



Culinary Institute
of America

Mediterranean Cuisine

Day 1: Mediterranean Overview,
Provence



Learning Objectives

- Demonstrate how to effectively set up your workstation and organize your mise en place.
- List countries of the Mediterranean and unifying ingredients of the region.
- Define and identify common ingredients in the Mediterranean diet.
- List important agricultural products, common ingredients, and flavor profiles of Provence.
- List well known dishes of Provençal cuisine.

Kitchen Responsibilities

- Silence and put away phones
- Clean your workstation as you go
- Place waste in proper receptacle:
 - **Green:** food scraps for compost
 - **Blue:** recyclables
 - **Gray:** trash for landfill
- Use paper towels, cleaning cloths, red sanitation bucket for spills
- Use side towel for handling hot objects, not for cleaning
- Place dirty utensils, tools, etc. on speed rack, not in sink
- Place anything with an edge in pan labelled "Sharps Only"
- Place dirty linen in linen bag

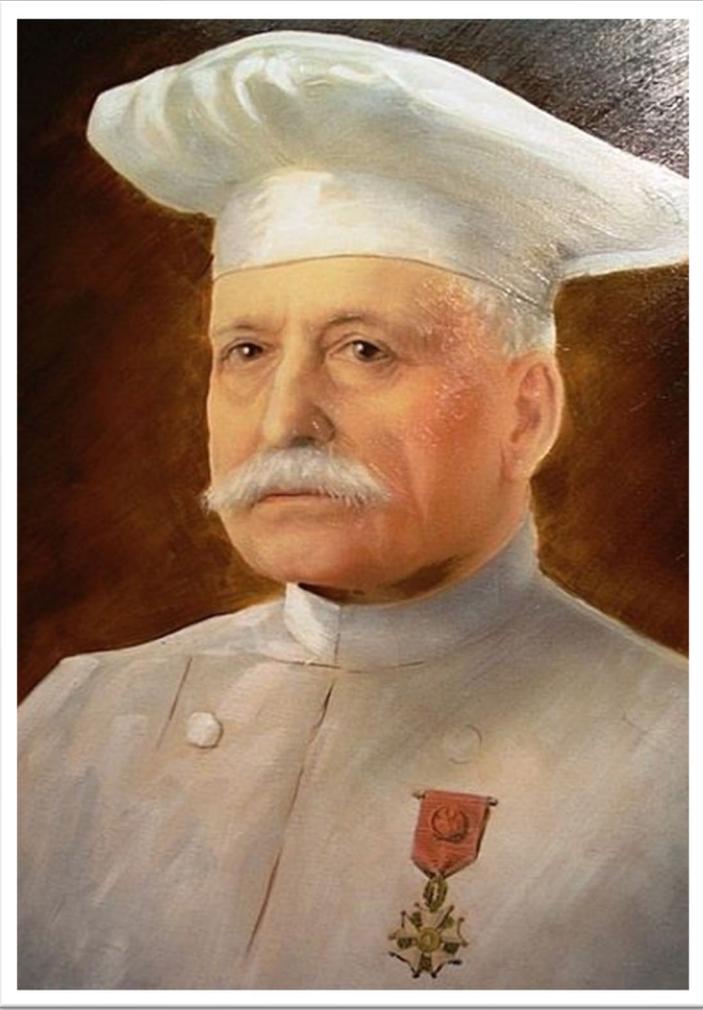


Food Safety

- Keep hair contained with toque, hair net, hair tie, beard guard
- Wash hands before starting work
- Wash hands after:
 - Touching hair, face, phone, pen, etc.
 - Coughing/ sneezing into tissue
- Wash, dry all produce
- Wash cutting board, knives, tools after each use
- Keep perishables refrigerated until needed
- Wear gloves when handling ready-to-eat food
- Keep raw meat, poultry, eggs, seafood separate from other foods
- Cook food to the temperature safe zone



