



Herb Society of America
Pioneer Unit's Culinary Group

Presents:

Mediterranean Cuisine



An Italian Olive Grove



Agenda

Belinda Weatherly

The Mediterranean Region & History
Traditional Mediterranean Foods
Herbs of the Region

Sara Holland

Morocco and its Cuisine
Specific Dishes & Customs
The Moroccan Meal

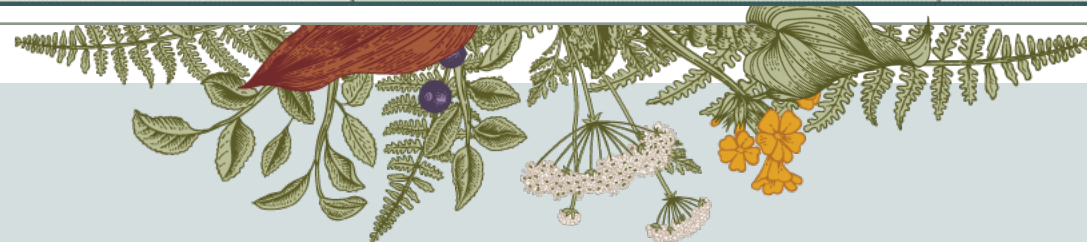
Cammie Beierle

Is Mediterranean Cuisine Healthy?
Mediterranean Food Pyramid and
Diet
Medicinal Herbs and Olive Oil

Belinda Weatherly

Closing Remarks

The Mediterranean Region



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Definitions

Diet

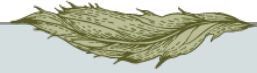
- Food and Drinks regularly consumed

Cuisine

- A style of cooking using distinctive ingredients, techniques, and dishes usually associated with a specific culture or region.



