



CURRICULUM VITAE

Dr. Kali Kotsiou

Assistant Professor

Department of Food Science and Technology

International Hellenic University (IHU)



kalikotsiou@ihu.gr

<https://www.scopus.com/authid/detail.uri?authorId=26427672000>

EDUCATION

- Mar. 2009 – Jul. 2015 **Doctor of Philosophy (Ph.D.) in chemistry**, Department of Chemistry, University of Ioannina.
Ph.D. thesis: "Changes in olive oil constituents during storage and cooking".
- Oct. 2005 – Mar. 2009 **Master's Degree (M.Sc.) in Food Science and Technology**, Department of Chemistry, University of Ioannina.
M.Sc. thesis: "Effect of antioxidant compounds addition on acrylamide formation in potato-based products".
- Sept. 2001 – Sept. 2005 **Bachelor's Degree in Chemistry**, Department of Chemistry, University of Ioannina.

ADDITIONAL TRAINING

- May – Dec. 2013 **Certificate of Training as a Virgin Olive Oil Taster**
Training as a taster in the method of organoleptic assessment of virgin olive oil (Reg. (EEC) 2568/91 Annex XII), University of Ioannina (72 hours).

RESEARCH PROJECTS

A. AS PRINCIPAL INVESTIGATOR (PI)

- Nov. 2025 – Nov. 2027: Aristotle University of Thessaloniki | Project: **"Valorization of Wheat Bran Through Green Extraction of Arabinoxylans and their Functional Utilization in Food Applications"**, 4th Call for H.F.R.I. Research Projects to support Postdoctoral Researchers

B. AS A MEMBER OF THE RESEARCH TEAM

- Jan. – Mar. 2025 & Apr. – Oct. 2024: International Hellenic University | Project: **"Flat Bread of Mediterranean area; INnovation and Emerging process and technology (FLAT BREAD MINE)"**, PRIMA SECTION 1 2020, AGROFOOD VALUE CHAIN IA TOPIC: 1.3.1-2020 (IA), Valorising the health benefits of the Traditional Mediterranean food products.
- Nov. 2023 – Apr. 2025 Aristotle University of Thessaloniki | Project: **"Code: Re-farm – Reframing farming systems for quality and sustainability"**, H2020-FNR2020 (Food and Natural Resources, grant

agreement 101000216), European Union's Horizon 2020 research and innovation program, 2021-2024.

- Sept. – Oct. 2023: Aristotle University of Thessaloniki | Project: **"Sustainable production of functional ingredients from agro-food industry by-products for the development of high-added value bakery products"** National Strategic Reference Framework (NSRF) 2014-2020, Operational Programme: Competitiveness, Entrepreneurship and Innovation, Single RTDI State Aid Action 'RESEARCH - CREATE - INNOVATE', Ministry of Education Research and Religious Affairs, EYDE-ETAK (T2EDK-00946).
- Sept. 2021 – Oct. 2023: Aristotle University of Thessaloniki | Project: **"Valorisation of Agricultural Residues by Transformation in Cascade of Bio and ThermoChemical Routes to Food Additives of High Added Value"**, National Strategic Reference Framework (NSRF) 2014-2020, Operational Programme: Competitiveness, Entrepreneurship and Innovation, Single RTDI State Aid Action 'RESEARCH - CREATE - INNOVATE', Ministry of Education Research and Religious Affairs, EYDE-ETAK (T2EDK-00468).
- Nov. 2021 – Apr. 2022 Aristotle University of Thessaloniki | Project: **"Design of innovative oleogel systems with optimized characteristics for animal fat substitution in food products"** (Research Committee Project #: 93671) Hellenic Foundation for Research and Innovation (H.F.R.I.) under the "First Call for H.F.R.I. Research Projects to support Faculty members and Researchers and the procurement of high-cost research equipment grant" (Project Number: 3601).
- Nov. 2018 – Jun. 2021 Aristotle University of Thessaloniki | Project: **"Development of innovative grain flours, sourdough preparations and baked products for preventing chronic diseases and improving quality of life"**, National Strategic Reference Framework (NSRF) 2014-2020, Operational Programme: Competitiveness, Entrepreneurship and Innovation, Single RTDI State Aid Action 'RESEARCH - CREATE - INNOVATE', Ministry of Education Research and Religious Affairs, EYDE-ETAK (T1EDK-01669).
- Jul. – Sept. 2017 Aristotle University of Thessaloniki | Project: **"Sensory analysis of dairy products"**, MEVGAL, 2017.
- Jun. 2013 – Jan. 2015 University of Ioannina | Project: **"Design and Development of a Protocol of Requirements and Recommendations for Traceability, Certification, Protection, and Improvement of Quality Characteristics of Preveza Olive Oil"**, Programmatic Agreement between the Region of Epirus/Regional Unit of Preveza and the University of Ioannina.
- May 2012 – Oct. 2013 University of Ioannina | Project: **"Utilization of Biophenols from Olea Europea products-Olives, virgin oil and olive mill waste water (Bio-Olea ETPC)"**, European Territorial Cooperation Programme Greece-Italy 2007-2013.
- Feb. – Apr. 2009 Department of Agricultural Sciences, University of Naples Federico II, Italy | **Short-Term Scientific Mission (STSM) under COST Action 927: Thermally processed foods: possible health implications.**