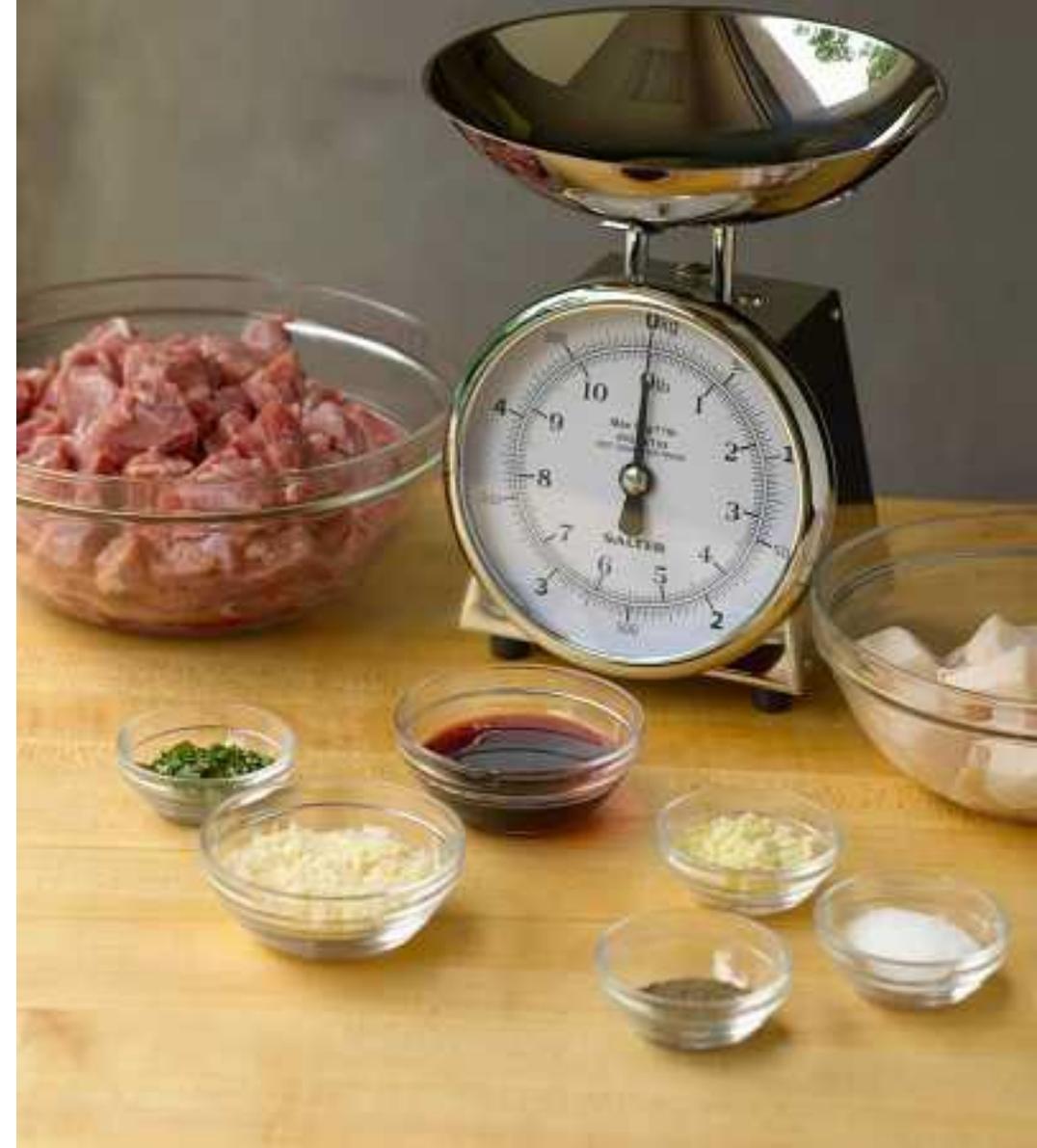
Mise en Place



- French for “everything in its place”
- Organizational system developed in 1800s by Auguste Escoffier, a former soldier
- Preparing the workspace, planning the cooking process
- Having everything ready **before** you cook, bake, or assemble your dish
- Vital part of all successful kitchens, required skill of professional chefs

Recipe Mise en Place

- Read entire recipe before starting
- Review yield, temp., cook times
- Understand terms, techniques– ask questions if unsure!
- Visualize the cooking process from start to finish
- Complete any pre-steps (soak, marinade, etc.)
- Gather, measure/ weigh all ingredients
- Complete all basic prep (wash, trim, grind, dice, etc.)





