



ΠΑΝΕΠΙΣΤΗΜΙΟ
ΘΕΣΣΑΛΙΑΣ

ΒΙΟΓΡΑΦΙΚΟ ΣΗΜΕΙΩΜΑ

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Επικεφαλής

Ερευνητική Ομάδα Πράσινων Διεργασιών &
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ΣΠΟΥΔΕΣ

Λιδακτορικό δίπλωμα (PhD) – Χημεία Τροφίμων (2001)

Department of Agricultural Sciences, Imperial College – University of London (U.K.)

Μεταπτυχιακή Εξειδίκευση – Οινολογία (1997)

University Institute of Vine & Wine, University of Burgundy (FRANCE)

Πτυχίο (BSc) – Οινολογία & Τεχνολογία Ποτών (1995)

Τεχνολογικό Εκπαιδευτικό Ίδρυμα (Τ.Ε.Ι.) Αθήνας

ΑΚΑΔΗΜΑΪΚΗ ΕΜΠΕΙΡΙΑ

Προπτυχιακά Προγράμματα

Ιανουάριος 2019 - : Αναπληρωτής Καθηγητής Επεξεργασίας, Αξιοποίησης & Ανάλυσης Υποπροϊόντων Τροφίμων, Τμήμα Επιστήμης Τροφίμων & Διατροφής, Πανεπιστήμιο Θεσσαλίας (Καρδίτσα).

Μάιος 2018 – Ιανουάριος 2019: Αναπληρωτής Καθηγητής Επεξεργασίας, Αξιοποίησης & Ανάλυσης Υποπροϊόντων Τροφίμων, Τμήμα Τεχνολογίας Τροφίμων, Τ.Ε.Ι. Θεσσαλίας (Καρδίτσα).

Μάιος 2014 – Απρίλιος 2018: Επίκουρος Καθηγητής Βιοχημείας Τροφίμων, Τμήμα Επιστήμης Τροφίμων & Διατροφής, Πανεπιστήμιο Αιγαίου (Λήμνος).

Ιούνιος 2010 – Απρίλιος 2014: Λέκτορας Βιοχημείας Τροφίμων, Τμήμα Επιστήμης Τροφίμων & Διατροφής, Πανεπιστήμιο Αιγαίου (Λήμνος).

Ακαδημαϊκό έτος 2009 – 2010: Επιστημονικός Συνεργάτης, Τμήμα Τεχνολογίας Τροφίμων, Τ.Ε.Ι. Θεσσαλίας (Καρδίτσα).

Ακαδημαϊκό έτος 2008 – 2009: Εργαστηριακός Συνεργάτης, Τμήμα Βιολογικών Θερμοκηπιακών Καλλιεργειών & Ανθοκομίας, Τ.Ε.Ι. Κρήτης (Ηράκλειο).

Ακαδημαϊκά έτη 2003 – 2005: Εργαστηριακός Συνεργάτης, Τμήμα Οινολογίας & Τεχνολογίας Ποτών, Τ.Ε.Ι. Αθήνας.

Ακαδημαϊκά έτη 1998 – 2000: Επικουρική Εργαστηριακή Διδασκαλία (Demonstrating), Department of Agricultural Sciences, Imperial College – University of London.

Μεταπτυχιακά Προγράμματα

Ακαδημαϊκά έτη 2000 – 2001, 2003 – 2010, 2012 – 2019: Food Quality & Chemistry of Natural Products Programme, M.A.I.Ch. (Χανιά).

Ακαδημαϊκό έτος 2015 – 2016: Τμήμα Επιστήμης Τροφίμων & Διατροφής του Ανθρώπου, Γεωπονικό Πανεπιστήμιο Αθηνών.

Ακαδημαϊκό έτος 2013 – 2014: Τμήμα Βιοτεχνολογίας, Γεωπονικό Πανεπιστήμιο Αθηνών.