May – Jun. 2008 VUP Food Research Institute, Bratislava, Slovakia) | **Short-Term Scientific Mission (STSM) under COST Action 927: Thermally processed foods: possible health implications.**

Sept. 2007 – Jun. 2008 University of Ioannina | Project: "**Innovative actions to the protection and Valorization of the Local Sustainable Production of Extra Virgin Olive Oil (LOCElaion)**", Interreg III A Greece–Italy (2000–2006).

TEACHING EXPERIENCE

A. AS ASSISTANT PROFESSOR

Department of Food Science and Technology, International Hellenic University (IHU)

2026 - Present

Undergraduate courses:

"Instrumental Analysis of Foods", "Analytical Chemistry" and "Examination of Food Authenticity".

Postgraduate courses:

"Advanced Food Analysis Methods" and "Academic Writing and Presentation" (M.Sc.: "Quality, Production, and Management in the Food Industry", International Hellenic University - IHU).

B. POST-DOCTORAL TEACHING EXPERIENCE

2025–2026

Academic Fellow | Department of Food Science and Technology, International Hellenic University (IHU).

Undergraduate Courses: "Instrumental Analysis of Foods", "Analytical Chemistry" and "Examination of Food Authenticity".

2021–2022

University Fellow | Department of Food Science and Technology, International Hellenic University (IHU).

Undergraduate Courses: "Technology and Quality Control of Olive Oil and Lipids" and "Physical Properties of Foods".

2020–2021

University Fellow | School of Agriculture, Aristotle University of Thessaloniki (AUTH).

Undergraduate Courses: "Sensory Analysis of Food", "Food Chemistry II" and "Water and Waste Management in Food Industries".

2019–2020

University Fellow | Department of Food Science and Technology, International Hellenic University (IHU).

Undergraduate Course: "Technology and Quality Control of Olive Oil and Lipids".

2017–2018

University Fellow | Department of Food Technology, Technological Educational Institute of Thessaloniki, Thessaloniki, Greece.

Undergraduate Course: "Technology and Quality Control of Olive Oil and Lipids".

2016–2017 University Fellow | Department of Food Technology, Technological Educational Institute of Thessaloniki, Thessaloniki, Greece.
Undergraduate Course: "Technology and Quality Control of Olive Oil and Lipids".

C. PRE-DOCTORAL TEACHING EXPERIENCE

Mar. – Jun. 2011 Adjunct Laboratory Instructor | Department of Food Technology, Technological Educational Institute of Thessaloniki, Thessaloniki, Greece.
Undergraduate Laboratory Course: "Technology and Quality Control of Olive Oil and Lipids".

