts: Their potential in food production. 3rd International Congress on Bioprocesses in Food Industries & 5th Convention of the Biotech Research Society, Hyderabad, India, 6-8 November 2008 (p. 21).

13. Kourkoutas, Y. Materials used as immobilized yeast support. 13th School of fermentation technology. Auxiliary materials in brewing technology. Krakow-Kocierz, Poland, 8-11 April 2008 (pp. 39-52).

14. Kourkoutas, Y., Psarianos, C., Koutinas, A. A. The potential of kefir starter culture in food production. International Conference on New Horizons in Biotechnology (NHBT-2007), Trivandrum, India, 26-29 November 2007 (p. 38).

Ad hoc Evaluator in National and International Calls for Proposals:

Prof. Y. Kourkoutas has served in grant evaluation study section panels for both national and international calls of proposals:

1. “Research-Creation-Innovation”, EYDE-ETAK, Greece (October 2017-today).
2. Cyprus Research Promotion Foundation (RPF)-RESTART 2016-2020 Programmes for Research, Technological Development and Innovation, Cyprus (October 2018).
3. Support of Young Researchers call of the Greek Ministry of Education, Lifelong Learning and Religious Affairs (June 2017).
4. 3rd National Plan for Research, Development and Innovation for the period 2015-2020 (PNCDI III)] (October 2016).
5. “Cooperation-2011”, EYDE-ETAK, Greece (July 2015-July 2016).
6. “Aristia II”, General Secretariat of Research and Technology, Greece (March 2016).
7. Research Grants Archimides III, Technological Educational Institute (TEI) of Athens, Greece (April 2015).
8. Call of the Czech-Norwegian Research Programme (May 2014).
9. Call of the Romanian Executive Agency for Higher Education, Research, Development and Innovation Funding, Research within Priority Sectors Programme-RO14 (April 2014).

10. Call of the Estonian Research Council (ETAg), Norwegian-Estonian Research Cooperation Programme (May 2013).
11. Support of Research Personnel of SMEs call of the General Secretariat of Research and Technology, Greece (April 2013).
12. Call “Program for Updating Knowledge in University Graduates”, Greek Ministry of Education, Lifelong Learning and Religious Affairs (July 2012).
13. Call of the Estonian Science Foundation (ETF) (September 2011).
14. Support of Group of SMEs call of the Greek Ministry of Education, Lifelong Learning and Religious Affairs (June 2011).
15. COST OC-2009-2 Domain Food and Agriculture (February 2010).
16. IRAKLITOS II call of the Greek Ministry of Education, Lifelong Learning and Religious Affairs (October 2009).

Member of the Editorial Board in Scientific Journals:

Dr. Kourkoutas has served as member of the Editorial board in the following scientific journals and special issues:

1. Foods, Lead Guest Editor, Special issue on “Probiotics: Technological Aspects, Development of Dairy Foods”, 2020.
2. Foods, Lead Guest Editor, Special issue on “Food Preservation: Challenges and Efforts for the Future”, 2020.
3. Biomed Research International, Lead Guest Editor, Special issue on “Bioactive Natural Products”, 2016.
4. Current Research in Nutrition and Food Science, Associate Editor, 2015-today
5. Biomed Research International, Lead Guest Editor, Special issue on “Application of Innovative Technologies for Improved Food Quality and Safety”, 2015.
6. Biomed Research International, Lead Guest Editor, Special issue on “Bioactive Natural Products: Facts, Applications, and Challenges”, 2014.
7. Journal of Nutrition and Metabolism, Lead Guest Editor, Special issue on “Probiotics and Prebiotics: Health Benefits and Challenges”, 2013.
8. Journal of Chemistry, Member of Editorial Board, 2012-today

Ad-hoc Reviewer in Scientific Journals:

Dr. Kourkoutas is an ad-hoc reviewer in >20 International peer-review scientific journals, including the following:

Anaerobe	Applied Microbiology & Biotechnology
Bioresource Technology	Biomass & Bioenergy
Biotechnology Progress	Chemical Engineering Communications
Food Chemistry	Food Hydrocolloids
Food Microbiology	Food Technology and Biotechnology
European Food Research and Technology	Journal of Food Engineering
International Journal of Food Microbiology	LWT-Food Science and Technology
Journal of Industrial Microbiology & Biotechnology	Process Biochemistry
Journal of Molecular Nutrition and Food Research	PloS One

Member of Scientific Societies:

Dr. Kourkoutas has served as member of the following scientific societies:

1. 2015-2022 Treasurer, Society of Microbial Ecology in Health and Disease (SOMED).
2. 2012-today Member of the International Forum on Industrial Bioprocesses (IFIBiop).
3. 1997-today Member of the Association of Greek Chemists.

