



Culinary Institute
of America

Best of Boot Camp: World Tour

Day 4: The Mediterranean



Learning Objectives

- List the countries who have the main culinary influence within Southern Europe, Northern Africa, and Western Asia.
- Explain the flavors and spices commonly used in each country.
- List the key ingredients used in each country.
- Explain the common cooking techniques used in each country.
- Describe the popular dishes representative of each country.
- Prepare a variety of dishes representative of these countries using standardized recipes.

Mediterranean Countries

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



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



The Mediterranean Diet

Cuisine

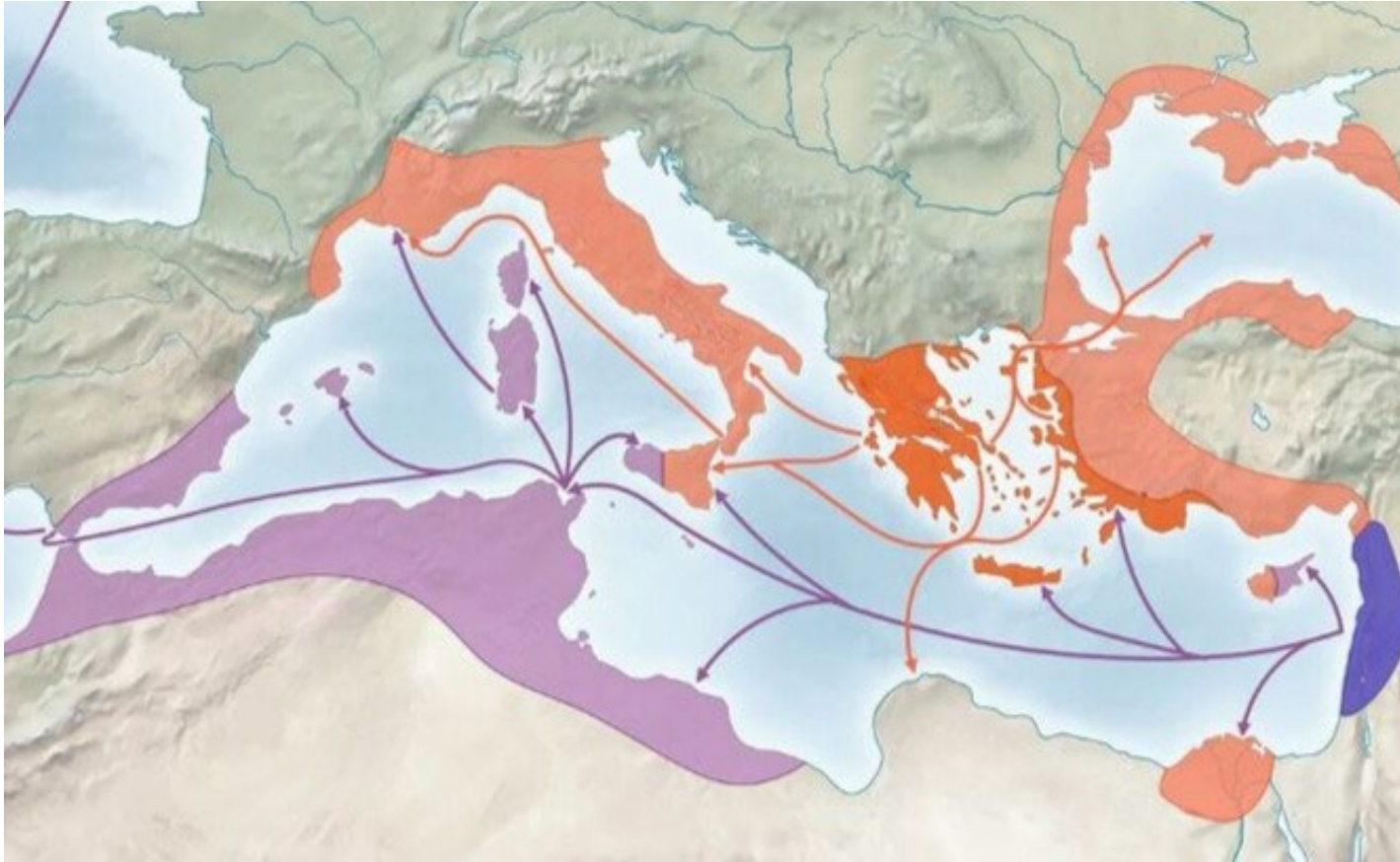
- Tied to nature, seasons, ripeness, regionality
- Reflection of the environment
- Utilizes fresh ingredients
- Plant-forward meals
- Simple food, simple preparations