ΕΡΕΥΝΗΤΙΚΗ ΕΜΠΕΙΡΙΑ

Σεπτέμβριος 2009 – Μάρτιος 2010: Συνεργαζόμενος Ερευνητής, Τμήμα Γεωργικής Μηχανικής & Περιβάλλοντος, Ινστιτούτο Τεχνολογίας & Διαχείρισης Αγροοικοσυστημάτων - Ι.ΤΕ.Δ.Α., Κέντρο Έρευνας, Τεχνολογίας & Ανάπτυξης Θεσσαλίας - Κ.Ε.ΤΕ.Α.Θ. (Βόλος).

Οκτώβριος 2005 – Αύγουστος 2009: Ερευνητής, Food Quality & Chemistry of Natural Products Programme, M.A.I.Ch. (Χανιά).

Ιανουάριος 2005 – Ιούνιος 2006: Μεταδιδακτορική Έρευνα (υποτροφία Ι.Κ.Υ.), Τμήμα Επιστήμης Διαιτολογίας – Διατροφής, Χαροκόπιο Πανεπιστήμιο (Αθήνα).

Μάιος – Δεκέμβριος 2004: Μεταδιδακτορική Έρευνα, Τμήμα Οινολογίας & Τεχνολογίας Ποτών, Τ.Ε.Ι. Αθήνας.

Νοέμβριος 2003 – Μάιος 2004: Συνεργαζόμενος Ερευνητής, Ινστιτούτο Αμπέλου & Οίνου, ΕΘ.Ι.ΑΓ.Ε. (Αθήνα).

Οκτώβριος 2000 – Δεκέμβριος 2001: Μεταδιδακτορική Έρευνα, Food Quality & Chemistry of Natural Products Programme, M.A.I.Ch. (Χανιά).

ΛΟΙΠΕΣ ΕΠΙΣΤΗΜΟΝΙΚΕΣ ΔΡΑΣΤΗΡΙΟΤΗΤΕΣ

- Μέλος του Ελληνικού Φόρουμ για την Επιστήμη & Τεχνολογία Λιπιδίων
- Διαπίστευση IRCA (2007) / Επιθεωρητής Συστημάτων Διαχείρισης Ποιότητας Τροφίμων (ISO 22000:2005, ISO 19011:2002)
- Μέλος Συντακτικής Επιτροπής (Editorial Board): Journal of Chemistry (Hindawy), International Journal of Waste Resources (Longdom), Beverages (MDPI), Applied Sciences – Chemistry Section, Food Science & Technology Section (MDPI), Molecules – Natural Product Section (MDPI), Biomass (MDPI), Journal of Applied Research on Medicinal & Aromatic Plants (Elsevier)
- Προσκεκλημένος εκδότης (guest editor) στο περιοδικό *Recycling* (MDPI) για το ειδικό τεύχος (special issue) "Food Waste – Strategies to Reuse and Prevention"
- Προσκεκλημένος εκδότης (guest editor) στο περιοδικό *Beverages* (MDPI) για το ειδικό τεύχος (special issue) "Valorization of Beverage Industry By-products"
- Προσκεκλημένος εκδότης (guest editor) στο περιοδικό *Applied Sciences – Chemistry Section* (MDPI) για το ειδικό τεύχος (special issue) "High-performance Green Extraction of Natural Products"
- Προσκεκλημένος εκδότης (guest editor) στο περιοδικό *Antioxidants* (MDPI) για το ειδικό τεύχος (special issue) "Polyphenolic Antioxidants from Agri-Food Waste Biomass"
- Κριτής (reviewer) σε περισσότερα από 45 επιστημονικά περιοδικά