Oct. 2009 – Mar. 2011 Graduate Teaching Assistant | Department of Chemistry, University of Ioannina, Greece.
Supervision of laboratory exercises for the courses: "Food Analysis and Technology Laboratory" and "Advanced Food Laboratory"

PUBLICATIONS

A. PEER-REVIEWED JOURNAL PUBLICATIONS

- 1** Daskalaki, D., Kefi, G., **Kotsiou, K.**, & Tasioula-Margari, M. (2009). Evaluation of phenolic compounds degradation in virgin olive oil during storage and heating. *Journal of Food and Nutrition Research* 48(1), 31-41.
- 2** **Kotsiou, K.**, Tasioula-Margari, M., Kukurová, K., & Ciesarová, Z. (2010). Impact of oregano and virgin olive oil phenolic compounds on acrylamide content in a model system and fresh potatoes. *Food Chemistry*, 123(4), 1149-1155. <http://dx.doi.org/10.1016/j.foodchem.2010.05.078>
- 3** **Kotsiou, K.**, Tasioula-Margari, M., Capuano, E., & Fogliano, V. (2011). Effect of standard phenolic compounds and olive oil phenolic extracts on acrylamide formation in an emulsion system. *Food Chemistry*, 124(1), 242-247. <http://dx.doi.org/10.1016/j.foodchem.2010.06.025>
- 4** **Kotsiou, K.**, Tasioula-Margari, M., Fiore, A., Gökmen, V., & Fogliano, V. (2013). Acrylamide formation and colour development in low-fat baked potato products as influenced by baking conditions and oil type. *European Food Research and Technology*, 236(5), 843-851. <https://doi.org/10.1007/s00217-013-1935-8>
- 5** D'Antuono, I., Kontogianni, V. G., **Kotsiou, K.**, Linsalata, V., Logrieco, A. F., Tasioula-Margari, M., & Cardinali, A. (2014). Polyphenolic characterization of olive mill wastewaters, coming from Italian and Greek olive cultivars, after membrane technology. *Food Research International*, 65, Part C, 301-310. <http://dx.doi.org/10.1016/j.foodres.2014.09.033>
- 6** **Kotsiou, K.**, & Tasioula-Margari, M. (2015). Changes occurring in the volatile composition of Greek virgin olive oils during storage: Oil variety influences stability. *European Journal of Lipid Science and Technology*, 117(4), 514-522. <https://doi.org/10.1002/ejlt.201400231>
- 7** **Kotsiou, K.**, & Tasioula-Margari, M. (2016). Monitoring the phenolic compounds of Greek extra-virgin olive oils during storage. *Food Chemistry*, 200, 255-262. <http://dx.doi.org/10.1016/j.foodchem.2015.12.090>

