

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.
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

A close-up photograph of a Margherita pizza served on a rustic wooden board. The pizza features a thick, golden-brown crust, a vibrant red tomato sauce, melted white mozzarella cheese, and fresh green basil leaves. In the background, fresh ingredients like cherry tomatoes, a sliced red onion, and arugula are visible on a white surface.

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. Today, it is one of the most popular dishes in Italian restaurants and on international menus and an icon of Italian cuisine.

HOW TO COOK MARGHERITA PIZZA

On a wooden or marble work surface, shape the flour into a well. Place the yeast, salt and warm water in the center. Be careful not to let the salt come in contact with the yeast. Knead the dough vigorously with your hands for 15-20 minutes, or in a mixer, until the dough is soft and smooth. Once you have the right consistency, adding a bit of water or flour if necessary, shape the dough into a ball. Cover with a plastic bowl so that the dough is protected from the air. Let rise for 3 or 4 hours at room temperature for about an hour in a warm place. Once the dough will be doubled in volume, make 6 spherical loaves out of it, cover with a sheet of plastic wrap and let them rise at room temperature for a couple of hours or in a warm place for about 45 minutes. As soon as the loaves have doubled in volume, prepare the tomato sauce and place it in a bowl. Add a pinch of salt and 1/3 of the olive oil. Knead the dough, then flattening them using your fingers. Use a ladle or a spoon to spread a good amount of tomato sauce on the pizza. Then, cover with mozzarella, torn into pieces. Garnish with a couple leaves of basil and bake in a 480° F oven for 5 or 6 minutes. Once ready, remove the pizza from the oven. Garnish with more basil and a drizzle of oil. Serve immediately.



The Atlantic Diet

Typical Dishes

A SHORT DESCRIPTION OF THE ATLANTIC DIET

The Atlantic diet is typical of countries bathed by the Atlantic Ocean. There the consumption of fish and shellfish, potatoes, cereals, legumes, fruits and vegetables such as cabbage, kale and turnip greens, among others, predominates. The main culinary fat is olive oil. There is an abundance of food of vegetable origin such as bread, potatoes, legumes and fried vegetables. There is a high consumption of eggs and dairy, and a moderate consumption of meat compared to a higher consumption of fish and seafood.



PULPÁ FEIRA

The «pulpo a la gallega» is an ancient galician recipe and the main dish during the patron saint festivities of the city of Lugo, but really common in all the area. To make this recipe you need: 1 octopus of about 2kg, 1 onion, 2dl of olive oil, 2l of water, 1 spoonful of sweet paprika, 1 spoonful of hot paprika, coarse salt.



HOW TO CCPULPO Á FEIRA

Clean the octopus, remove the ink sac, the beak it has between the tentacles and empty the head. Beat it with a mallet and wash it in plenty of water. Put the octopus into a tall pan with boiling water and the onion, then take it out, with the help of a skewer, three times, just to scald it. Put it back in and continue cooking until it is tender. The time depends on the quality of the octopus. Take it out of the water with the skewer carefully so the skin does not disintegrate. Dry and cut the octopus with scissors into 2 or 3 centimetre pieces. Put the hot octopus on to wooden plates. Season with salt and sprinkle with the two kinds of paprika and the olive oil.

