

The Mediterranean Diet

Typical Dishes

A SHORT DESCRIPTION OF THE MEDITERRANEAN DIET

The Mediterranean diet emphasizes plant-based foods like fruits, vegetables, whole grains, legumes, nuts, and seeds, which provide a wide range of vitamins, minerals, and antioxidants. Olive oil, a key component, is rich in monounsaturated fats and is used as the primary source of fat, offering various health benefits. Fish and poultry are consumed in moderation, providing lean protein and omega-3 fatty acids, while red meat is limited. Dairy products like cheese and yogurt are included but in moderate amounts. This diet is not only nutritious but also promotes overall health and well-being due to its emphasis on whole, minimally processed foods and its association with a reduced risk of chronic diseases.



Following there we have the steps to prepare “carbonara”

1. Cook the pasta according to the package instructions in a large pot of boiling salted water until al dente. Reserve about 1/2 cup of pasta water before draining the pasta.
2. While the pasta is cooking, in a separate pan, cook the diced pancetta or bacon over medium heat until it's crispy and golden brown. Remove from heat and set aside.
3. In a bowl, whisk together the eggs, grated Parmesan cheese, and grated Pecorino Romano cheese until well combined.
4. Once the pasta is cooked and drained, return it to the pot. Immediately add the cooked pancetta or bacon to the pot and toss to combine

LAST STEPS

5. Quickly pour the egg and cheese mixture over the hot pasta while continuously tossing or stirring the pasta. The heat from the pasta will cook the eggs and create a creamy sauce. If the sauce seems too thick, gradually add some of the reserved pasta water until you reach your desired consistency.
6. Season with freshly ground black pepper to taste. Taste and adjust seasoning if necessary, keeping in mind that the pancetta or bacon and cheeses already add saltiness.
7. Serve the carbonara immediately, garnished with additional grated cheese and black pepper if desired.



ENJOY YOUR CARBONARA!

CAPRESE SALAD

Caprese salad is an Italian salad and a dish typical of the Mediterranean diet, made of sliced fresh mozzarella, tomatoes, and basil, seasoned with salt, and olive oil. The dish features the colors of the Italian flag: green, white, and red. It is usually served as a starter and it can be eaten any time of day.

The salad is named after the island of Capri, where it is believed to have originated. It was created as an homage to the Italian flag or to please the palates of vacationing royalty and important politics in the 20th century



MARGHERITA PIZZA

Margherita pizza was invented in 1889 in Naples by the pizza maker Raffaele Esposito in honor of Queen Margherita of Savoy, using the ingredients of the Italian flag: red tomato, white mozzarella, and green basil.

Ingredients:

1. **Pizza Dough:**The base of the Margherita pizza is made with a dough of flour, water, yeast, and salt. The dough is stretched by hand or with an appropriate machine.
2. **Tomato Sauce:** Made with tomatoes, olive oil, garlic, and basil.
3. **Mozzarella:** Typically, buffalo mozzarella is used, but it can be substituted with cow's milk mozzarella.
4. **Basil:** Basil leaves, which are added after baking to maintain the aroma.
5. **Extra Virgin Olive Oil:** Often added on top of the freshly baked pizza for an additional flavor.

CONCLUSIONS

Margherita pizza has become an icon of Italian cuisine worldwide and has inspired numerous variations and interpretations across the globe. Today, it is one of the most popular dishes in Italian restaurants and on international menus.



Thanks For Reading!

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