Lifestyle

- Low consumption of animal fats
- Regular physical activity
- Social cultures



Historical Influences on Cuisine



Climate: hot & dry summers, cool & wet winters

Fuel scarcity: one-pot dishes, quick, or no-cook dishes

Trade routes: popular trade routes across the region

Migrations: mixing of cultures cuisines and new ingredients and spices



Southern Europe

- Italy, Southern France, Spain, and Greece have the most culinary influence
- Influenced by the Greeks, Romans, Etruscans, & Arabs
- **Geography:** peninsulas, islands, mountainous landscapes, shared coastline
- Emphasis on fresh ingredients
- Rich culinary heritage influenced by ancient civilizations, trade, conquest, & agricultural diversity



Northern Italian Cuisine



Osso bucco:
veal shanks
braised with
vegetables,
white wine,
broth

Risotto:
arborio rice,
cremini
mushrooms,
parmesan



- Rich & hearty flavors from fresh ingredients
- Wide range of cheeses like Parmesan, gorgonzola, fontina

Cooking methods: preserving, braising, slow-cooking

Staples: butter, rice, fresh pasta, meat & game, mushrooms, cream, wine, herbs, *Prosciutto di Parma*

Seasonings: basil, rosemary, thyme, sage, parsley, bay leaves, chives, nutmeg, saffron, garlic

Central Italian Cuisine

- Balance of rich & rustic flavors
- Focus on simplicity & freshness

Cooking method: braising in wine

Staples: fresh vegetables, olive oil, bread & grains, fresh/dry pasta, herbs, meats & game, wine

Seasonings: rosemary, sage, thyme, parsley, bay leaves, oregano, mint, black pepper, nutmeg, saffron

Cheeses: ricotta, Pecorino Romano



Spaghetti alla carbonara:
pasta with eggs,
hard cheese,
cured pork

Pici all'Aglione:
thick spaghetti
and soft cooked
garlic in tomato
sauce



Southern Italian Cuisine



Neapolitan pizza:
tomatoes, fresh
basil, mozzarella, &
olive oil

Pasta alla norma:
pasta & eggplant
in herby tomato
sauce



- North African, Greek influence

Cooking methods:
preserving, stuffing, slow-cooking, baking

Seasonings: oregano, basil, thyme, rosemary, caraway, coriander

Staples: olive oil, tomatoes, seafood, fresh vegetables, dry pasta, bread

Cheeses: mozzarella, caciocavallo

Southern French Cuisine

- Spanish, Asian, Middle Eastern influence
- Fresh, light dishes with a focus on seafood & vegetables

Staples: olive oil, fish, shellfish, tomatoes, zucchini, eggplant, peppers, olives, tapenade, lemons, goat cheese, bread

Seasonings: herbs de Provence, garlic, parsley

Equipment: Dutch oven (*cocotte*), pilon, cast-iron griddle (*plancha*), ceramic grill (*grill en fonte*)

Cooking methods: grilling, braising, poaching, stewing, searing

Flavor profile: bright, savory, fresh, briny, earthy



Popular Dishes



Salade Niçoise:

salad of tomatoes, hard-boiled eggs, anchovies, olives, and tuna, dressed in a vinaigrette



Socca:

crispy flatbread made from chickpea flour, water, olive oil



Pissaladière:

anchovy and onion tart

Spanish Cuisine

- Traditions differ by region
- Roman and Arab influence

Staples: *jamon*, chorizo, tomatoes, rice, Manchego cheese, peppers, olive oil, citrus, onions, fish, legumes