How the Mediterranean Diet has changed with the times



500 AD

Fall of the Roman Empire



1500 AD

New World Food influences the Region

Rise of Islam

700 AD



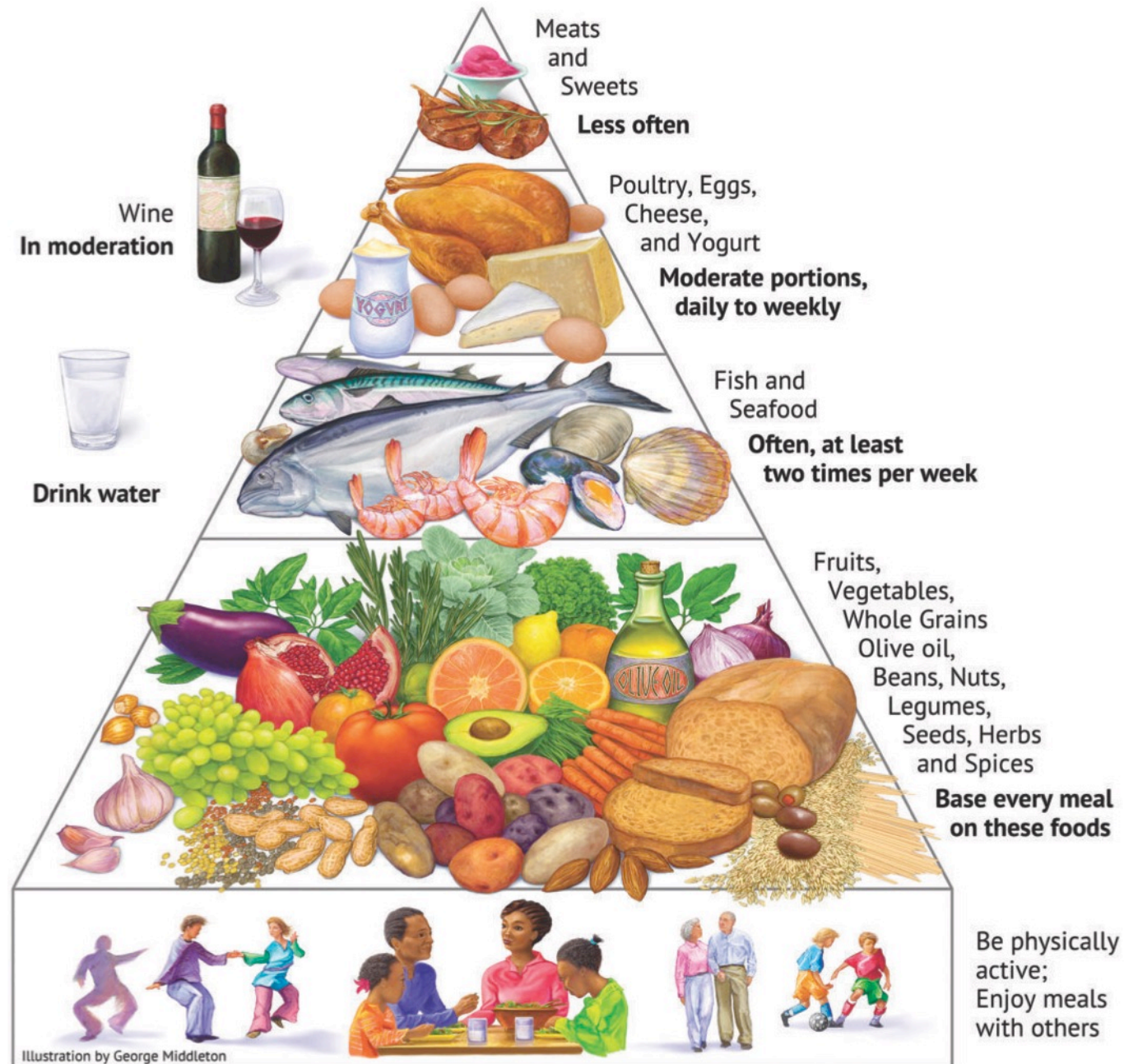
History of Mediterranean Cuisine



- More famine than feast.
- Arab influence, New World, French, English.
- New foods brought by Arabs: citrus, melons, new varieties of grains and legumes, figs, dates, spinach, eggplant, pistachios, artichokes, apricots, cinnamon, cloves, nutmeg. They also brought their agricultural expertise.

Subsistence → Surplus → Cuisine

Traditional Mediterranean Foods



Mediterranean Dishes



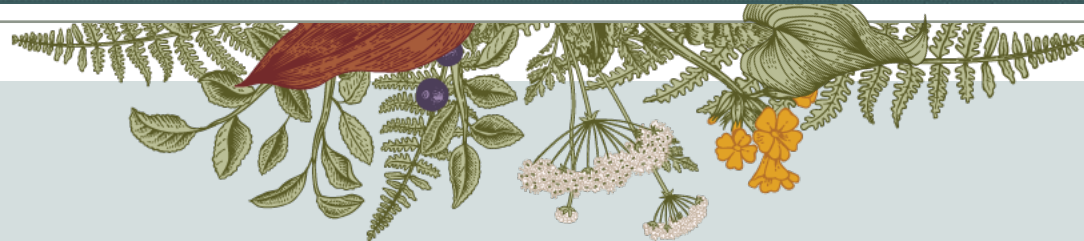
- A Mediterranean Diet is plant based with liberal use of olive oil and herbs. Animal products and sweets are minimized.
- Foods like fruit, vegetables, whole grains, and legumes are main ingredients in meals and snacks. People following the diet typically cook these foods using healthful fats, such as olive oil, and add plenty of flavorful spices. Meals may include small portions of fish, meat, or eggs.
- www.medicalnews.today.com



Mediterranean Herbs

- Basil - *Ocimum basilicum*
- Bay - *Laurus nobility*
- Chervil - *Anthriscus cerefolium*
- Chives - *Allium schoenoprasum*
- Coriander/Cilantro – *Coriander sativum*
- Dill - *Anethum graveolens*
- Fennel - *Foeniculum vulgate*
- Fenugreek - *Trigonella foenum-graecum*
- Lavender – *Lavandula angustifolia*
- Marjoram – *Origanum majorana*
- Mint – *Mentha*
- Oregano - *Origanum vulgare*
- Parsley – *Petroselinum*
- Sage - *Salvia officinalis*
- Rosemary – *Rosmarinus officinalis*
- Tarragon – *Artemisia dracunculus*
- Thyme - *Thymus vulgaris*
- Winter savory - *Satureja montana*

The Mediterranean Region





Moroccan Cuisine was heavily influenced by the Berber, Spanish, French, and English.

