



ΠΑΝΕΠΙΣΤΗΜΙΟ  
ΘΕΣΣΑΛΙΑΣ

## ΒΙΟΓΡΑΦΙΚΟ ΣΗΜΕΙΩΜΑ

Δημήτρης Π. Μακρής *PhD DIC*

### Στοιχεία Επικοινωνίας

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Αναπληρωτής Καθηγητής

Τμήμα Επιστήμης Τροφίμων & Διατροφής  
Σχολή Γεωπονικών Επιστημών

Επικεφαλής

Ερευνητική Ομάδα Πράσινων Διεργασιών &  
Βιοδιύλισης

Research Gate [https://www.researchgate.net/profile/Dimitris\\_Makris2](https://www.researchgate.net/profile/Dimitris_Makris2)

Google Scholar <https://scholar.google.gr/citations?user=63env6cAAAAJ&hl=el&oi=ao>

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## ΣΠΟΥΔΕΣ

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### **Διδακτορικό 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

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### **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

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**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

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- Διάκριση κατά το PLoS Biology 2020, Mendelej 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.<sup>†</sup>, 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. **10<sup>th</sup> 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 “**3<sup>rd</sup> 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

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- **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 παλαίωσης 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

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

## ΔΗΜΟΣΙΕΥΣΕΙΣ

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### 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.<sup>†</sup>, **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.<sup>†</sup>, **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.<sup>†</sup>, 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.<sup>†</sup>, 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.<sup>†</sup>, **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., Mourtzinis I., **2015**. Potential use of rosemary, propolis and thyme as natural food preservatives. **Journal of Nutrition & Health**, 1(1), 6.
4. Makris D.P.<sup>†</sup>, 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.<sup>†</sup>, 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. Shaheen S., Grigorakis S., Halahlah A., Loupassaki S., Makris D.P.<sup>†</sup>, **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**. [doi: 10.1080/00986445.2020.1805438](#)
2. 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](#)
3. Chakroun D., Grigorakis S., Loupassaki S., Makris D.P.<sup>†</sup>, **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**. [doi: 10.1007/s13399-019-00521-2](#)
4. 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](#)
5. Kyriakidou A., Makris D.P., Lazaridou A., Biliaderis C.G., Mourtzinis I., **2021**. Physical properties of chitosan films containing pomegranate peel extracts obtained by deep eutectic solvents. **Foods**, 10, 1262. [doi: 10.3390/foods10061262](#)
6. Lakka A., Bozinou E., Makris D.P., Lalas S.I., **2021**. Evaluation of pulsed electric field polyphenol extraction from *Vitis vinifera*, *Sideritis scardica* and *Crocus sativus*. **ChemEngineering**, 5, 25. [doi: 10.3390/chemengineering5020025](#)
7. Kellil A., Grigorakis S., Loupassaki S., Makris D.P.<sup>†</sup>, **2021**. Empirical kinetic modelling and mechanisms of quercetin thermal degradation in aqueous model systems: effect of pH and addition of antioxidants. **Applied Sciences**, 11, 2579. [doi: 10.3390/app11062579](#)
8. Grigorakis S., Halahlah A., Makris D.P.<sup>†</sup>, **2020**. Stability of *Salvia fruticosa* Mill. polyphenols and antioxidant activity in a citrate-based natural deep eutectic solvent. **Nova Biotechnologica et Chimica**, 19(2), 200 – 207.

9. Lakka A., Lalas S., [Makris D.P.<sup>†</sup>](#), 2020. Hydroxypropyl- $\beta$ -cyclodextrin as a green co-solvent in the aqueous extraction of polyphenols from waste orange peels. **Beverages**, 6, 50. [doi:10.3390/beverages6030050](https://doi.org/10.3390/beverages6030050)
10. Cherif M. M., Grigorakis S., Halahlah A., Loupassaki S., [Makris D.P.<sup>†</sup>](#), 2020. High-efficiency extraction of phenolics from wheat waste biomass (bran) by combining deep eutectic solvent, ultrasound-assisted pretreatment and thermal treatment. **Environmental Processes**, 7, 845-859. [doi: 10.1007/s40710-020-00449-0](https://doi.org/10.1007/s40710-020-00449-0)
11. Grigorakis S., Halahlah A., [Makris D.P.<sup>†</sup>](#), 2020. Batch stirred-tank green extraction of *Salvia fruticosa* Mill. polyphenols using newly designed citrate-based deep eutectic solvents and ultrasonication pretreatment. **Applied Sciences**, 10, 4774. [doi:10.3390/app10144774](https://doi.org/10.3390/app10144774)
12. Grigorakis S., Halahlah A., [Makris D.P.<sup>†</sup>](#), 2020. Hydroglycerolic solvent and ultrasonication pretreatment: a green blend for high-efficiency extraction of *Salvia fruticosa* polyphenols. **Sustainability**, 12, 4840. [doi:10.3390/su12124840](https://doi.org/10.3390/su12124840)
13. Lakka A., Lalas S., [Makris D.P.<sup>†</sup>](#), 2020. Development of a low-temperature and high-performance green extraction process for the recovery of polyphenolic phytochemicals from waste potato peels using hydroxypropyl  $\beta$ -cyclodextrin. **Applied Sciences**, 10, 3611. [doi:10.3390/app10103611](https://doi.org/10.3390/app10103611)
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