ΒΡΑΒΕΙΑ - ΔΙΑΚΡΙΣΕΙΣ

- Διάκριση κατά το PLoS Biology 2020, Mendeley Data 2020, στο ανώτερο 2% των επιδραστικών επιστημόνων παγκοσμίως (συνολικά 20 επιστήμονες από το Πανεπιστήμιο Θεσσαλίας).
 - Βραβείο καλύτερης δημοσίευσης 2019 του περιοδικού **Clean Technologies & Environmental Policy**: Stefou I., Grigorakis S., Loupassaki S., Makris D.P.[†], 2019. Development of sodium propionate-based deep eutectic solvents for polyphenol extraction from onion solid wastes, 21, 1563-1574. doi: [10.1007/s10098-019-01727-8](https://doi.org/10.1007/s10098-019-01727-8) (Χρηματικό έπαθλο €1000).
 - Προσκεκλημένος ομιλητής:
1. Μακρής Δ.Π., 2020. Λειτουργικά συστατικά τροφίμων φυτικής προέλευσης της Μεσογείου. **13ο Μακεδονικό Συνέδριο Διατροφής & Διαιτολογίας (διαδικτυακό)**, 25 – 27 Σεπτεμβρίου 2020.
 2. Makris D.P., 2020. Natural Deep Eutectic Solvents - New Generation Green Liquids for the Extraction of Multifunctional Polyphenols. **10th International Phytocosmetics & Phytotherapy Congress (virtual)**, 3-4 September 2020, Athens, Greece.
 3. Makris D.P., 2017. Enhanced extraction of antioxidant polyphenols from *Moringa oleifera* Lam leaves using a biomolecule-based low-transition temperature mixture. In “**3rd IMEKO Foods – Metrology promoting standardization and harmonization in Food and Nutrition**”, 1-4 October 2017, Thessaloniki, Greece.
 4. Μακρής Δ.Π., 2008. Αξιοποίηση των υποπροϊόντων της βιομηχανίας ελαιολάδου για την παραγωγή προϊόντων υψηλής προστιθέμενης αξίας – Φυσικές αντιοξειδωτικές ουσίες. «**Καλλιέργεια & Φυτοπροστασία της Ελιάς**», Νομαρχιακή Αυτοδιοίκηση Χαλκιδικής, Εντομολογική Εταιρία Ελλάδος, 4 Απριλίου 2008, Νέα Μουδανιά, Χαλκιδική.

ΕΡΕΥΝΗΤΙΚΑ ΠΡΟΓΡΑΜΜΑΤΑ

- **ΕΡΕΥΝΩ – ΔΗΜΙΟΥΡΓΩ – ΚΑΙΝΟΤΟΜΩ**: «Δημιουργία βιολειτουργικών μεταλλικών νερών με την προσθήκη εκχυλισμάτων φρούτων, λαχανικών, ελληνικών αρωματικών βοτάνων, κάνναβης, φύλλων *Moringa oleifera* και φύλλων ελληνικών ποικιλιών ελιάς που έχουν παραχθεί με καινοτόμο τεχνολογία (βαθέως εύτηκτοι διαλύτες) ή με την προθήκη χουμικών και φουλβικών οξέων» (Τ2ΕΔΚ 03772), Τμήμα Επιστήμης Τροφίμων & Διατροφής, Πανεπιστήμιο Θεσσαλίας, 10.2020 – 4.2023 (Αναπληρωτής Υπεύθυνος).
- **ΕΡΕΥΝΩ – ΔΗΜΙΟΥΡΓΩ – ΚΑΙΝΟΤΟΜΩ**: «Χρήση παλλόμενου ηλεκτρικού πεδίου για την εκχύλιση πολύτιμων συστατικών από φυτικό υλικό» (Τ1ΕΔΚ 03762), Τμήμα Επιστήμης Τροφίμων & Διατροφής, Πανεπιστήμιο Θεσσαλίας, 7.2018 – 6.2021 (Αναπληρωτής Υπεύθυνος).
- **ΕΡΕΥΝΩ – ΔΗΜΙΟΥΡΓΩ – ΚΑΙΝΟΤΟΜΩ**: «Δημιουργία βιολειτουργικών προϊόντων σοκολάτας με την προσθήκη εγκλωβισμένων σε μικρογαλακτώματα εκχυλισμάτων αρωματικών και φαρμακευτικών φυτών που έχουν παραχθεί με καινοτόμο τεχνολογία (βαθέως εύτηκτους διαλύτες) (COCOOWA)» (Τ1ΕΔΚ 05677), Τμήμα Επιστήμης Τροφίμων & Διατροφής, Πανεπιστήμιο Θεσσαλίας, 7.2018 – 6.2021 (Αναπληρωτής Υπεύθυνος).
- **ΘΑΛΗΣ**: «Αξιολόγηση και βελτιστοποίηση των παραγόντων παλαιώσης ερυθρών και λευκών οίνων από Κρητικές ποικιλίες. Παραγωγή οίνων προστιθέμενης ποιοτικής αξίας (ΠΑΛΑΙΟΣΟΙΝΟΣ)», Τμήμα Χημείας, Πανεπιστήμιο Κρήτης, 10.2012 – 9.2015 (Υπεύθυνος π.ε.).