Seasonings: paprika (*pimenton*), garlic, thyme, saffron

Equipment: *paellera*, *tajine*, *cazuela*

Cooking methods: sauteing, roasting, frying

Flavor profile: vibrant, smoky, bold



Popular Dishes



Tortilla Española:
Spanish omelet



Paella a la marinara:
seafood paella



Tapas:
small plates served
individually or as
an entire meal

Greek Cuisine



- Fresh, high-quality ingredients
- Influenced by Turkey & Balkan states

Staples: olive oil, lamb, feta, tomatoes, lemon, pita, Greek yogurt, cucumbers, onions, spinach, garlic

Seasonings: oregano, thyme, mint, dill

Cooking methods: skewering, layering (casseroles, wraps)

Equipment: magiritsa, clay pots, santoku knife

Flavor profile: fresh, simple, earthy, bitter

Popular Dishes



Moussaka:
layers of eggplant,
beef in tomato sauce
topped with béchamel



Souvlaki:
meat skewer



Spanakopita:
spinach pie



Northern Africa

- Tunisia and Morocco have the most culinary influence
- **Geography:** mountainous, fertile river valleys, desert landscapes
- Influenced by the Ottoman Turks, Arabs, Moorish, French
- Emphasis on rich, diverse flavors
- Each dish has a unique origin, reflecting historical, cultural, & topographical factors



Tunisian Cuisine

- Located on the coast
- Fresh, seasonal ingredients & tangy flavors
- Influenced by the Berbers, Arabs, French, Sicilians,

Staples: olive oil, couscous, lamb, seafood, tomatoes, chickpeas, yogurt, khobz bread, eggplant

Seasonings: harissa, cumin, coriander, garlic, caraway, mint, cilantro

Cooking methods: stewing, grilling, preserving

Equipment: couscoussier, tajine, clay pot (*m'khouch*)

Flavor profile: zesty, spicy, aromatic



Popular Dishes



Lablabi:
dried chickpeas served
in a thin, garlic &
cumin-flavored broth



Kaftaji:
fried vegetables mixed
with fried eggs,
seasoned with harissa



Tunisian brik:
pastry stuffed with
potato, tuna, egg

Moroccan Cuisine

- Known for its rich, spicy, and flavorful dishes
- Influenced by Berber, Arab, Andalusian, Mediterranean, African

Staples: couscous, lamb, olive oil, garlic, tomatoes, chickpeas, preserved lemon

Seasonings: cumin, ginger, paprika, coriander, 30 ingredient spice blend (*ras el hanout*)

Cooking method: slow-cooking

Equipment: couscoussier, pot for slow-cooking (*tagine*), skewers (*sikh*), flatbread griddle (*mihfa*)

Flavor profile: sweet, spicy, earthy, bright



Popular Dishes



B'stilla:
Moroccan
chicken pie



Harira:
lentil &
chickpea soup



Tagine:
chicken pieces
braised with spices,
garlic, onion, olives,
preserved lemons

Western Asia



- Turkey and Syria have the most culinary influence
- **Geography:** arid deserts, mountainous regions, fertile coastal areas, river valleys
- Influenced by Mediterranean, Middle Eastern, Central Asian cultures
- Dishes from each country are known for vibrant local spices and rich flavors

Turkish Cuisine

- Influenced by Asia, Middle East, Mediterranean, Balkan, East Europe
- Regional cuisine reflects the local environment and ingredients

Staples: bulgur, lamb, eggplant, tomatoes, onions, garlic, chickpeas, legumes, yogurt, olive oil

Seasonings: red pepper paste, parsley, mint

Flavor profile: savory, spicy

Cooking method: grilling, stewing, open-fire cooking

Equipment: clay pots, grinding stones, mortar & pestle



Popular Dishes



Pide:
stuffed flatbread



Mezze:
a collection of small,
appetizer-sized dishes
to share



Turkish baklava:
phyllo dough
pastry stuffed
with pistachios,
and a lemon and
sugar syrup