Herbs

- Basil – *Ocimum basilicum*
- Cilantro (Green Coriander) – *Coriandrum sativum*
- Garlic – *Allium sativa*
- Marjoram – *Origanum majorana*
- Mint – *Mentha spicata*
- Onion – *Allium cepa*
- Parsley – *Petroselinum crispum* var. *neapolitanum*
- Verbena – *Aloysia citriodora*
- Za'atar – *Origanum syriacum*

Spices

- Aniseed – *Pimpinella anisum*
- Allspice – *Pimenta dioica*
- Black Pepper – *Piper nigrum*
- Cayenne – *Capsicum frutescens*
- Cinnamon – *Cinnamomum zeylanicum/ aromaticum*
- Coriander – *Coriandrum sativum*
- Cumin – *Cuminum cyminum*
- Fenugreek – *Trigonella foenum-graecum*
- Ginger – *Zingiber officinalis*
- Paprika – *Capsicum annuum*
- Saffron – *Crocus sativus*
- Sesame Seed – *Sesamum indicum*
- Turmeric – *Curcuma longa*



Souk

Outdoor Markets



Ras el Hanout

“Top of the Shelf”

A complex blend of aromatic spices which may include any of the following:

- Allspice
- Ash berries
- Belladonna leaves
- Black cumin seeds
- Black peppercorns
- Cardamom
- Cayenne
- Cinnamon Cassia
- Cloves
- Coriander seed
- Cubeb peppers
- Almonds
- Galangal
- Ginger
- Long pepper
- Lavender
- Mace
- Nutmeg
- Orris root
- Rose buds
- Turmeric





Harissa Sauce

Condiment Served with Salad
and Couscous made from
dried red chile peppers, garlic,
salt, & olive oil.





Chermoula

Served with Fish and Seafood.
Has a base of cilantro and
flat leaf parsley.





Preserved Lemons

Essential to Moroccan Cooking
(Salted)





Fragrant Waters

Rose Water
Orange Water



Argan Oil

Southern Morocco



- Extracted by hand from the fruit (kernel) of Argan tree, *Argania spinosa*.
- Expensive to produce
1 liter = \$300
- High in Vitamin E and often used in cosmetics



Tagine

The Vessel in which a stewed food is cooked, tagine also refers to the cooked food, for example the Chicken Tagine we are enjoying with our lunch today.



Couscous

Typically couscous is served as a base for the saucy meat and vegetable mixtures.



Moroccan Tea

- Tea was brought to Morocco in the 1800's by British traders.
- Moroccan Teas is made from Green Tea (Gunpowder) and Spearmint.
- Served in small decorative glasses.
- Poured from a “high-held” Manchester-shaped teapot.