- **STREP/DEVELONUTRI (FP6):** “Development of high throughput approaches to optimise the nutritional value of crops and crop-based foods”, M.A.I.Ch., 2.2007 – 8.2009 (Ερευνητής).
- **INTERREG III C SUD/FARVALDI:** “Action frontalière pour la conservation de l’agrobiodiversité régionale et pour la valorisation d’une différenciation identifiable des produits”, M.A.I.Ch., 10.2005 – 1.2007 (Ερευνητής).
- **ΜΕΤΑΔΙΔΑΚΤΟΡΙΚΗ ΥΠΟΤΡΟΦΙΑ Ι.Κ.Υ.:** «Αξιοποίηση αποβλήτων της βιομηχανίας τροφίμων για την ανάκτηση προϊόντων υψηλής προστιθέμενης αξίας. Αντιοξειδωτικά από υποπροϊόντα οινοποίησης», Χαροκόπειο Πανεπιστήμιο, 1.2005 – 6.2006 (Επιστημονικός Υπεύθυνος).
- **ΑΡΧΙΜΗΔΗΣ:** «Ανάπτυξη τεχνολογιών για την ταχεία αποπύκρωση της ελιάς και την παραγωγή προϊόντων υψηλής διατροφικής αξίας», Τμήμα Οινολογίας & Τεχνολογίας Ποτών, Τ.Ε.Ι. Αθήνας, 3.2004 – 12.2004 (Μεταδιδακτορικός Ερευνητής).
- **ΕΠΕΑΕΚ II:** Αναδιάρθρωση του προπτυχιακού προγράμματος σπουδών, Τμήμα Οινολογίας & Τεχνολογίας Ποτών, Τ.Ε.Ι. Αθήνας, 3.2004 – 9.2004 (Μεταδιδακτορικός Ερευνητής).
- **ΔΙΜΕΡΗΣ ΣΥΝΕΡΓΑΣΙΑ ΕΛΛΑΔΑΣ - ΑΛΒΑΝΙΑΣ:** «Μελέτη της πολυφαινολικής σύστασης ελληνικών και αλβανικών οίνων», ΕΘ.Ι.ΑΓ.Ε., Αθήνα, 11.2003 – 3.2004 (Μεταδιδακτορικός Ερευνητής).
- **ALTENER (AI/2002/238):** “Studies on the exploitation of carobs (*Ceratonia siliqua*) for bioethanol production”, M.A.I.Ch., 6.2001 – 12.2001 (Μεταδιδακτορικός Ερευνητής).

ΑΝΑΘΕΣΗ – ΕΠΙΒΛΕΨΗ ΔΙΑΤΡΙΒΩΝ

- Πτυχιακές εργασίες: 23
- Μεταπτυχιακές διατριβές (master): 31
- Διδακτορικές διατριβές: 3 (+ 1 σε εξέλιξη)

ΔΗΜΟΣΙΕΥΣΕΙΣ

Εκδόσεις

1. Makris D.P., **2021**. “High-Performance Green Extraction of Natural Products”, Special Issue, **Applied Sciences** (MDPI).
2. Makris D.P., Şahin S., **2020**. “Polyphenolic Antioxidants from Agri-Food Waste Biomass”, Special Issue, **Antioxidants** (MDPI).

