

INTERCOLLEGE

Mediterranean Cuisine

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First Recipe

Mediterranean Eggplant Stacks

We begin by preparing the palate for a taste sensation, combining natural ingredients such as Olive oil and Balsamic vinegar, oregano, mozzarella and eggplants. There is nothing more Mediterranean than this.

Ingredients

- 2 slices Greek Pita Bread (cut to make round pieces)
- 2 slices eggplants (round thin slices)
- 4 slices tomatoes (round thin slices)
- 4 slices mozzarella (round thin slices)
- 2 lettuce hearts (lollo-rosso)
- Bun. fresh Oregano
- Olive Oil to garnish each layer
- Salt
- Pepper
- Spicy Goat Cheese and Parmesan sticks to garnish

Dressing

- 2 tbsp balsamic vinegar
- 1 tbsp balsamic cream
- 1 tsp basil pesto
- 2 tbsp Olive oil

- A little history about each ingredient and just some points worth mentioning:

Eggplants or aubergines

Eggplants or aubergines are believed to have originated in India, but are very popular in Mediterranean dishes. From the Greek mousaka, to the Arab baba ghanoush it has indulged in many travels to arrive to us. It contains some folate and vitamin C.



Mozzarella

Mozzarella is a soft fresh Italian cheese traditionally made with buffalo milk and dating back to the 15th century. Being a soft cheese it is high in fat but who is counting in this case?



Oregano

- **Oregano** is an herb that is widely used to flavour cuisines of the Mediterranean. It is sometimes said that oregano may distinguish Italian cuisines from Greek.



Goat cheese

The distinguishing feature of **Goat cheese** is that it is always dead white, and the most diverse selections are found in France.



Balsamic Vinegar

Balsamic vinegar takes its name from 'balsamic' meaning health giving and is a traditional product of Italy. It is made from grape juice.



Pesto

Pesto is a very fine Italian sauce made with garlic, pine nuts, parmesan cheese, and fresh basil, and of course olive oil.





Second Recipe

Chickpea Salad with Bell Peppers and Basil, topped with Smoked Mackerel Fillets and Rocket Relish

This twist in the Italian Med is given by the distinct flavour of the basil and tomatoes. The Chickpeas give an Eastern feel once again while still drifting along the Med.

Ingredients

- 200 gr Dry Chickpeas
- 400 ml Vegetable Stock
- 1 Red Pepper
- 1 Yellow Pepper
- 1 Green Pepper
- Fresh Basil Leaves
- 1 Garlic Glove
- 100 ml Olive Oil
- Salt & Pepper
- Mixed Fresh Green Leaves
- Smoked Mackerel Fillets
- ½ b.Rocket
- 200 ml Olive Oil
- 1 Medium Ripe Tomato
- Salt & Pepper

Chickpeas

Chickpeas, also known as garbanzo beans, were first grown in ancient Egypt and are now widely used in Mediterranean, Indian, North African, and Middle-Eastern foods. They are a rich source of copper, folate, protein, vitamin A, iron, and dietary fiber.



Basil

Basil is an aromatic herb, which oddly enough, is native to India, South East Asia and North East Africa, but very commonly used in Mediterranean dishes



Smoked Mackerel

Smoked Mackerel is a common fish of the Mediterranean waters. It is considered an oily fish that is also a great source of protein, vitamins D, B₆, B₁₂, niacin, copper, iodine, and selenium.



Tomatoes

Tomatoes although originated in South America seem to be one of the staple ingredients in Mediterranean cuisine. Brought over by the Spanish and never to be forgotten, this fruit is very rich in vitamin C and lycopene and of course flavour.





Third Recipe

Village Macaroni Salad in Parmesan Tulip with Carob Syrup and Anchovy Dressing

This recipe combines Eastern and Western Mediterranean ingredients providing a spectacle for the eyes and the taste buds.