Tasting spoons

Sanitation bucket with handy wipes

Paper towels

Salt + pepper

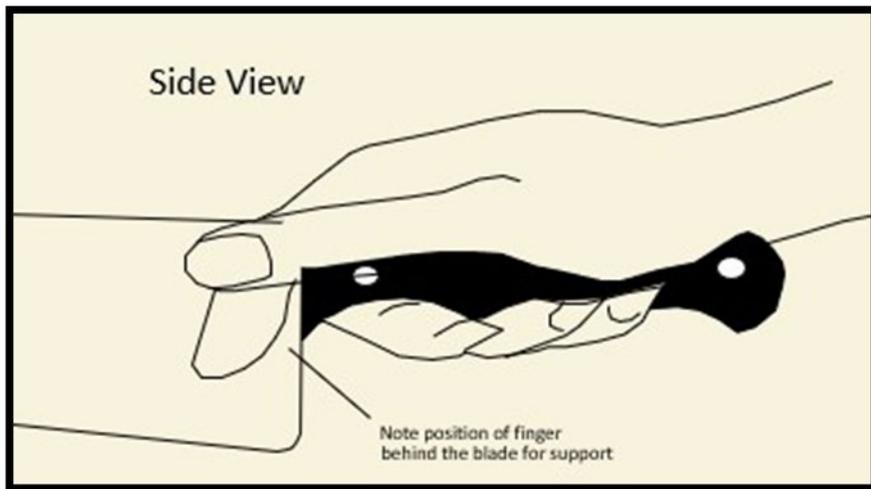
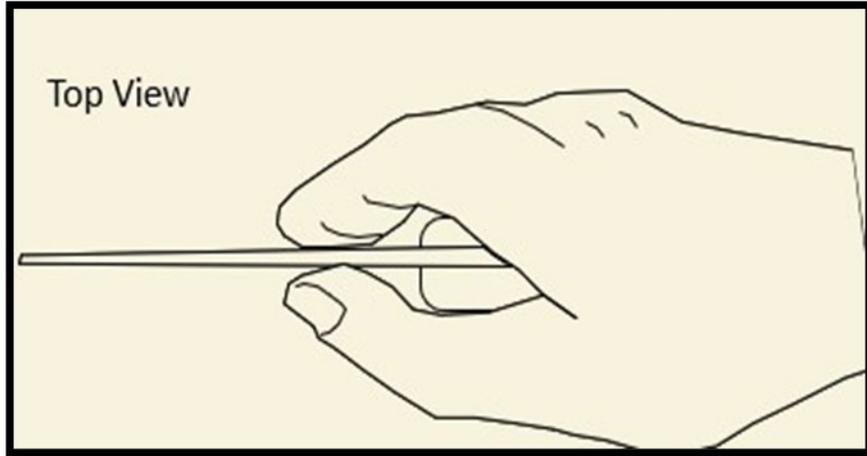
Receptacles for trash + compost

Secured cutting board

Receptacles for product

Workstation Mise en Place

Knife Safety



- Use a sharp knife
- Hold the knife firmly with correct finger positioning
- Cut away from your body
- Use a cutting board
- Place knives on flat surface, away from table edge
- Keep knives in clear sight, never covered
- Do not grab blindly for a knife
- Pass knives using handle, never the blade
- Carry knives with point down

Basic Knife Cuts

Julienne & Dice

1. Square off ends and sides
2. Slice into even slabs of the same thickness
3. Stack slabs, slice into even sticks (julienne)
4. Gather sticks and cut into even cubes (dice)

Large Dice = $\frac{3}{4} \times \frac{3}{4} \times \frac{3}{4}$ in.

Med. Dice = $\frac{1}{2} \times \frac{1}{2} \times \frac{1}{2}$ in.

Sm. Dice = $\frac{1}{4} \times \frac{1}{4} \times \frac{1}{4}$ in.



