

CURRICULUM VITAE
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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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.

Work Experience:

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

2012-today 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.

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€.

Record of Funded Research Projects:

Dr. Kourkoutas has participated in many research projects (coordinating most of them) totaling more than 4.800.000€. His funds derive from EU (7th FP), National Grants (Generally Secretary of Research and Technology, Greece) and the Food/Agriculture Industry.

Selected Projects:

1. **Project:** Human Resources Development, Education and Lifelong Learning, Support researchers with emphasis on young researchers-MIS 5006289: “Novel wine products using biopreservatives and probiotics. **Source of funding:** Hellenic Ministry of Education, Research and Religious Affairs, Greece. **Budget:** 65.800€. **Starting/Ending dates:** April 2018-June 2019. **Role:** Scientific coordinator.
2. **Project:** SYNERGASIA II-11SYN_2_566: “Novel functional foods containing bioactive essential oils from Greek endemic species with health promoting properties-Biofood for Health” in collaboration with EVGA S.A and VIORYL S.A., Industries. **Source of funding:** Greek General Secretariat of Research and Technology (GSRT) and private industrial funds. **Budget:** 1.1840.000€. **Starting/ending dates:** August 2013-October 2015. **Role:** Coordinator.
3. **Project:** SYNERGASIA II-11SYN_2_571: “Functional dairy and meat products with high added value fermented or enriched with new probiotic microorganisms isolated from Greek traditional products-ProbioDairyMeat” in collaboration with NIKAS S.A., ECOFARMA S.A. RODOPI S.A. Industries. **Source of funding:** Greek General Secretariat of Research and Technology (GSRT) and private industrial funds. **Budget:** 1.580.000€. **Starting/ending dates:** October 2013-October 2015. **Role:** participant member (researcher).
4. **Project:** Greece-China Bilateral Cooperation-2012-2014-12CHN_409: “Bioactive essential oils and other beneficial substances isolated from Greek and Chinese endemic species with health promoting properties-BioActiveHealth” in collaboration with VIORYL S.A. and PAXMAN S.A. Industries. **Source of funding:** Greek General Secretariat of Research and Technology (GSRT) and private industrial funds. **Budget:** 560.000€. **Starting/ending dates:** December 2012-November 2015. **Role:** Scientific coordinator.
5. **Project:** Support of Post-Doctorate Researchers-LS9(3546): “Production of novel probiotic food products: Investigation of anticancer properties-ProbFood”. **Source of funding:** Greek General Secretariat of Research and Technology (GSRT). **Budget:** 150.000€. **Starting/ending dates:** February 2012-January 2015. **Role:** Scientific coordinator.
6. **Project:** Support of New Enterprises for Research & Technological Development Activities-17NEWB2012: “Use of biologically active essential oils in the production of alcoholic beverages and pastry products with potential health benefits” in collaboration with TENTOURA CASTRO S.A. Beverage Industry. **Source of funding:** Greek General Secretariat of Research and Technology (GSRT) and private industrial funds. **Budget:** 190.000€. **Starting/ending dates:** November 2012-January 2015. **Role:** Subcontractor coordinator.
7. **Project:** Support of New Enterprises for Research & Technological Development Activities-15NEWE2009: “Production of probiotic ice-cream using immobilized *L. casei* on dry nuts and pastry products” in collaboration with AHAIKO ENTELWEISS S.A. Dairy Industry. **Source of**

funding: Greek GSRT and private industrial funds. **Budget:** 200.000€. **Starting/ending dates:** September 2011-December 2014. **Role:** Subcontractor coordinator.

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:

Dr. Kourkoutas has published 80 papers in peer-reviewed journals (citations:>1250; *h*-factor: 17).