Ingredients

- 200gr Dry Village Macaroni
- 400ml Chicken Stock
- 8 Anchovy Fillets
- 50gr Capers
- ½ Glove chopped garlic
- ½ bun. Rocket leaves
- 50gr Roasted Pine Nuts
- 8 quail eggs
- 1 red-hot chili chopped
- 400gr shaved Parmesan cheese and give a tulip shape
- 100ml carob syrup
- 25gr anchovy oil
- Salt & Pepper
- 100ml olive oil
- 1 spring onion

Anchovies

Anchovies are found in all the warm oceans of the world, but what is interesting to note is that the ways in which they are used in different regions varies a great deal.

The Turks are great enthusiasts when it comes to anchovies, in fact expressions have been found in many poems.

They are an exceptional source of protein, niacin, minerals such as calcium, iron, and zinc, and of course essential fatty acids.



Carob

Carob has been used for food in the Eastern Mediterranean region since ancient times. Cultivation of the carob, was practiced by the ancient Greeks, who valued it highly as a sweetmeat.

Broken carob pods are roasted and ground to produce a brown powder which has a flavor similar to chocolate or mocha and is used as a substitute for chocolate. (Fat content is 0.7%, whereas chocolate may range from 25-50% depending on the form)



Capers

Capers are pickled olive green flower buds of a Mediterranean shrub usually found in Provence, Spain and Italy.



Quail Eggs

Quail eggs are reported to be among the most delicious eggs in the world. The eggs are small with richly speckled shells that range in colour from dark brown to blue or white. The nutritional content is comparable to that of chicken eggs, with flavour that is comparable or perhaps more delicate. Quail eggs are associated with gourmet cuisine. Some people who are allergic to chicken eggs find that they can tolerate quail eggs.



Olive oil

Olive oil to both the Greeks and Romans was of utmost importance. Athenians claimed the first olive tree, given to mankind by the goddess Athena and which nowadays shapes the landscape of the Mediterranean. From ancient times it has also been acknowledged to have nutritional and healing properties. Olive oil is in fact a privileged fat because of its fatty acid composition and distinctive antioxidant content, which are both particularly resistant to oxidative deterioration.



Pine nuts

Pine nuts have been used in the Middle East since biblical times. Nowadays, the landscapes of Provence, Italy and the Middle East are lined with Pine trees all of which have 30% protein content.



Parmesan Cheese

Parmesan cheese is the English name for hard Italian cheese, which is a rich source of calcium, and protein, and a good source of vitamin A and niacin.





Fourth Recipe

Soft Cheese Anari with Crispy Fyllo Pastry, drizzled with Carob Syrup and Honey.

Clearly a very Cypriot dessert that is guilt free due to the low fat content of the anari cheese that is a great accompaniment to coffee under the sun. Cinnamon in the Mediterranean/Middle East is also used to flavour meat dishes, because of it's dual sweet and savoury aroma. In most cases, as with this case it is used in sweet dishes.

Ingredients

- 500 gr Soft Cheese “Anari”
- 50 gr Sugar
- 10 gr Cinnamon Powder
- 5 ml Rose Water
- 100 ml Fresh Cream
- 20 ml French Orange Juice
- 100 gr Shredded Orange Zest
- 100 ml Honey
- 100 ml Carob Syrup
- 30 gr Glazed Fruit
 - Decoration – Sesame Biscuit, Icing Sugar, Walnuts

Anari

Anari is a very traditional Cypriot cheese made from the left over protein when making cheese, much like the Italian ricotta cheese is made. It can be eaten with honey, sugar, or salt and can also be used as a stuffing. It is low in fat and that's what makes this dessert even more appealing.



Cinnamon

Cinnamon is a dried bark used as a spice thought to be indigenous to Sri Lanka yet widely used by the Greeks especially in ancient times.



Rose Water

Rose Water has been extracted by the Egyptians, Greeks and the Romans and is used to this day to flavour various desserts.



Thank You for your attention...

**... let Your Food be
Your medicine and
Medicine your food...
(Hippocrates)**

Sources:

1. The Penguin Companion to Food (Alan Davidson)
2. Oxford Dictionary of Food & Nutrition