Member of the Organizing Committees of International Conferences:

Dr. Kourkoutas has served as member of the organizing committee of the following international conferences:

1. 41st International Congress of the Society for Microbial Ecology in Health & Disease (SOMED), Alexandroupolis, Greece, 14-16 June 2022.
2. European Biotechnology Congress-Eurobiotech 2018, Athens, Greece, 26-28 April 2018.
3. European Symposium on Food Safety, Athens, Greece, 11-13 May 2016.
4. Food Chemistry Days, Functional Foods, Athens, 26-27 November 2015.
5. 38th Congress of the Society for Microbial Ecology and Disease, Verona, 11-13 October 2015.
6. XXXIII International Congress on Microbial Ecology in Health and Disease (SOMED 2010), organized by SOMED and Democritus University of Thrace (Greece) on a cruise boat from Piraeus to the Greek islands of Myconos, Rhodes, Patmos, Crete, Santorini and to Kusadasi (ancient Ephesus), 6-10 September 2010.

Supervisor in PhD thesis:

1. Mitropoulou, G. Department of Molecular Biology & Genetics, Democritus University of Thrace, Greece (date of PhD viva: 27/04/2021).
2. Nikolaou, A. Department of Molecular Biology & Genetics, Democritus University of Thrace, Greece (date of PhD viva: 15/04/2019).
3. Santarmaki, V. Department of Molecular Biology & Genetics, Democritus University of Thrace, Greece (date of PhD viva: 14/12/2018).
4. Prapa, I. Department of Molecular Biology & Genetics, Democritus University of Thrace, Greece.
5. Somalou, P. Department of Molecular Biology & Genetics, Democritus University of Thrace, Greece.
6. Nelios, G. Department of Molecular Biology & Genetics, Democritus University of Thrace, Greece.
7. Pavlatou, C. Department of Molecular Biology & Genetics, Democritus University of Thrace, Greece.
8. Karapantzou, I. Department of Molecular Biology & Genetics, Democritus University of Thrace, Greece.

Member in PhD Committees:

1. Karampatea, A. Department of Food Science, Vine and Beverage Sciences, University of West Attica (Supervisory Committee Member, date of PhD viva: 02/12/2022).
2. Terpou, A. Department of Chemistry, University of Patras, Greece (Supervisory Committee Member, date of PhD viva: 15/01/2017).
3. Sidira, M. Department of Chemistry, University of Patras, Greece (graduated in 2014) (Supervisory Committee Member, date of PhD viva: 11/04/2014).

External Examiner of PhD theses:

1. Panitsa, A. Department of Chemistry, University of Patras, Greece (date of PhD viva: 28/02/2023).
2. Aindelis, G. Department of Molecular Biology and Genetics, Democritus University of Thrace, Greece (date of PhD viva: 06/04/2020).
3. Fitsiou, E. Department of Molecular Biology and Genetics, Democritus University of Thrace, Greece (date of PhD viva: 20/12/2017).
4. Saxami, G. Department of Molecular Biology and Genetics, Democritus University of Thrace, Greece (date of PhD viva: 19/12/2016).
5. Barouni, E. Department of Chemistry, University of Patras, Greece (date of PhD viva: 23/12/2015).
6. Schoina, V. Department of Chemistry, University of Patras, Greece (date of PhD viva: 22/12/2014).
7. Papadopoulou, O. Department of Food Science and Human Nutrition, Agricultural University of Athens, Greece (date of PhD viva: 31/10/2013).
8. Kallis, M. Department of Chemistry, University of Patras, Greece (date of PhD viva: 21/12/2012).
9. Bosnea, L. Department of Chemistry, University of Patras, Greece (date of PhD viva: 26/06/2009).
10. Kopsahelis, N. Department of Chemistry, University of Patras, Greece (date of PhD viva: 25/06/2009).
11. Kandyliis, P. Department of Chemistry, University of Patras, Greece (date of PhD viva: 22/06/2009).
12. Dimitrellou, D. Department of Chemistry, University of Patras, Greece (date of PhD viva: 22/06/2009).
13. Agouridis, N. Department of Chemistry, University of Patras, Greece (date of PhD viva: 31/10/2007).