1. Kedraka, K.; Kourkoutas, Y. Debates in teaching bioethics. *J Curr Teach*, 2018, 7, 32-41.
2. Fitsiou, E.; Mitropoulou, G.; Spyridopoulou, K.; Vamvakias, M.; Bardouki, H.; Galanis, A.; Chlichlia, K.; Kourkoutas, Y.; Panayotidis, I. M.; Pappa, A. Chemical composition and evaluation of the biological properties of the essential oil of the dietary phytochemical *Lippia citriodora*. *Molecules*, 2018, 23, 123; [doi:10.3390/molecules23010123](https://doi.org/10.3390/molecules23010123).
3. Nikolaou, A.; Kourkoutas, Y. Exploitation of olive oil mill wastewaters and molasses for ethanol production using immobilized cells of *Saccharomyces cerevisiae*. *Environ Sci Pollut Res*, 2017, doi: 10.1007/s11356-017-1051-6.
4. Mitropoulou, G.; Fitsiou, E.; Spyridopoulou, K.; Tiptiri-Kourpeti, A.; Bardouki, H.; Vamvakias, M.; Panas, P.; Chlichlia, K.; Pappa, A.; Kourkoutas, Y. *Citrus medica* essential oil exhibits significant antimicrobial and antiproliferative activity. *LWT-Food Sci Technol*, 2017, 84, 344-352.
5. Santarmaki, V.; Kourkoutas, Y.; Zoumpopoulou, G.; Mavrogonatou, E.; Kiourtzidis, M.; Chorianopoulos, N.; Tassou, C.; Tsakalidou, E.; Simopoulos, C.; Ypsilantis, P. Survival, intestinal mucosa adhesion, and immunomodulatory potential of *Lactobacillus plantarum* strains. *Curr Microbiol*, 2017, [doi: 10.1007/s00284-017-1285-z](https://doi.org/10.1007/s00284-017-1285-z).
6. Vetas, D.; Dimitropoulou, E.; Mitropoulou, G.; Kourkoutas, Y.; Giaouris, E. Disinfection efficiencies of sage and spearmint essential oils against planktonic and biofilm *Staphylococcus aureus* cells in comparison with sodium hypochlorite. *Int J Food Microbiol*, 2017, 257, 19-25.
7. Tsimogiannis, D.; Choulitoudi, E.; Bimpilas, A.; Mitropoulou, G.; Kourkoutas, Y.; Oreopoulou, V. Exploitation of the biological potential of *Satureja thymbra* essential oil and distillation by-products. *J Appl Res Med Aromat Plants*, 2017, 4, 12-20.