Mediterranean Countries

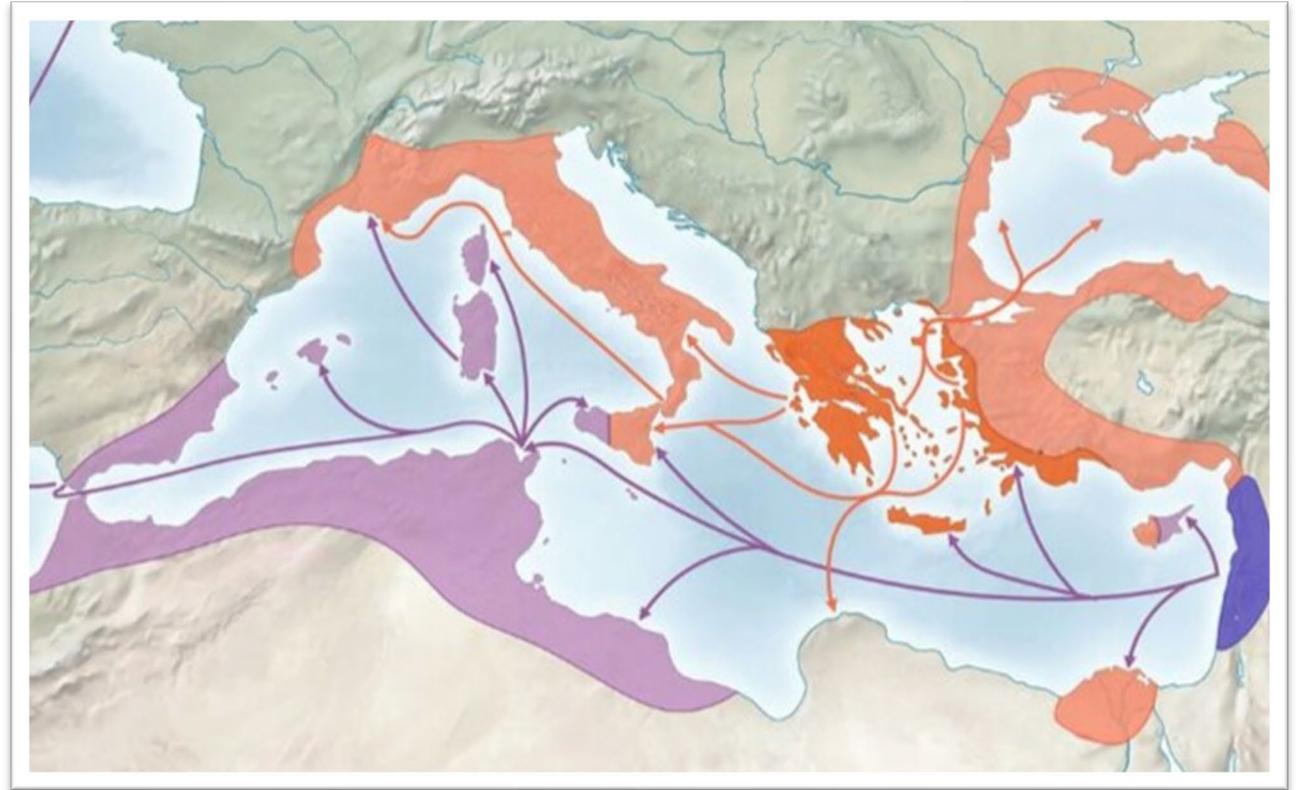
- France
- Italy
- Greece
- Turkey
- Tunisia
- Morocco
- Spain
- Slovenia
- Monaco
- Malta
- Cyprus



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

History of Mediterranean Cuisine

- **Mixture of influences:**
Phoenicians, Greeks, Romans, Egyptians, Persians, Moors, and Turks
- Influenced through travel, trade routes, colonization
- Little change in cuisine since 750 BC



Mediterranean Climate



- Coastal climate
- Hot dry summers and cool wet winters
- Well suited to growing olives, nuts, pepper, garlic, herbs

Staple Ingredients



- **Vegetables:** olives, artichokes, capers, tomato, potatoes, leafy greens, eggplant
- **Legumes:** fava beans, chickpeas, lentils
- **Nuts:** pistachios, hazelnuts, pine nuts, almonds, nut oils
- **Aromatics:** garlic, dill, bay leaf, honey
- **Fruits:** figs, apricots, dates, lemon, lime
- **Dairy:** feta cheese, mascarpone, yogurt, sheep and goat's milk
- **Other:** seafood, wine, rice, wheat, oil