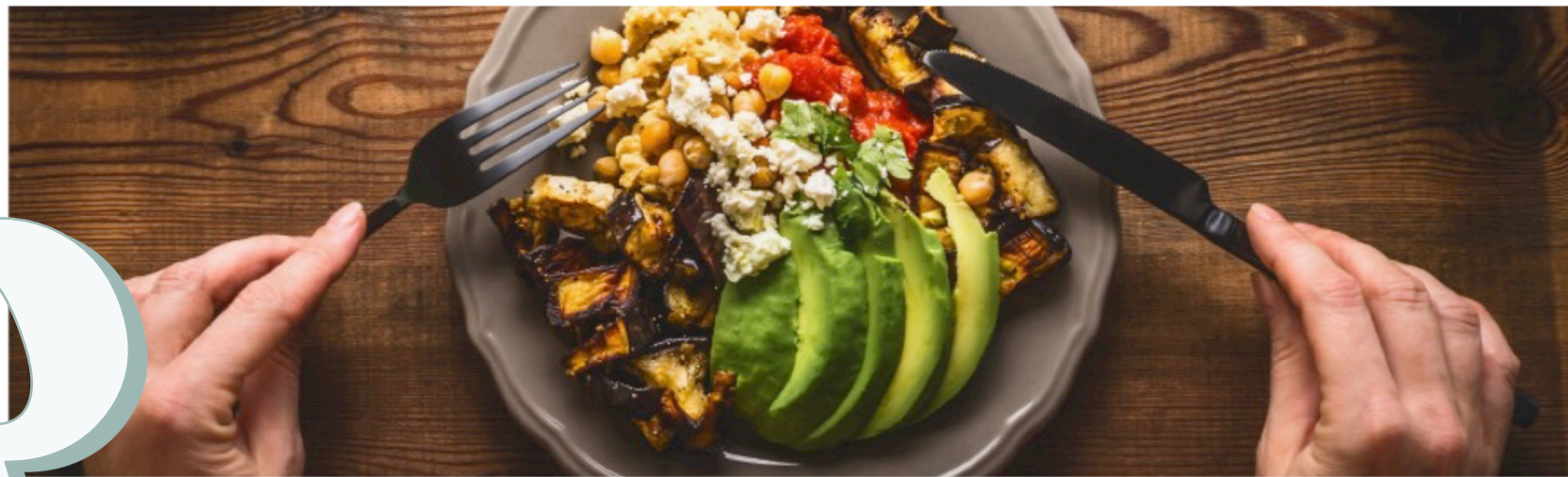


The Moroccan Meal



- Salad
- Tagine
- Couscous
- Fruit
- Mint Tea





Is Mediterranean Cuisine Healthy?





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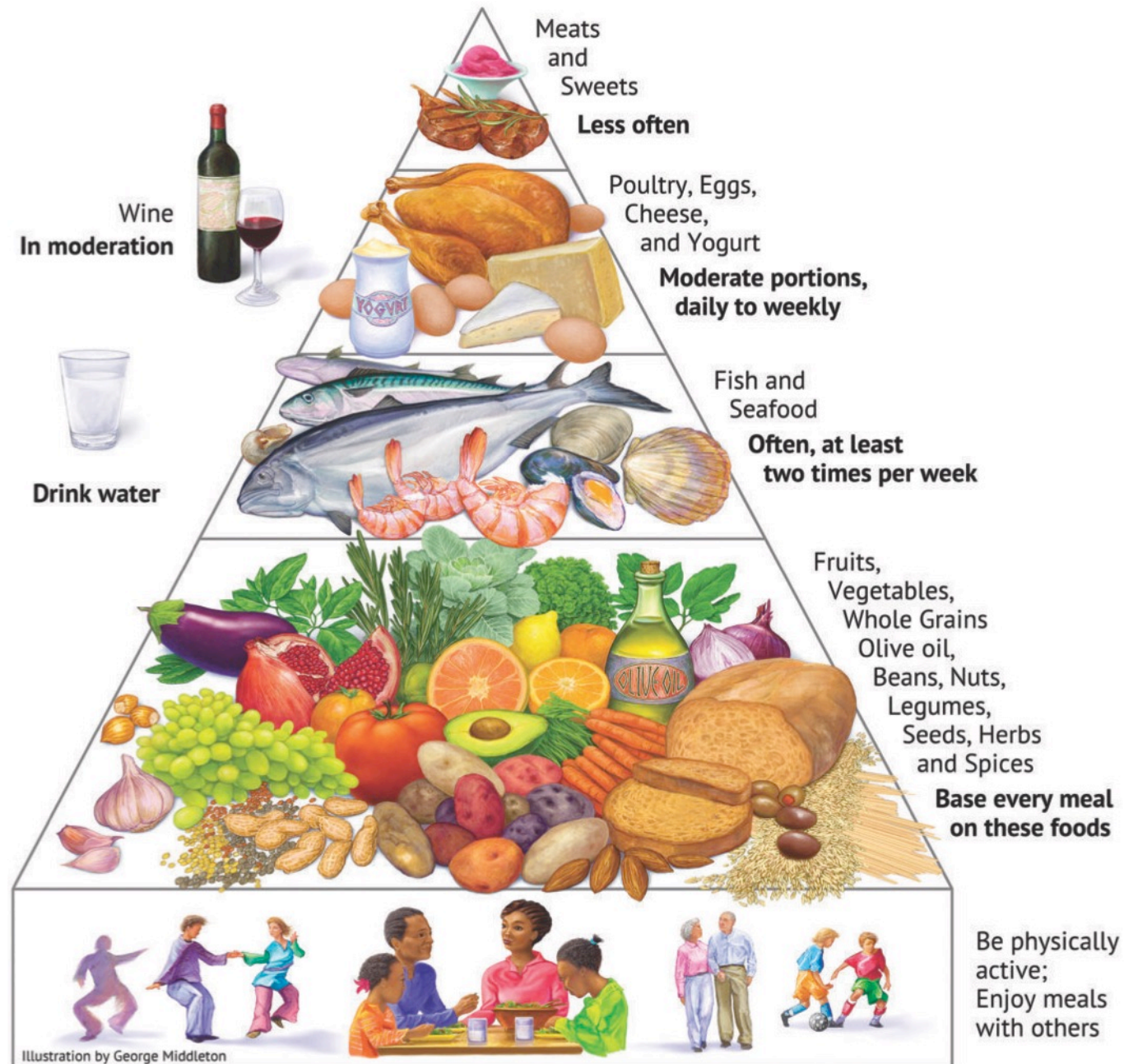
“Research supports the use of the Mediterranean diet as a healthy eating pattern for the prevention of cardiovascular diseases, increasing lifespan, and healthy aging.”