8. Plessas, S.; Nouska, C.; Mantzourani, I.; Kourkoutas, Y.; Alexopoulos, A.; Bezirtzoglou, E. Microbiological exploration of different types of kefir grains. *Fermentation*, 2017, 3, 1, doi:10.3390/fermentation3010001.
9. Nikolaou, A.; Galanis, A.; Kanellaki, M.; Tassou, C.; Akrida-Demertzi, K.; Kourkoutas, Y. Assessment of free and immobilized kefir culture in simultaneous alcoholic and malolactic cider fermentations. *LWT-Food Sci Technol*, 2017, 76, 67-78.
10. Sidira, M.; Santarmaki, V.; Kiourtzidis, M.; Argyri, A. A.; Papadopoulou, O. S.; Chorianopoulos, N.; Tassou, C.; Kaloutsas, S.; Galanis, A.; Kourkoutas, Y. Evaluation of immobilized *Lactobacillus plantarum* 2035 on whey protein as adjunct probiotic culture in yoghurt production. *LWT-Food Sci Technol*, 2017, 75, 137-146.
11. Fitsiou, E.; Anastopoulos, I.; Chlichlia, K.; Galanis, A.; Kourkoutas, I.; Panayiotidis, M. I.; Pappa, A. Antioxidant and antiproliferative properties of the essential oils of *Satureja thymbra* and *Satureja parnassica* and their major constituents. *Anticancer Res*, 2016, 36, 5757-5764.
12. Fitsiou, E.; Mitropoulou, G.; Spyridopoulou, K.; Tiptiri-Kourpeti, A.; Vamvakias, M.; Bardouki, H.; Panayiotidis, M.; Galanis, A.; Kourkoutas, Y.; Chlichlia, K.; Pappa, A. Phytochemical profile and evaluation of the biological activities of essential oils derived from the Greek aromatic plant species *Ocimum bacillicum*, *Mentha spicata*, *Pimpinella anisum* and *Fortunella margarita*. *Molecules*, 2016, 21, 1069, doi:10.3390/molecules21081069.
13. Bezirtzoglou, E.; Voidarou, C.; Stavropoulou, E.; Kourkoutas, Y.; Alexopoulos, A.; Plessas, S.; Varzakas, T. Emerging antibiotic resistance in honey as a hazard for human health. *J Bacteriol Mycol Open Access*, 2016, 2(1), 00012, <http://dx.doi.org/10.15406/jbmoa.2016.02.00012>.
14. Nikolaou, A.; Varzakas, T.; Kourkoutas, Y. Effect of organic fertilization treatment, frying oil and cultivar variety on the volatile profile of potato tubers. *Cur Res Nutr Food Sci*, 2016, 4, 1-8, <http://dx.doi.org/10.12944/CRNFSJ.4.1.01>.
15. Saxami, G.; Papadopoulou, O.S.; Chorianopoulos, N.; Kourkoutas, Y.; Tassou, C. C.; Galanis, A. Molecular detection of two potential probiotic lactobacilli strains and evaluation of their performance as starter adjuncts in yoghurt production. *Int J Mol Sci*, 2016, 17, 668, doi:10.3390/ijms17050668.
16. Dimitrellou, D.; Kandyliis, P.; Petrović, T.; Dimitrijević-Branković, S.; Lević, S.; Nedović, V.; Kourkoutas, Y. Survival of spray dried microencapsulated *Lactobacillus casei* ATCC 393 in simulated gastrointestinal conditions and fermented milk. *LWT-Food Sci Technol*, 2016, 71, 169-174.
17. Dimitrellou, D.; Kandyliis, P.; Kourkoutas, Y. Effect of cooling rate, freeze-drying, and storage on survival of free and immobilized *Lactobacillus casei* ATCC 393. *LWT-Food Sci Technol*, 2016, 69, 468-473.
18. Tiptiri-Kourpeti, A.; Spyridopoulou, K.; Santarmaki, V.; Aindelis, G.; Tompoulidou, E.; Lamprianidou, E. E.; Saxami, G.; Ypsilantis, P.; Lampri, E. S.; Simopoulos, C.; Kotsianidis, I.; Galanis, A.; Kourkoutas, Y.; Dimitrellou, D.; Chlichlia, K. *Lactobacillus casei* exerts anti-proliferative effects accompanied by apoptotic cell death and up-regulation of TRAIL in colon carcinoma cells. *PLoS ONE*, 2016, 11(2), e0147960, doi:10.1371/journal.pone.0147960.
19. Sidira, M.; Kandyliis, P.; Kanellaki, M.; Kourkoutas, Y. Effect of curing salts and probiotic cultures on the evolution of flavor compounds in dry-fermented sausages during ripening. *Food Chem*, 2016, 201, 334-338.
20. Galanis, A.; Kourkoutas, Y.; Tassou, C.; Chorianopoulos, N. Detection and identification of probiotic *Lactobacillus plantarum* strains by multiplex PCR using RAPD-derived primers. *Int J Mol Sci*, 2015, 16, 25141-25153.