- 8 **Kotsiou, K.**, Sacharidis, D.-D., Matsakidou, A., Biliaderis, C. G., & Lazaridou, A. (2021). Impact of Roasted Yellow Split Pea Flour on Dough Rheology and Quality of Fortified Wheat Breads. *Foods*, 10(8), 1832. <https://www.mdpi.com/2304-8158/10/8/1832>
- 9 **Kotsiou, K.**, Sacharidis, D.-D., Matsakidou, A., Biliaderis, C. G., & Lazaridou, A. (2022). Physicochemical and functional aspects of composite wheat-roasted chickpea flours in relation to dough rheology, bread quality and staling phenomena. *Food Hydrocolloids*, 124, 107322. <https://doi.org/10.1016/j.foodhyd.2021.107322>
- 10 Lazaridou, A., **Kotsiou, K.**, & Biliaderis, C. G. (2022). Nutritional and technological aspects of barley β -glucan enriched biscuits containing isomaltulose as sucrose replacer. *Food Hydrocolloids for Health*, 2, 100060. <https://doi.org/10.1016/j.fhfh.2022.100060>
- 11 Mouzakitis, C. K., Sereti, V., Matsakidou, A., **Kotsiou, K.**, Biliaderis, C. G., & Lazaridou, A. (2022). Physicochemical properties of zein-based edible films and coatings for extending wheat bread shelf life . *Food Hydrocolloids*, 132, Article 107856. <https://doi.org/10.1016/j.foodhyd.2022.107856>
- 12 Gkountenoudi-Eskitzi, I., **Kotsiou, K.**, Irakli, M. N., Lazaridis, A., Biliaderis, C. G., & Lazaridou, A. (2023). In vitro and in vivo glycemic responses and antioxidant potency of acorn and chickpea fortified gluten-free breads. *Food Research International*, 166, Article 112579. <https://doi.org/10.1016/j.foodres.2023.112579>
- 13 Gidari - Gounaridou, C., Nouska, C., Hatzikamari, M., **Kotsiou, K.**, Biliaderis, C. G., & Lazaridou, A. (2023). Impact of dry sourdough based on a fermented chickpea starter on quality characteristics and shelf life of gluten-free bread. *Food Bioscience*, 53, 102780. <https://doi.org/10.1016/j.fbio.2023.102780>
- 14 Sereti, V., **Kotsiou, K.**, Biliaderis, C. G., Moschakis, T., & Lazaridou, A. (2023). Development of oil-in-water emulsion gels enriched with barley β -glucan as potential solid fat substitute and evaluation of their physical properties. *Food Hydrocolloids*, 145, Article 109090. <https://doi.org/10.1016/j.foodhyd.2023.109090>
- 15 Sereti, V., **Kotsiou, K.**, Biliaderis, C. G., & Lazaridou, A. (2023). Emulsion gel enriched with a barley β -glucan concentrate for reducing saturated fat in biscuits. *Food Hydrocolloids*, 145, Article 109163. <https://doi.org/10.1016/j.foodhyd.2023.109163>
- 16 **Kotsiou, K.**, Palassaros, G., Matsakidou, A., Mouzakitis, C. K., Biliaderis, C. G., & Lazaridou, A. (2023). Roasted-sprouted lentil flour as a novel ingredient for wheat flour substitution in breads: Impact on dough properties and quality attributes. *Food Hydrocolloids*, 145, Article 109164. <https://doi.org/10.1016/j.foodhyd.2023.109164>
- 17 Papagianni, E., **Kotsiou, K.**, Biliaderis, C. G., & Lazaridou, A. (2023). Flaxseed and sprouted lentil seeds as functional ingredients in the development of nutritionally fortified “clean-label” gluten-free breads. *Food Hydrocolloids for Health*, 4, Article 100165. <https://doi.org/10.1016/j.fhfh.2023.100165>
- 18 Papagianni, E., **Kotsiou, K.**, Matsakidou, A., Biliaderis, C. G., & Lazaridou, A. (2024). Development of “clean label” gluten-free breads fortified with flaxseed slurry and sesame cake: Implications on batter rheology, bread quality and shelf life. *Food Hydrocolloids*, 150, 109734. <https://doi.org/10.1016/j.foodhyd.2024.109734>

