



Culinary Institute
of America

Small Dishes, Big Flavors

Day 3: Europe and Mediterranean Street
Foods



Learning Objectives

- Identify the pantry ingredients and flavor profiles of select European and Mediterranean countries
- List the specialty cooking equipment used in the preparation of select European and Mediterranean cuisines
- List and describe common street foods found throughout Europe and The Mediterranean
- Prepare a variety of street foods representative of Europe and The Mediterranean

Europe and the Mediterranean



Countries of The Mediterranean

- Algeria
- Libya
- Egypt
- Israel
- Lebanon
- Syria
- Albania
- Montenegro
- Bosnia-Herzegovina
- Croatia
- Slovenia

- Monaco
- Malta
- Cyprus
- France
- Italy
- Greece
- Turkey
- Tunisia
- Morocco
- Spain

The Mediterranean

- 15 countries and island nations on the Mediterranean Sea
- Hot, dry summers and wet, warm winters
- Cuisines evolved and influenced by trade routes and wars
- Diet is largely plant-based
- Fresh seasonal vegetables are at center of cuisine



Mediterranean Ingredients

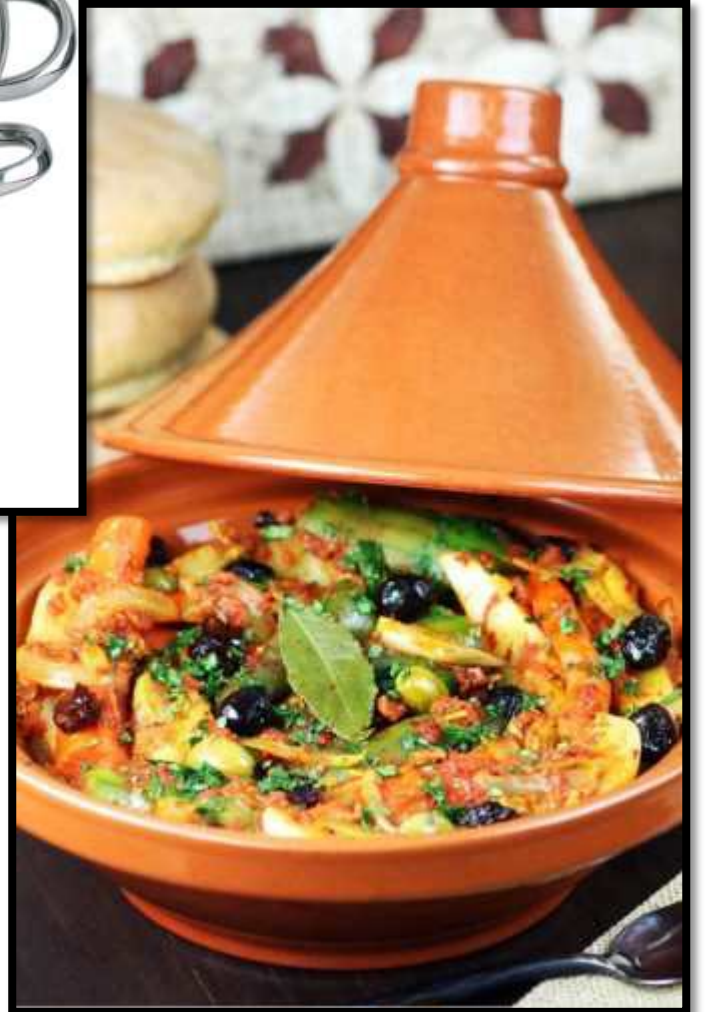
- Wheat: bread, pasta, bulgur, cous cous
- Garlic
- Olives and olive oil
- Legumes
- Exotic spices
- Herbs
- Nuts

- Fruit: fresh and dried
- Citrus
- Seafood
- Yogurt and cheese
- Wine
- Preserved foods

Mediterranean Cooking Equipment

Couscoussière: A type of ceramic, iron, or copper double boiler; stew cooks in the bottom pot while couscous steams on top

Tagine: Earthenware cooking vessel with a large, round base and conical lid used to make a tagine stew



Mediterranean Cooking Equipment

Paellera: Large two-handled, shallow pan used to make paella

Mezzaluna: Crescent-shaped rocking knife with handle on either end used for chopping herbs



Mediterranean Cooking Techniques

- Wood-fired hearths, spits, hardwood grills
- Braising, stewing, roasting, grilling
- One-pot cooking: tagines, couscoussières, paelleras.
- Skewered meat, poultry, fish, and vegetables
- Food preservation: Salting and drying common



How to Cook With a Moroccan Tagine

from  the spruce



Season a tagine before first use.

Tagines double as serving dish.

Used on the stovetop with a diffuser.

Low to medium heat prevents damage and scorching.

Oil and water are essential.

Tagine cooking can take 2-4 hours.

The Spanish Pantry

Almonds	Cheese	Chickpeas
Crustacean	Finfish	Game
Garlic	Grilled Pork	Octopus
Olives	Olive Oil	Onions
Paprika	Parsley	Potatoes
Poultry	Quail	Rabbit
Saffron	Salt Cod	Shellfish
Sherry	Spinach	

The Italian Pantry

Almonds	Anchovies	Arborio Rice	Arugula
Basil	Cannelloni Beans	Capers	Dried Red Chiles
Extra Virgin Olive Oil	Fennel	Flat-leaf Parsley	Hazelnuts
Oregano	Parmigiano-Reggiano	Pears	Polenta
Prosciutto di Parma	Ricotta Cheese	Rosemary	Sage
Salami	Sausage	Wild Mushrooms	