21. Sidira, M.; Kourkoutas, Y.; Kanellaki, M.; Charalampopoulos, D. *In vitro* study on the cell adhesion ability of immobilized lactobacilli on natural supports. *Food Res Int*, 2015, 76, 532-539.
22. Mitropoulou, G.; Fitsiou, E.; Stavropoulou, E.; Papavasiliopoulou, E.; Vamvakias, M.; Pappa, A.; Oreopoulou, A.; Kourkoutas, Y. Composition, antimicrobial, antioxidant, and antiproliferative activity of *Origanum dictamnus* (dittany) essential oil. *Microb Ecol Health Dis*, 2015, 26, 26543, <http://dx.doi.org/10.3402/mehd.v26.26543>.
23. Dimitrellou, D.; Kandyliis, P.; Kourkoutas, Y.; Koutinas, A.A.; Kanellaki, M. Cheese production using kefir culture entrapped in milk proteins. *Appl Biochem Biotechnol*, 2015, 176, 213-230.
24. Sidira, M.; Kandyliis, P.; Kanellaki, M.; Kourkoutas, Y. Effect of immobilized *Lactobacillus casei* on volatile compounds of heat treated probiotic dry-fermented sausages. *Food Chem*, 2015, 178, 201-207.
25. Sidira, M.; Kandyliis, P.; Kanellaki, M.; Kourkoutas, Y. Effect of immobilized *Lactobacillus casei* on the evolution of flavor compounds in probiotic dry-fermented sausages during ripening. *Meat Sci*, 2015, 100, 41-51.
26. Dimitrellou, D.; Kandyliis, P.; Sidira, M.; Koutinas, A.A.; Kourkoutas, Y. Free and immobilized *Lactobacillus casei* ATCC 393 on whey protein as starter cultures for probiotic Feta-type cheese production. *J Dairy Sci*, 2014, 97, 4675-4685.
27. Sidira, M.; Galanis, A.; Nikolaou, A.; Kanellaki, M.; Kourkoutas, Y. Evaluation of *Lactobacillus casei* ATCC 393 protective effect against spoilage of probiotic dry-fermented sausages. *Food Control*, 2014, 42, 315-320.
28. Tsakiris, A.; Kallithraka, S.; Kourkoutas, Y. Grape brandy production, composition and sensory evaluation. *J Sci Food Agric*, 2014, 94, 404-414.
29. Sidira, M.; Karapetsas, A.; Galanis, A.; Kanellaki, M.; Kourkoutas, Y. Effective survival of immobilized *Lactobacillus casei* during ripening and heat treatment of probiotic dry-fermented sausages and investigation of the microbial dynamics. *Meat Sci*, 2014, 96, 948-955.
30. Mitropoulou, G.; Nedovic, V.; Goyal, A.; Kourkoutas, Y. Immobilization technologies in probiotic food production. *J Nutr Metabol*, 2013, <http://dx.doi.org/10.1155/2013/716861>.
31. Ypsilantis, P.; Lambropoulou, M.; Kourkoutas, I.; Pechivanis, A.; Simopoulos, C. Liver radiofrequency ablation compromises the biological gut barrier. *Hum Exp Toxicol*, 2013, [doi: 10.1177/0960327113489049](http://dx.doi.org/10.1177/0960327113489049).
32. Sidira, M.; Saxami, G.; Dimitrellou, D.; Santarmaki, V.; Galanis, A.; Kourkoutas, Y. Monitoring survival of *Lactobacillus casei* ATCC 393 in probiotic yogurts using an efficient molecular tool. *J Dairy Sci*, 2013, 96, 3369-3377.
33. Begea, M.; Sirbu, A.; Kourkoutas, Y.; Dima, R. Single-cell protein production of *Candida* strains in culture media based on vegetal oils. *Romanian Biotechnol Lett*, 2012, 17, 7776-7786.
34. Prompona, D.K.; Kandyliis, P.; Tsakiris, A.; Kanellaki, M.; Kourkoutas, Y. Application of alternative technologies for elimination of artificial colourings in alcoholic beverages produced by *Citrus medica* and potential impact on human health. *Food Nutr Sci*, 2012, 3, 959-969.
35. Saxami, G.; Ypsilantis, P.; Sidira, M.; Simopoulos, C.; Kourkoutas, Y.; Galanis, A. Distinct adhesion of probiotic strain *Lactobacillus casei* ATCC 393 to rat intestinal mucosa. *Anaerobe*, 2012, 18, 417-420.
36. Koutinas, A.A.; Sypsas, V.; Kandyliis, P.; Michelis, A.; Bekatorou, A.; Kourkoutas, Y.; Kordulis, C.; Lycourghiotis, A.; Banat, I.M.; Nigam, P.; Marchant, R.; Giannouli, M.; Yianoulis, P. Nano-tubular cellulose for bioprocess technology development. *PLoS ONE*, 2012, 7, e34350.