Flavor Profiles



Lemon + Parsley

- Found throughout the Mediterranean and Middle East
- Sauce for meat or fish, dip or spread, seasoning for salad
- Ex. Tabbouleh, hummus, gremolata

Lemon + Oregano: Greek cuisine

Flavor Profiles

Olive Oil + Tomato: found throughout the Mediterranean

- **Southern Italy:** add garlic
- **Spain and Southern France:** add saffron
- **All Mediterranean (especially Italy and France):** add herbs (thyme, basil, oregano, garlic)
- **Middle East, Greece, and Balkans:** add cinnamon +/- lemon



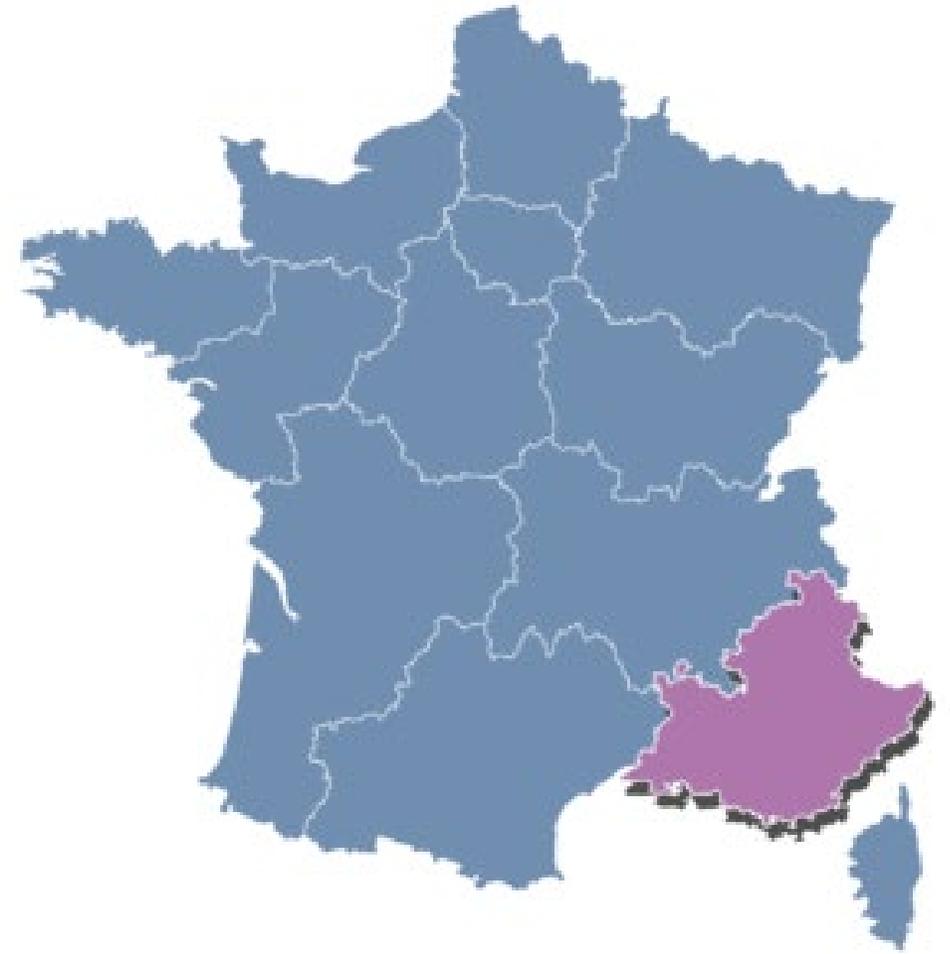
Cooking Techniques



- Wood-fired hearths, spits, hardwood grills
- Skewered meat, poultry, fish, vegetables
- Braising, stewing, roasting, grilling
- **Salted meats, fish, vegetables:** capers, anchovies, cod
- **One-pot cooking:** tagines, couscoussières, paelleras popular in North Africa, Morocco, Spain

Provence: Geography + Climate

- South-Eastern France
- **Mediterranean coast**
 - Fresh seafood
 - Climate: Hot, dry summers; mild, wet winters
 - Ideal for fruit, vegetables, herbs, meat
- **Alpine mountains**
 - Climate ideal for fruit, rooted vegetables, meat