Syrian Cuisine

- Greek, Persian, Middle Eastern influence
- Fresh, complex, locally sourced dishes

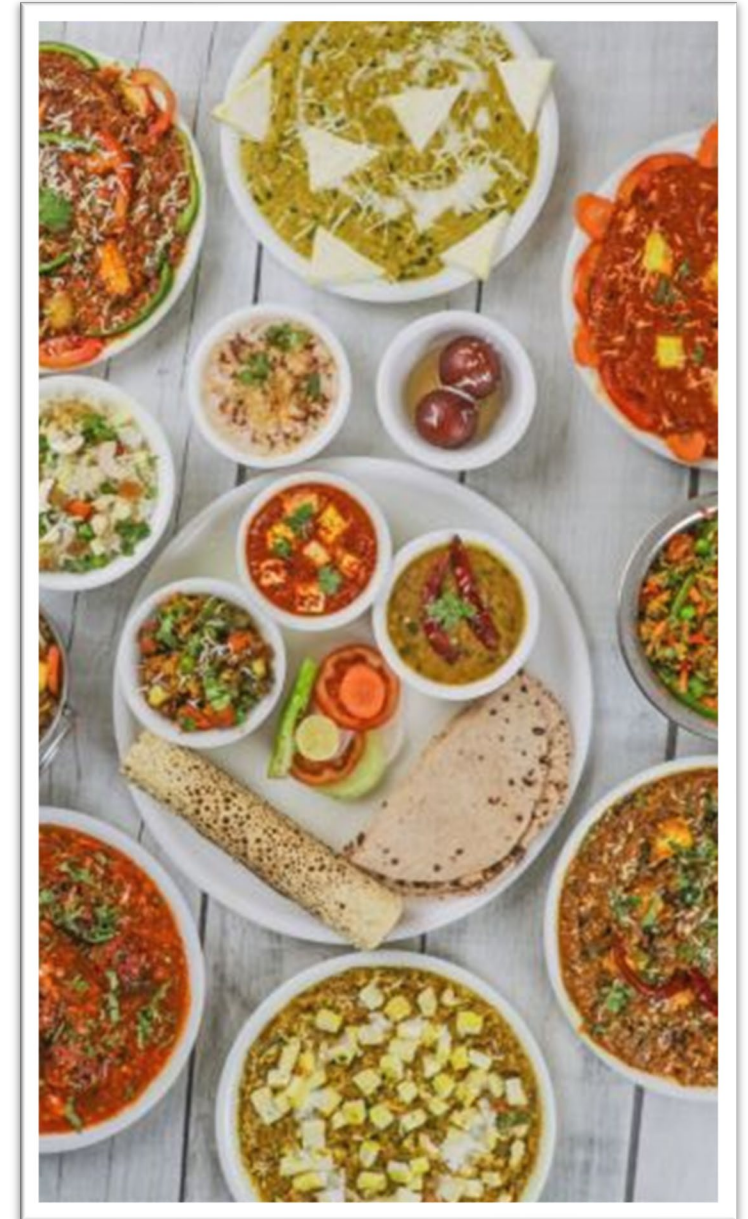
Staples: lamb, chickpeas, lentils, rice, *freekeh*, tomatoes, eggplant, zucchini, peppers, *Akkawi* cheese, pomegranate

Seasonings: parsley, mint, allspice, cumin, Aleppo pepper, sumac, *Baharat*, garlic

Equipment: clay pots, copper pans, metal griddle (*saj*), kibbeh grinder

Cooking methods: oven baking (*siniyeh*), griddle baking, stewing in tomato/yogurt sauce (*yakhini*)

Flavor profile: fresh, spicy, savory, tangy, earthy



Popular Dishes



Falafel:
fried balls of
ground chickpeas
& spices



Shawarma:
thinly sliced, slow
roasted meat
served in a pita



Kibbeh:
a shell of pounded
bulgur wheat, onions,
& ground beef filled
with stuffing



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Any Questions?