37. Tsakiris, A.; Sotirakoglou, K.; Kandyliis, P.; Kaldis, P.; Tzia, C.; Kourkoutas, Y. Price estimation and economic evaluation of the production cost of red wines produced by immobilized cells on dried raisin berries. *Int J Wine Res*, 2011, 3, 1-8.
38. Kandyliis, P.; Vekiari, A. S.; Kanellaki, M.; Grati Kamoun, N.; Msallem, M.; Kourkoutas, Y. Comparative study of extra virgin olive oil flavor profile of Koroneiki variety (*Olea europaea* var. *Microcarpa alba*) cultivated in Greece and Tunisia during one period of harvesting. *LWT-Food Sci Technol*, 2011, 44, 1333-1341.
39. Nikolaou, A.; Saxami, G.; Kourkoutas, Y.; Galanis, A. A new methodology for rapid detection of *Lactobacillus delbrueckii* subsp. *bulgaricus* based on multiplex PCR. *J Microbiol Meth*, 2011, 84, 362-364.
40. Hondrodinou, O.; Kourkoutas, Y.; Panagou, E. Z. Efficacy of natamycin to control fungal growth in natural black olive fermentation. *Food Microbiol*, 2011, 28, 621-627.
41. Sidira, M.; Galanis, A.; Ypsilantis, P.; Karapetsas, A.; Progaki, Z.; Simopoulos, C.; Kourkoutas, Y. Effect of probiotic-fermented milk administration on gastrointestinal survival of *Lactobacillus casei* ATCC 393 and modulation of intestinal microbial flora. *J Mol Microbiol Biotechnol*, 2010, 19, 224-230.
42. Tsakiris, A.; Kandyliis, P.; Bekatorou, A.; Kourkoutas, Y.; Koutinas, A.A. Dry red wine making using yeast immobilized on cork pieces. *Appl Biochem Biotechnol*, 2010, 162, 1316-1326.
43. Tsakiris, A.; Koutinas, A.A.; Psarianos, C.; Kourkoutas, Y.; Bekatorou, A. A new process for wine production by penetration of yeast in uncrushed frozen grapes. *Appl Biochem Biotechnol*, 2010, 162, 1109-1121.
44. Vekiari, S.A.; Oreopoulou, V.; Kourkoutas, Y.; Kamoun, N.; Msallem, M.; Psimouli, V.; Arapoglou, D. Characterization and seasonal variation of the quality of virgin olive oil of the Throumbolia and Koroneiki varieties from Southern Greece. *Grasas y Aceites*, 2010, 61, 221-231.
45. Karapetsas, A.; Vavoulidis, E.; Galanis, A.; Sandaltzopoulos, R.; Kourkoutas, Y. Rapid detection and identification of probiotic *Lactobacillus casei* ATCC 393 by multiplex PCR. *J Mol Microbiol Biotechnol*, 2010, 18, 156-161.
46. Dimitrellou, D.; Kandyliis, P.; Mallouchos, A.; Komaitis, M.; Koutinas, A.A.; Kourkoutas, Y. Effect of freeze-dried kefir culture on proteolysis of feta-type and whey-cheeses. *Food Chem*, 2010, 119, 795-800.
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48. Koutinas, A.A.; Bekatorou, A.; Katechaki, E.; Dimitrellou, D.; Kopsahelis, N.; Papapostolou, H.; Panas, P.; Sideris, K.; Kallis, M.; Bosnea, L.A.; Koliopoulos, D.; Sotiropoulos, P.; Panteli, A.; Kourkoutas, Y.; Kanellaki, M.; Soupioni, M. Scale-up of thermally dried kefir production as starter culture for hard-type cheese making: An economic evaluation. *Appl Biochem Biotechnol*, 2010, 160, 1734-1743.
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50. Dimitrellou, D.; Kourkoutas, Y.; Koutinas, A.A.; Kanellaki, M. Thermally-dried immobilized kefir on casein as starter culture in dried whey cheese production. *Food Microbiol*, 2009, 26, 809-820.