Supervisor in MSc theses:

1. Andreou, K. MSc in Food, Nutrition & Microbiome, Department of Medicine, Democritus University of Thrace, Greece, 2023.
2. Skoufou, E. MSc in Food, Nutrition & Microbiome, Department of Medicine, Democritus University of Thrace, Greece, 2023.

3. Tzotzis, I. MSc in Infectious Diseases and International Medicine: From Bench to Bedside, Department of Molecular Biology & Genetics and Department of Medicine, Democritus University of Thrace, Greece, 2021.
4. Pavlatou, C. MSc in Infectious Diseases and International Medicine: From Bench to Bedside, Department of Molecular Biology & Genetics and Department of Medicine, Democritus University of Thrace, Greece, 2021.
5. Karapantzou, I. MSc in Translational Research in Molecular Biology & Genetics, Department of Molecular Biology & Genetics, Democritus University of Thrace, Greece, 2020.
6. Feidaki, E. MSc in Translational Research in Molecular Biology & Genetics, Department of Molecular Biology & Genetics, Democritus University of Thrace, Greece, 2016.
7. Kiourtzidis, M. MSc in Translational Research in Molecular Biology & Genetics, Department of Molecular Biology & Genetics, Democritus University of Thrace, Greece, 2014.

Course Co-ordination/Invited Lectures in MSc programs:

1. MSc in Food, Nutrition and Microbiome. Department of Medicine, Democritus University of Thrace, Greece (2020-today).
2. MSc in Didactics of Biosciences, Department of Molecular Biology & Genetics, Democritus University of Thrace, Greece (2019-today):
 - i) Introduction to the world of functional foods (invited lecture).
 - ii) Bioethics in genetically modified foods (invited lecture).
3. MSc in Infectious Disease-International Medicine, Department of Molecular Biology & Genetics, Democritus University of Thrace, Greece (2017-today):
Co-ordination of the course “Molecular and Clinical Bacteriology”.
4. MSc in Translational Research in Biomedicine, Department of Molecular Biology & Genetics, Democritus University of Thrace, Greece (2013-today):
 - i) Co-ordination of the courses “Clinical Nutrition” (2019-today) and “Bioentrepreneurship” (2018-today).
 - ii) Safety in working with bacteria (invited lecture).
 - iii) Bioethics in genetically modified foods (invited lecture).
5. MSc in Sustainable Production Systems & the Environment in Agriculture, Department of Agricultural Development, Democritus University of Thrace, Greece (2008-2013):
 - i) Biotechnological applications in industrial and agricultural waste treatment (invited lecture).
 - ii) Innovative applications in probiotic products production (invited lecture).
6. MSc in Food Biotechnology, Department of Chemistry, University of Patras, Greece (2007-2011):
 - i) Milk: Ultra high temperature processing-Aseptic packaging (invited lecture).
 - ii) New trends and research results in brewing (invited lecture).

Administrative work:

1. President of the Technology Transfer, Innovation and Entrepreneurship Committee (May 2023-today).
2. Member of the Plenary Committee of the Special Account for Research Funds, Democritus University of Thrace (2020-today).

3. Deputy Chair (elected) at the Department of Molecular Biology & Genetics, Democritus University of Thrace, Greece (Sep 2018-Sep 2022)
4. Erasmus+ Coordinator for the Department of Molecular Biology & Genetics, Democritus University of Thrace, Greece (2017-today).
5. Member of the Steering Committee of MSc in Translational Research in Molecular Biology & Genetics, Department of Molecular Biology & Genetics, Democritus University of Thrace, Greece (2015-2016).
6. Member of the Post-Graduate Courses Committee, Department of Molecular Biology & Genetics, Democritus University of Thrace, Greece (2014-2016).
7. Establishment of the Laboratory of Applied Microbiology & Biotechnology, Department of Molecular Biology & Genetics, Democritus University of Thrace, Greece (2015).