- 19 Sereti, V., **Kotsiou, K.**, Ciurlă, L., Patras, A., Irakli, M., & Lazaridou, A. (2024). Valorizing apple pomace as stabilizer of olive oil-water emulsion used for reduction of saturated fat in biscuits. *Food Hydrocolloids*, 151, 109746. <https://doi.org/10.1016/j.foodhyd.2024.109746>
- 20 Mouzakitis, C. K., **Kotsiou, K.**, Pontikakos, G., Matzapetakis, M., Zervou, M., Biliaderis, C. G., & Lazaridou, A. (2024). Unravelling the structural heterogeneity and diversity in rheological behavior of alkali-extractable wheat bran arabinoxylans using ammonia pretreatment. *Food Hydrocolloids*, 151, Article 109888. <https://doi.org/10.1016/j.foodhyd.2024.109888>
- 21 Bosmali, I., **Kotsiou, K.**, Matsakidou, A., Irakli, M., Madesis, P., & Biliaderis, C. G. (2025). Fortification of wheat bread with an alternative source of bean proteins using raw and roasted Phaseolus coccineus flours: Impact on physicochemical, nutritional and quality attributes. *Food Hydrocolloids*, 158, Article 110527. <https://doi.org/10.1016/j.foodhyd.2024.110527>
- 22 **Kotsiou, K.**, Palassaros, G., Irakli, M., Biliaderis, C. G., & Lazaridou, A. (2025). Effect of Pretreated Yellow Split Pea Flour Supplementation on Dough Rheology, Texture, Volatile Profile, and Sensory Attributes of Wheat Flour–Based Breads. *Food and Bioprocess Technology*, 18(4), 3993-4009. <https://doi.org/10.1007/s11947-024-03703-7>
- 23 **Kotsiou, K.**, Terzidis, M. A., & Papageorgiou, M. (2025). Effect of Baking Conditions on Mycotoxin Levels in Flatbreads Prepared from Artificially Contaminated Doughs. *Foods*, 14(6), 910. <https://www.mdpi.com/2304-8158/14/6/910>
- 24 Freitas, D., Lazaridou, A., Duijsens, D., **Kotsiou, K.**, Corbin, K. R., Alongi, M., Perez-Moral, N., Simsek, S., El, S. N., Gwala, S., Karakaya, S., Le Feunteun, S., Grauwet, T., Martinez, M. M., & Edwards, C. H. (2025). Starch digestion: A comprehensive update on the underlying modulation mechanisms and its in vitro assessment methodologies. *Trends in Food Science & Technology*, 159, 104969. <https://doi.org/https://doi.org/10.1016/j.tifs.2025.104969>
- 25 **Kotsiou, K.**, Andreadis, M., Manassis, G., Lazaridou, A., Biliaderis, C. G., Basdagianni, Z., Bossis, I., & Moschakis, T. (2025). Effects of Farming System on the Rheological Behavior of Rennet-Induced Coagulation in Milk from Skopelos Breed Goats. *Foods*, 14(8), Article 1316. <https://doi.org/10.3390/foods14081316>
- 26 Frietas, D., Gwala, S., Henry, G., Lazaridou, A., Christine Bosch, C., Dorine Duijsens D., Faye Wheller F., Hanne Zobel H., Ival M. Lopez-Rodulfo I., **Kotsiou, K.**, et al., (2025). Interlaboratory validation of an optimized protocol for measuring α -amylase activity by the INFOGEST international research network. *Scientific Reports*, 15(1), Article 30985. <https://doi.org/10.1038/s41598-025-12561-y>
- 27 Freitas, D., Gwala, S., Henry, G., Lazaridou, A., Boesch, C., Duijsens, D., Wheller, F., Lopez-Rodulfo, I. M., **Kotsiou, K.**, et al., (2025). Interlaboratory validation of an optimized protocol for measuring α -amylase activity by the INFOGEST international research network. *Scientific Reports*, 15(1), 30985. <https://doi.org/10.1038/s41598-025-12561-y>

B. BOOK CHAPTERS

- 1 Galanakis, C. M., & **Kotsiou, K.** (2017). Chapter 10 - Recovery of bioactive compounds from olive mill waste. In C. M. Galanakis (Ed.), *Olive Mill Waste* (pp. 205-229). Academic Press. <https://doi.org/10.1016/B978-0-12-805314-0.00010-8>