Provençal Cuisine



Resourceful peasant cuisine: lean, fresh, healthy, seasonal, economical

- Garlic, herbs, anchovies enhance vegetables and meat

Sauce Provençal/ *a la Provençal*: Olive oil, garlic, and tomato

Vegetables: tomatoes, artichokes, eggplants, and bell peppers

- Ex. Ratatouille, stewed vegetables

Seafood is integral

- Ex. Bouillabaisse, a fish chowder available in many local varieties

Provençal: Key Ingredients



Dairy: *Brousse, Tomme de Provence, Pélardon, Saint-Florent, yogurt, butter*

Grains: durum, rice of the Camargue

Meat: lamb, beef, pork, game, poultry, goat

Produce: lemons, apricots, peaches, grapes, cherries, tomatoes, zucchini, eggplant, bell peppers, garlic, beans, carrots, artichokes, leeks, garlic

Seafood: mullet, cod, bream, sea bass, mussels, spiny lobster

Wine: *Syrah, Mourvèdre, Cabernet Sauvignon*

Extras: *Aïoli, honey, olive oil, lavender, truffles*

Provençal: Flavor Profiles

- Basil + garlic + olive oil + parmesan cheese
- Basil + olive oil + tomatoes
- Bell peppers + eggplant + garlic + onions + tomatoes + zucchini
- Chicken + garlic + olives + onions + tomatoes
- Garlic + egg yolk + lemon + olive oil + saffron



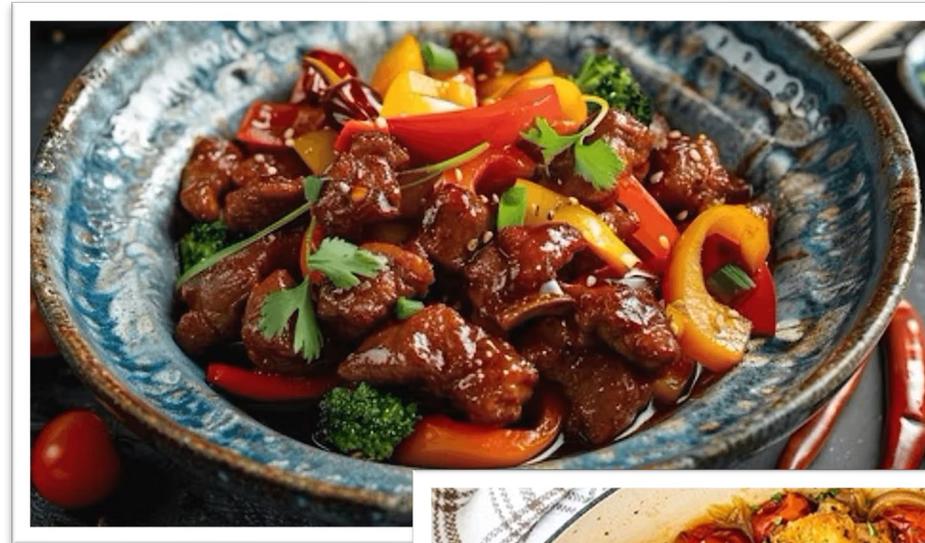
Provençal: Flavor Profiles



- **Herbs de Provence:** Marjoram + rosemary + sage + thyme
- **Tapenade:** Olives + basil + capers + garlic + olive oil
- Pork + anise + marjoram + thyme
- Seafood + garlic + olive oil + tomatoes

Provençal: Cooking Techniques

- **Sautèing:** fast-cooking, vegetables, meats, seafood (*saute de porc provençal*)
- **Grilling:** seafood (sardines), meat over open flame
- **Stewing:** fish (*bouillabaisse*), shellfish slowly simmered in broth
- **Braising:** slow-cooking meats, vegetables (*poulet Provençal*)



Provençal: Popular Dishes



Provençal fish soup
(Bouillabaisse)

Stewed vegetables
(Ratatouille)

**Whipped salt cod and
potatoes**
(Brandade)

Provençal: Popular Dishes



French Salad
(Salade Niçoise)



Beef braised in wine
(Daube de Boeuf)



**White fish stew with
Aioli**
(Bourride)



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Any Questions?