Κεφάλαια σε βιβλία

1. Makris D.P.[†], **2021**. CHAPTER 16. Recovery and applications of enzymes from food wastes. In “**Food Waste Recovery: Processing Technologies, Industrial Techniques, and Applications.**” Galanakis Ch. ed., Academic Press, London, U.K., pp. 313-325. **ISBN: 978-0-12-820563-1**
2. Makris D.P.[†], **2015**. CHAPTER 16. Recovery and applications of enzymes from food wastes. In “**Food Waste Recovery: Processing Technologies and Techniques.**” Galanakis Ch. ed., ELSEVIER Publ. (San Diego, CA), pp. 361-379. **ISBN: 978-0-12-800351-0**

3. Makris D.P.[†], Boskou D., **2014**. CHAPTER 9. Plant-derived antioxidants as food additives. In “**Plants as a Source of Natural Antioxidants**”, Dubei N.K. ed., CABI Publ. (Oxfordshire, U.K.), pp. 169-190. ISBN: 978-1-78-064266-6
4. Kefalas P., Makris D.P., **2006**. CHAPTER 4. Liquid chromatography-mass spectrometry techniques in flavonoid analysis: recent advances. In “**Antioxidant Plant Phenols: Sources, Structure-Activity Relationship, Current Trends in Analysis and Characterization**”, Boskou D., Gerothanasis I., Kefalas P. ed., RESEARCH SIGNPOST Publ. (Kerala, India), pp 69-123. ISBN: 81-308-0029-2

Βιβλιογραφικές Ανασκοπήσεις

1. Makris D.P.[†], Lalas, S., **2020**. Glycerol and glycerol-based deep eutectic mixtures as emerging green solvents for polyphenol extraction: the evidence so far. **Molecules**, 25, 5842. doi:10.3390/molecules25245842
2. Makris D.P.[†], **2018**. Green extraction processes for the efficient recovery of bioactive polyphenols from wine industry solid wastes – Recent progress. **Current Opinion in Green & Sustainable Chemistry**, 13, 50-55. doi: 10.1016/j.cogsc.2018.03.013
3. Tzima K., Makris D.P., Nikiforidis C., Mourtzinou I., **2015**. Potential use of rosemary, propolis and thyme as natural food preservatives. **Journal of Nutrition & Health**, 1(1), 6.
4. Makris D.P.[†], Kallithraka S., Kefalas P., **2006**. Critical Review. Flavonols in grapes, grape products and wines: burden, profile and influential parameters. **Journal of Food Composition & Analysis**, 19, 396-404. doi: 10.1016/j.jfca.2005.10.003
5. Makris D.P.[†], Kallithraka S., Kefalas P., **2003**. Polyphenols in Hellenic wines: Creating composition tables as a tool for epidemiological studies. **Journal of Wine Research** 14(2-3), 103-114. doi: 10.1080/09571260410001678003

Ερευνητικές Εργασίες

1. Kurtulbaş E., Gizem Pekel A., Bilgin M., Makris D., Şahin S., **2021**. Citric acid-based deep eutectic solvent for the anthocyanin recovery from *Hibiscus sabdariffa* through microwave-assisted extraction. **Biomass Conversion & Biorefinery**. doi: 10.1007/s13399-020-00606-3
2. Pappas V.M., Lakka A., Palaiogiannis D., Athanasiadis V., Bozinou E., Ntourtoglou G., Makris D.P., Dourtoglou V.G., Lalas S.I., **2021**. Optimization of pulsed electric field as standalone “green” extraction procedure for the recovery of high value-added compounds from fresh olive leaves. **Antioxidants**, 10, 1554. doi: 10.3390/antiox10101554
3. Bozinou E., Lakka A., Lalas S., Makris D.P.[†], **2021**. Cyclodextrins as high-performance green co-solvents in the aqueous extraction of polyphenols and anthocyanin pigments from solid onion waste. **European Food Research & Technology**, 247(11), 2831-2845. doi:10.1007/s00217-021-03839-2
4. Shaheen S., Grigorakis S., Halahlah A., Loupassaki S., Makris D.P.[†], **2021**. Extractor dimensions affect optimization of laboratory-scale batch solid-liquid extraction of polyphenols from plant material: potato peels as a case study. **Chemical Engineering Communications**, 208, 11, 1618 – 1629. doi: 10.1080/00986445.2020.1805438
5. Alibade A., Lakka A., Bozinou E., Lalas S.I., Chatzilazarou A., Makris D.P.[†], **2021**. Development of a green methodology for simultaneous extraction of polyphenols and pigments from red winemaking solid wastes (pomace) using a novel glycerol-sodium benzoate deep eutectic solvent and ultrasonication pretreatment. **Environments**, 8, 90. doi: 10.3390/environments8090090
6. Lakka A., Bozinou E., Stavropoulos G., Samanidis I., Athanasiadis V., Dourtoglou V.G., Makris D.P., Lalas S.I., **2021**. Enhancement of polyphenols recovery from *Rosa canina*, *Calendula officinalis* and *Castanea sativa* using pulsed electric field. **Beverages**, 7, 63. doi: 10.3390/beverages7030063