C. INTERNATIONAL CONFERENCE PRESENTATIONS

- 1 **Kotsiou Kali** and Maria Tasioula- Margari. Comparison of Analytical Methods for Acrylamide Determination in Foods. 6th International conference on Instrumental *Methods of Analysis- Modern Trends and Applications (IMA 2009)*, 4-8 October 2009, Athens, Greece.
- 2 **Kotsiou Kali**, Genatos Konstantinos, Maria Tasioula Margari. Effect of extraction system and conditions (two and three phases centrifugation, malaxation time and temperature) on the quality characteristics of virgin olive oil. *Cross border Conference "Olives, Virgin Olive Oil and Olive Mill Waste Water: Sustainable Management and Development"*, 12 October 2012, Bari, Italy.
- 3 D. Voulgari, **K. Kotsiou**, M. Tasioula-Margari and C. Stalikas. Nanoparticle-based treatment of olive mill wastewater for the recovery and degradation of the phenolic content. *8th International Conference "IMA 2013-Instrumental Methods of Analysis-Modern Trends and Applications"*, 15-19 September 2013, Thessaloniki, Greece.
- 4 A. Lazaridou, C. Gidari - Gounaridou, **K. Kotsiou**, C.G. Biliaderis. Impact of dry sourdough from chickpea fermentation extract on quality characteristics of gluten-free bread. *33rd EFFoST International Conference 2019 Sustainable Food Systems - Performing by Connecting*, 12-14 November 2019, Rotterdam, The Netherlands.
- 5 **K. Kotsiou**, A. Lazaridou, C.G. Biliaderis. Fortification of wheat bread with flours from processed legume seeds and impact on product quality attributes. *33rd EFFoST International Conference 2019 Sustainable Food Systems - Performing by Connecting*, 12-14 November 2019, Rotterdam, The Netherlands.
- 6 **Kali Kotsiou**, Dimitrios-Diogenis Sacharidis, Athina Lazaridou, Costas G. Biliaderis. *Rheological, textural and sensorial characteristics of wheat doughs and bread formulations fortified with yellow split pea flours. ISEKI-e-conference on "Food Quality and Texture in Sustainable Production and Healthy Consumption"*, 18-19 November 2020, online.
- 7 Evangelia Papagianni, Thomas Stavratis, **Kali Kotsiou**, Athina Lazaridou, Costas G. Biliaderis. Fortification of Wheat Bread with Plant Protein Isolates. *6th International ISEKI-Food Conference: "Sustainable Development Goals in Food Systems: Challenges and Opportunities for the Future"*, 23 – 25 June 2021, online.
- 8 **Kali Kotsiou**, Athina Lazaridou, Costas G. Biliaderis. Physical properties and quality evaluation of composite dough and bakery products using a multi-analytical instrumental approach (oral presentation). *12th International Conference "IMA 2021-Instrumental Methods of Analysis-Modern Trends and Applications"*. 20 – 23 September 2021, online.
- 9 Papagianni, E., **Kotsiou, K.**, Biliaderis, C. G., Lazaridou, A. Exploring the development of a "clean-label" gluten free bread. *ISEKI-Food Association, e-Conference (Timisoara, Romania), "Food Texture, Quality Safety and Biosecurity in the Global Bioeconomy"*, 10-12 November 2021, online.