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52. Dimitrellou, D.; Kandyliis, P.; Kourkoutas, Y.; Koutinas, A.A.; Kanellaki, M. Evaluation of thermally-dried *Kluyveromyces marxianus* as baker's yeast. *Food Chem*, 2009, 115, 691-696.
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56. Papavasiliou, G.; Kourkoutas, Y.; Rapti, A.; Sipsas, V.; Koutinas, A.A.; Soupioni, M. Production of freeze-dried kefir culture using whey. *Int Dairy J*, 2008, 13, 247-254.
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64. Kourkoutas, Y.; Kanellaki, M.; Koutinas, A.A.; Tzia, C. Effect of storage of immobilized cells at ambient temperature on volatiles during wine-making. *J Food Eng*, 2006, 74, 217-223.
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Dr. Kourkoutas has published 14 articles in books.

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Proceedings in International Conferences:
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Dr. Kourkoutas has published more than 95 proceedings in international conferences.

Selected proceedings in international conferences:

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46. Mitropoulou, G.; Santarmaki, V.; Panas, P.; Michalopoulos, I.; Kourkoutas, Y. An economic evaluation for production of dried probiotic immobilized starter culture using whey. International Conference on Environment, Health and Industrial Biotechnology- BioSangam-2013, Allahabad, India, 21-23 November 2013 (p. 441).

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56. Dimitrellou, D.; Kandyliis, 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).
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65. 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).
66. 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).
67. 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).
68. 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).
69. 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).
70. 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).
71. 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).
72. 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.
73. 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).
74. 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), Vina del Mar, Chile, 20-24 April 2008 (p. 10).
75. 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).
76. 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).
77. 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).
78. 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).
79. 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).
80. 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).
81. 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).
82. Kourkoutas, Y.; Chorianopoulos, 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).

83. 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).
84. Chorianopoulos, 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).
85. 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.
86. 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).
87. 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.
88. 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.
89. 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).
90. Athanasiadis, I.; Becatorou, 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).
91. 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).
92. 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:

Dr. Kourkoutas has been invited as a plenary keynote lecturer and has served as Chairman in several conferences.

Oral presentations after invitation (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, 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), 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:
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Dr. Kourkoutas has served in grant evaluation study section panels for both national and international calls of proposals:

1. Support of Young Researchers call of the Greek Ministry of Education, Lifelong Learning and Religious Affairs (June 2017)
2. 3rd National Plan for Research, Development and Innovation for the period 2015-2020 (PNCDI III)] (October 2016).
3. “Cooperation-2011”, EYDE-ETAK, Greece (July 2015-July 2016).
4. “Aristia II”, General Secretariat of Research and Technology, Greece (March 2016).
5. Research Grants Archimides III, Technological Educational Institute (TEI) of Athens, Greece (April 2015).
6. Call of the Czech-Norwegian Research Programme (May 2014).
7. Call of the Romanian Executive Agency for Higher Education, Research, Development and Innovation Funding, Research within Priority Sectors Programme-RO14 (April 2014).
8. Call of the Estonian Research Council (ETAg), Norwegian-Estonian Research Cooperation Programme (May 2013).
9. Support of Research Personnel of SMEs call of the General Secretariat of Research and Technology, Greece (April 2013).
10. Call “Program for Updating Knowledge in University Graduates”, Greek Ministry of Education, Lifelong Learning and Religious Affairs (July 2012).
11. Call of the Estonian Science Foundation (ETF) (September 2011).
12. Support of Group of SMEs call of the Greek Ministry of Education, Lifelong Learning and Religious Affairs (June 2011).
13. COST OC-2009-2 Domain Food and Agriculture (February 2010).
14. 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. Biomed Research International, Lead Guest Editor, Special issue on Bioactive Natural Products, 2016.
2. Current Research in Nutrition and Food Science, Associate Editor, 2015-today
3. Biomed Research International, Lead Guest Editor, Special issue on Application of Innovative Technologies for Improved Food Quality and Safety, 2015.
4. Biomed Research International, Lead Guest Editor, Special issue on Bioactive Natural Products: Facts, Applications, and Challenges, 2014.
5. Journal of Nutrition and Metabolism, Lead Guest Editor, Special issue on Probiotics and Prebiotics: Health Benefits and Challenges, 2013.
6. 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
Journal of Agricultural and Food Chemistry	
International Journal of Molecular Sciences	

