The Mediterranean Diet

The Mediterranean diet found its roots in the historical, ethnical, and socio-cultural structures of the populations in the surrounding Mediterranean countries, from Italy to Spain, from Greece to France. It is based on a series of correct behaviours, healthy and genuine food.

Food pyramid

Our main dishes are based on the basic food groups of vegetables, carbohydrates and pulses. The structure of the pyramid is therefore respected; protein intake is moderated and based mainly on fish and less on meat. The other daily nutritional requirements, of fibre and other vitamins and minerals are also met.

Italian Cooking Methods

The favoured methods of cooking are:
- Boiling – eg Pasta, Vegetables, Pulses, Fish
- Baking – eg Pasta, Vegetables, Meat, Fish
- Deep Frying – eg Fish, Vegetables, Meat
- Shallow Frying - eg Vegetables
- Grilling – eg Vegetables, Fish, Meat, Hard Cheese
- Steaming – eg Vegetables, Fish
- Simmering – eg Sauces like Ragu

Our typical recipe: “Taralli”

METHOD:
Make a mound of the flour on a pastry board. In the centre put the oil, wine and salt and emulsify to make a dough. Let the dough rest, covered by a cloth for 20 minutes in a warm place. After 20 minutes make strips about 1 cm in diameter and 8 cm in length and close them in on themselves over lapping the ends by pressing with your finger to seal them. Meanwhile, boil some water in a large pan in which you will add a table spoon of salt. Take a dozen “taralli” at a time and dip them in boiling water. Remove them as soon as they come to the surface of the water. Place them side by side on a dry cloth to dry for a few minutes. Oil a baking pan and place the “taralli” on it. Put it in a preheated oven at 200° and cook for about 40 minutes until they are brown. Allow them to cool and become crispy. “Taralli” can be eaten as appetizers or you can eat as a replacement for bread.

The importance of Olive Oil in the Mediterranean cooking

The pillar of the Mediterranean diet is olive oil and we are the most important producers in the world. Olive oil is very digestable and it is able to permit digestion of different fats, to stimulate intestines, the gall bladder, and avoiding diseases such as calculosis. It provides a protective action on the liver to prevent cardiovascular diseases thanks to its high content of oleic acid which allow to reduce cholesterol LDL or bad cholesterol, reducing the development of diseases connected to the heart. It is also rich in vitamin E, which permits to neutralize the free radicals responsible for cancer and aging of the epidermis. Besides, olive oil is the safest for frying food.

INGREDIENTS:
- 1 Kg of flour “00”
- 30 ml of dry white wine
- 30 g of salt
- 25 ml of extra-virgin olive oil