- 10 Papagianni, E., **Kotsiou, K.**, Biliaderis, C. G., Lazaridou, A. Development of a “clean-label” gluten-free bread fortified with flaxseeds and sprouted lentils. *7th Cereals & Europe Spring Meeting, “Cereals: Archaic food of the future”*, 6-8 April 2022, Thessaloniki, Greece.
- 11 Konstantina Zampouni, **Kali Kotsiou**, Georgios Kasiouras, Athina Lazaridou, Eugenios Katsanidis. Evaluation of in vitro bioaccessibility of beta-carotene using edible oleogels and bigels as carriers. 5th ISEKI-Food E-conference “Current food innovation trends: the texture and consumer perception perspective”, 23 – 25 November 2022, online.
- 12 C.K. Mouzakis, **K. Kotsiou**, G. Pontikakos, C.G. Biliaderis and A. Lazaridou. Physicochemical properties of alkaline extracted wheat bran arabinoxylans as affected by pretreatment with ammonia under mild conditions (oral presentation). *21st Gums & Stabilisers for the Food Industry “Meeting industry's needs, consumers' expectations and sustainability challenges”*. 6-9 June 2023, Thessaloniki, Greece.
- 13 V. Sereti, A. Lazaridou, **K. Kotsiou** and C.G. Biliaderis. Emulsion gels enriched with β -glucan concentrate for reducing saturated fat in biscuits. *21st Gums & Stabilisers for the Food Industry “Meeting industry's needs, consumers' expectations and sustainability challenges”*. 6-9 June 2023, Thessaloniki, Greece.
- 14 C.K. Mouzakis, **K. Kotsiou**, G. Pontikakos, C.G. Biliaderis, A. Lazaridou. Effect of alkaline extraction agents on wheat bran arabinoxylans gelling capacity. *21st Gums & Stabilisers for the Food Industry “Meeting industry's needs, consumers' expectations and sustainability challenges”*. 6-9 June 2023, Thessaloniki, Greece.
- 15 E. Papagianni, **K. Kotsiou**, A. Matsakidou, C.G. Biliaderis, A. Lazaridou. Development of a novel “clean-label” gluten-free bread with flaxseed slurry and sesame cake. *21st Gums & Stabilisers for the Food Industry “Meeting industry's needs, consumers' expectations and sustainability challenges”*. 6-9 June 2023, Thessaloniki, Greece.
- 16 **K. Kotsiou**, M. Andreadis, A. Lazaridou, C.G. Biliaderis, Z. Basdagianni, I. Bossis and T. Moschakis. Rheological evaluation of rennet-induced curdling of goat milks from different farming systems. *74th Annual Meeting of EAAP (Joint International Congress on Animal Science, EAAP + WAAP + Interbull Congress 2023)*. 26 August – 1 September 2023, Lyon, France.
- 17 Evangelia Papagianni, Christos-Konstantinos Mouzakis, **Kali Kotsiou**, Costas G. Biliaderis, Athina Lazaridou. Development of Pickering emulsions stabilized by cellulose nanocrystals and fortified with omega-3 fatty acids. *3rd Food Chemistry Conference*, 10 – 12 October 2023, Dresden, Germany.
- 18 Christos Konstantinos Mouzakis, **Kali Kotsiou**, Georgios Pontikakos, Costas G. Biliaderis, Athina Lazaridou. Mechanical properties of composite hydrogels consisting of cellulose nanocrystals and arabinoxylans. *3rd Food Chemistry Conference*, 10 – 12 October 2023, Dresden, Germany.
- 19 Christos Konstantinos Mouzakis, **Kali Kotsiou**, Georgios Pontikakos, Costas G. Biliaderis, Athina Lazaridou. Rheological and textural properties of skimmed milk acidified gels fortified with wheat bran arabinoxylans. *3rd Food Chemistry Conference*, 10 – 12 October 2023, Dresden, Germany.
- 20 **Kali Kotsiou**, Georgios Palassaros, Evangelia Loziou, Dodo Tcharkhalashvili, Maria Irakli, Costas G. Biliaderis, Athina Lazaridou. Sensory and physicochemical characteristics of wheat breads fortified with yellow split pea flours. *3rd*

Food Chemistry Conference, 10 – 12 October 2023, Dresden, Germany.