The Provençal Pantry

Anchovies	Artichokes	Asparagus
Basil	Bitter Greens	Bread
Capers	Crustacean	Eggplant
Fennel	Finfish	Garlic
Goat Cheese	Lamb	Olives
Olive Oil	Olive Sauces	Peppers
Pesto (Pistou)	Poultry	Shellfish
The Original Mesclun	Tomatoes	Wild Greens
Wine	Zucchini	

The Greek Pantry

Almonds	Beans and Bean Spreads	Bell Peppers	Cinnamon
Coriander	Crustacean	Cucumbers	Currants
Dill	Eggplants	Figs	Finfish
Flatbreads	Garlic	Garlic Sauces	Hazelnuts
Lamb	Lemons	Marjoram	Mint
Nut Pastes	Nut Sauces	Nuts	Olive Oil
Olives	Oregano	Ouzo	Phyllo
Pistachios	Quince	Raisins	Red Onions
Retsina	Rice	Rosemary	Sheep's and Goat's Milk
Shellfish	Spices	Spinach	Thyme
Tomatoes	Vanilla	Vine Leaves	White Beans
Wine	Yogurt	Zucchini	

The Turkish Pantry

Allspice	Almonds	Anise	Apricots
Basil	Beans	Bell Pepper	Bulgur Wheat
Capers	Cayenne Pepper	Nut Sauces and Pastes	Cinnamon
Cloves	Crustacean	Cucumbers	Cumin
Dill	Dried Fish	Dried Fish Roe	Dried Fruits
Eggplants	Feta Cheese	Figs	Finfish
Flatbreads	Fruit Syrups	Garlic	Garlic Sauces
Hazelnuts	Honey	Kaymak	Lamb
Lemons	Mint	Chickpeas	Nutmeg

The North African Pantry

Almonds & Almond Paste	Bread	Caraway	Charmoula
Cheese	Chickpeas	Cilantro	Clarified Butter
Coriander	Couscous	Crustaceans	Cumin
Dates	Dill	Dried Fruit	Eggplant
Eggs	Fennel	Finfish	Flatbreads
Garlic	Goat's Milk	Hazelnuts	Honey
Hot Peppers	Lamb	Legumes	Lemons
Lentils	Mint & Mint Tea	Olives	Olive Oil
Orange Flower & Rose Water	Paprika	Parsley	Phyllo Dough
Poultry	Sheep	Shellfish	Spice Mixtures
Tomatoes	Walnuts	Wine	Yogurt

Street Foods of Europe



Food on a Stick

- Meat Kebabs
- Skewered Vegetables

Breads

- Bialys and Bagels
- Belgian Waffles
- Buckwheat Blinis
- Pizzas

Finger Foods

- Arrancini
- French-Fried Potatoes
- Fish and Chips

Street Foods of Europe

Sandwiches/ Stuffed Foods

- Paninis
- Piada/ Piadina
- Gyro
- Sweet/ Savory Crêpes
- Sausages

Sweets

- Gelato
- Crullers
- Churros



Street Foods of North Africa



Bowl Foods

- Egyptian Rice
- Moroccan Beans
- Tabbouleh
- Hummus

Food on a Stick

- Fish Kebabs
- Meat Kebabs
- Skewered Lamb

Breads

- Pitas
- Flatbread

Street Foods of North Africa

Finger Foods

- Tabbouleh Salad with Pita

Sandwiches/ Stuffed Foods

- Briks and Braewats
- Falafel on Pita
- Potato Knish

Sweets

- Baklava
- Semolina Cake
- Moroccan Tea
- Ginger Snaps



Greece, Turkey, Middle East

Chicken Köfte Kebabs

- Minced, spiced meat molded onto a skewer and grilled
- Adana style- major agricultural and commercial city in Turkey

Gyros

- Spiced, minced meat (often lamb) is molded onto a large vertical spit; roasted and thinly sliced
- Usually served on a pita with tomato, onion, and tzatziki sauce
- Gyro (Greece) Döner (Turkey) Shawarma (Middle East)

Greece, Turkey, Middle East

Potato Knish

- Popular in large Jewish populations
- Filling enclosed in dough, then baked, grilled, or fried
- Traditionally filled with meat, potatoes, sauerkraut, onions, or cheese



North Africa



Serruda with Warm Grilled Pepper Salad

- Moroccan version of hummus made without tahini

Tunisian Briks

- Fried savory triangles
- Thin pastry (warka) surrounds filling
- Often includes an egg with chopped onion, tuna/ ground meat/ cheese, harissa, parsley

North Africa

Grilled Lamb Kebabs with Smoky Tomato Sauce

- Skewered lamb, grilled and finished with sauce
- Lean lamb marinated with garlic and pepper, grilled, then cubed and simmered with wood-fired tomatoes

Braewats with Goat Cheese and Fresh Herbs

- Stuffed, fried pastry



**Street Foods of Greece,
Turkey, The Middle
East, & North Africa**



Northern Europe



French Fries

- Potatoes, cut into sticks, and fried until golden brown
- Commonly served with aioli or other dipping sauces

Sweet and Savory Crepes

- Very thin pancakes filled with anything from ham and cheese to fruit compotes

Pork Sausages

- Encased in hog casing, grilled and sometimes cooked in broth



Street Foods of Northern Europe



Italy

Arrancini with Tomato Sauce

- Breaded and fried rice balls
- Sometimes stuffed with cheese/ meat/ seafood ragu

Piadina with Ricotta, Prosciutto, and Arugula

- Italian flatbread popular in Emilia-Romagna region of Italy
- Filled with meats, cold cuts, or vegetables or sweet items



Italy



Stuffed Crispy “Ravioli” Snacks

- Dough stuffed with meat or cheese and fried

Sicilian Pistachio Gelato

- Intensely flavored Italian “ice cream”
- Lower butterfat and sugar content than ice cream
- Very creamy



Street Foods of Italy





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Any Questions?