Member of Scientific Societies:

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

1. 2015-today 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. European Biotechnology Congress-Eurobiotech 2018, Athens, Greece, 26-28 April 2018.
2. European Symposium on Food Safety, Athens, Greece, 11-13 May 2016.
3. Food Chemistry Days, Functional Foods, Athens, 26-27 November 2015.
4. 38th Congress of the Society for Microbial Ecology and Disease, Verona, 11-13 October 2015.
5. 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. I. Prapa, Department of Molecular Biology & Genetics, Democritus University of Thrace, Greece.
2. G. Sgouros, Department of Molecular Biology & Genetics, Democritus University of Thrace, Greece.
3. V. Santarmaki, Department of Molecular Biology & Genetics, Democritus University of Thrace, Greece.
4. G. Mitropoulou, Department of Molecular Biology & Genetics, Democritus University of Thrace, Greece.
5. A. Nikolaou, Department of Molecular Biology & Genetics, Democritus University of Thrace, Greece.

Member in PhD Committees:

1. A. Terpou, Department of Chemistry, University of Patras, Greece (Supervisory Committee Member).
2. G. Saxami, Department of Molecular Biology & Genetics, Democritus University of Thrace, Greece (Supervisory Committee Member).
3. M. Sidira, Department of Chemistry, University of Patras, Greece (graduated in 2014) (Supervisory Committee Member).

External Examiner of PhD theses:

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

Supervisor in MSc theses:

1. M. Kiourtzidis, MSc in Translational Research in Molecular Biology & Genetics, Department of Molecular Biology & Genetics, Democritus University of Thrace, Greece, 2014.
2. K. Feidaki, MSc in Translational Research in Molecular Biology & Genetics, Department of Molecular Biology & Genetics, Democritus University of Thrace, Greece, 2016.

Invited Lectures in MSc courses:

1. 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”.
2. MSc in Translational Research in Biomedicine, Department of Molecular Biology & Genetics, Democritus University of Thrace, Greece (2013-today):
 - i) Safety in working with bacteria.
 - ii) Bioethics in genetically modified foods.
3. 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.
 - ii) Innovative applications in probiotic products production.
4. MSc in Food Biotechnology, Department of Chemistry, University of Patras, Greece (2007-2011):
 - i) Milk: Ultra high temperature processing-Aseptic packaging.
 - ii) New trends and research results in brewing.

Administrative work:

1. Erasmus+ Coordinator for the Department of Molecular Biology & Genetics, Democritus University of Thrace, Greece (2017-today).
2. Member of the Under-Graduate Courses Committee, Department of Molecular Biology & Genetics, Democritus University of Thrace, Greece (2014-today).
3. 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).
4. Member of the Post-Graduate Courses Committee, Department of Molecular Biology & Genetics, Democritus University of Thrace, Greece (2014-2016).
5. Establishment of the Laboratory of Applied Microbiology & Biotechnology, Department of Molecular Biology & Genetics, Democritus University of Thrace, Greece (2015).