- 21 Mouzakitis Christos K., **Kotsiou Kali**, Pontikakos Georgios, Irakli Maria, Zervou Maria, Matzapetakis Manolis, Biliaderis G. Costas, Lazaridou Athina. Rheological properties and possible application of alkali-extractable wheat bran arabinoxylans as affected by their structural heterogeneity. *19th Food Colloids Conference*, 14-18 April 2024, Thessaloniki, Greece.
- 22 Kalogeridis Eleftherios, Mouzakitis Christos K., **Kotsiou Kali**, Biliaderis G. Costas, Lazaridou Athina. Aqueous extraction of dietary fibers from wheat shorts under subcritical conditions and incorporation into cocoa flavored milk for κ-carrageenan replacement. *19th Food Colloids Conference*, 14-18 April 2024, Thessaloniki, Greece.
- 23 Sereti Vasileia, **Kotsiou Kali**, Nouska Chrysanthi, Patras Antoanela, Biliaderis G. Costas, Lazaridou Athina. Olive Oil-Water Emulsions Stabilized by Apple Pomace used as a Solid Fat Substitute in Biscuits. *19th Food Colloids Conference*, 14-18 April 2024, Thessaloniki, Greece.
- 24 Freitas et. al. (presenting on behalf of Infogest Wg5 - Starch Digestion). Amylase activity assay evaluation and optimization: an INFOGEST International Ring Trial. *8th International Conference on Food Digestion*, 9-11 April 2024, Porto, Portugal
- 125 **K. Kotsiou**, C. Mouzakitis, A. Lazaridou, C. Biliaderis, I. Stavropoulos, N. Van Leuffen, J. Smits, Z. Basdagianni, I. Bossis. Rheological and protein thermal denaturation properties of eggs from different farming systems. *75th Annual Meeting of the European Federation of Animal Science*, 1-5 September 2024, Florence, Italy
- 26 **Kali Kotsiou**, Michael A. Terzidis, Maria Papageorgiou. A Simple Method for Mycotoxins Analysis in Artificially Contaminated Bread. *2nd International Conference of Nutritional Sciences & Dietetics*, 11-13 October 2024, Thessaloniki, Greece
- 27 **Kali Kotsiou**, Michael A. Terzidis, Maria Papageorgiou. Effect of baking conditions on mycotoxins levels in flatbreads prepared from artificially contaminated doughs. *ICC International Conference: Grains For One Health*, 25-28 November 2024, Taipei
- 28 **Kali Kotsiou**, Christos-Konstantinos Mouzakitis, Eleftherios Kalogeridis, Costas G. Biliaderis, Athina Lazaridou. By-products from wheat milling industry as additives in 'clean label' milk-based products. *ICC International Conference: Grains For One Health*, 25-28 November 2024, Taipei
- 29 Maria Kopsacheili, **Kali Kotsiou**, Maria Papageorgiou, Adamantini Paraskevopoulou. Comparison of infrared and conventional baking and study of their effect on acrylamide content and quality characteristics of rye crispbread. *EUROFOODCHEM XXIII*, 11 – 13 June 2025, Bratislava, Slovakia
- 30 Sofia Keramari, **Kali Kotsiou**, Maria Kopsacheili, Nigel G. Halford, Maria Papageorgiou, Adamantini Paraskevopoulou. Effect of free asparagine content on acrylamide formation and texture in crispbreads made from wheat flour. *EUROFOODCHEM XXIII*, 11 – 13 June 2025, Bratislava, Slovakia
- 31 Christos-Konstantinos Mouzakitis, **Kali Kotsiou**, Maria Irakli, Costas G. Biliaderis, Athina Lazaridou. Effect of alkaline media and extraction conditions on the molecular characteristics and rheological properties of wheat bran Arabinoxylans. *7th International Congress on Food Science and Technology*, 8 – 9 November 2025, Athens, Greece

- 32** **Kali Kotsiou**, Michael A. Terzidis and Maria Papageorgiou. Mycotoxins stability in Greek pita bread prepared from artificially contaminated dough: Effects of baking temperature, time and parbaking. *7th International Congress on Food Science and Technology*, 8 – 9 November 2025, Athens, Greece
- 33** Claudia Sardella, **Kali Kotsiou**, Francesco Sestili, Costas G. Biliaderis, Athina Lazaridou, Massimo Blandino. Rheological, technological, and nutritional implications of high-amylose wheat in breadmaking. *4th International Wheat Congress*, 25 - 29 May 2026, Bologna, Italy

ADDITIONAL INFORMATION

- 2025 – present:** Participation in ACRYRED network activities (COST Action CA21149: "Reducing Acrylamide Exposure of Consumers by a Cereals Supply-chain Approach Targeting Asparagine")
- 2022 – present:** Participation in INFOGEST network activities (Working Group WG5: *Digestive Amylases and Starch Digestion*)
- Mar. 2014 – Jan. 2015:** Delivery of training seminars for olive oil producers and mill owners aimed at improving local olive oil quality (Lefkada, Kefalonia, and Preveza).
- Oct. 2010 – Jan. 2011:** ERASMUS Mobility Grant (Dipartimento di Scienza degli Alimenti, Università degli Studi di Napoli, Federico II, Portici, Italy).
- 2008 – 2009:** **Participation in COST Action 927 network activities** (COST Action CA21149: "Reducing Acrylamide Exposure of Consumers by a Cereals Supply-chain Approach Targeting Asparagine")
- Peer review activities** Food Chemistry
Food Hydrocolloids
European Journal of Lipid Science and Technology