7. Athanasiadis V., Lakka A., Palaiogiannis D., Pappas V.M., Bozinou E., Ntourtoglou G., Makris D.P., Dourtoglou V.G., Lalas S.I., **2021**. Pulsed electric field and *Salvia officinalis* L. leaves: A successful combination for the extraction of high added value compounds. **Foods**, 10, 2014. doi: [10.3390/foods10092014](https://doi.org/10.3390/foods10092014)
8. Morsli F., Grigorakis S., Halahlah A., Poulianiti K.P., Makris D.P.[†], **2021**. Appraisal of the combined effect of time and temperature on the total polyphenol yield in batch stirred-tank extraction of medicinal and aromatic plants: the extraction efficiency factor. **Journal of Applied Research on Medicinal and Aromatic Plants**, 25, 100340. doi: [10.1016/j.jarmap.2021.100340](https://doi.org/10.1016/j.jarmap.2021.100340)
9. Alibade A., Lakka A., Bozinou E., Chatzilazarou A., Lalas S.I., Makris D.P.[†], **2021**. Valorization of red vinification solid wastes (red grape pomace): Integrated green extraction process for antioxidant polyphenols using ultrasound-assisted pretreatment and β -cyclodextrin. **Beverages**, 7, 59. doi: [10.3390/beverages7030059](https://doi.org/10.3390/beverages7030059)
10. Kaltsa O., Alibade A., Batra G., Bozinou E., Makris D.P., Lalas S.I., **2021**. Fortification of chocolate using *Moringa oleifera* extract encapsulated in microemulsions. **OCL - Oilseeds and Fats, Crops and Lipids**, 28, 38. doi: [10.1051/ocl/2021026](https://doi.org/10.1051/ocl/2021026)
11. Chakroun D., Grigorakis S., Loupassaki S., Makris D.P.[†], **2021**. Enhanced-performance extraction of olive (*Olea europaea*) leaf polyphenols using L-lactic acid/ammonium acetate deep eutectic solvent combined with β -cyclodextrin: screening, optimisation, temperature effects and stability. **Biomass Conversion & Biorefinery**, 11, 1125-1136. doi: [10.1007/s13399-019-00521-2](https://doi.org/10.1007/s13399-019-00521-2)
12. Pappas V., Lakka A., Palaiogiannis D., Bozinou E., Ntourtoglou G., Batra G., Athanasiadis V., Makris D.P., Dourtoglou V.G., Lalas S.I., **2021**. Use of pulsed electric field as a low-temperature and high-performance “green” extraction technique for the recovery of high added value compounds from olive leaves. **Beverages**, 7(3), 45. doi: [10.3390/beverages7030045](https://doi.org/10.3390/beverages7030045)
13. Kaltsa O., Alibade A., Bozinou E., Makris D.P., Lalas S.I., **2021**. Encapsulation of *Moringa oleifera* extract in Ca-alginate chocolate beads: physical and antioxidant properties. **Journal of Food Quality**, ID 5549873. doi: [10.1155/2021/5549873](https://doi.org/10.1155/2021/5549873)
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