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www.hsph.harvard.edu



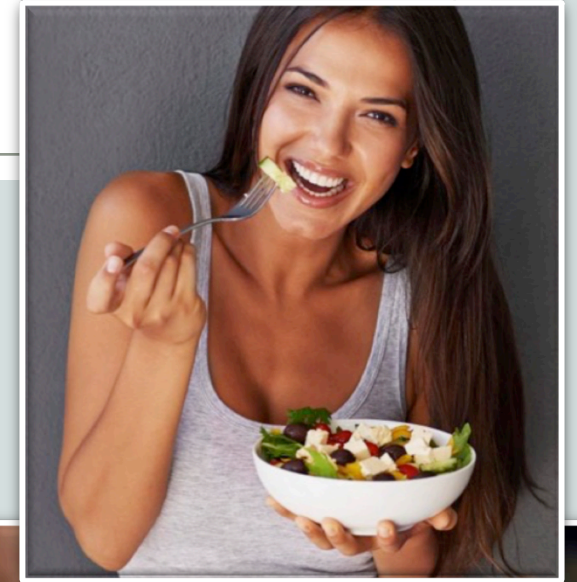
Traditional Mediterranean Foods



The Mediterranean Diet



While it is well documented that eating a range of fruits and vegetables is quite healthy for your cardiovascular system with many other health benefits, research shows that there are vital nutrients that could be missing when a variety of fish and meats are not included in the overall diet.



The Missing Ingredient



- For instance, **Folate**, which supports healthy brain function and contributes to a strong immune system, is one of the nutrients that could be lacking.
- Folate is found in many fruits and vegetables, though the best source of folate is found in internal animal organs. Yes, your mom and grandmother were in forcing you to eat that liver and onions each week.
- Adequate amounts of folate help prevent dementia, ADD, ADHD, Alzheimer, Autism and Aspergers, other brain diseases and aids in growing a healthy baby during pregnancy.



M Medicine



Food as Medicine

We also must understand that it is important to choose healthy foods picked from gardens and producers that promote healthy soils over healthy plants.

The alternative is that your food may not be as rich in the nutrients your body needs.

All in all, moderation in all things is the wise way to enjoy a healthy lifestyle



“ The Mediterranean diet can also help protect against other diseases as it is linked to reduced incidences of cancer and Parkinson’s and for preventing or slowing the progression of Alzheimer’s. A recent study suggests that women who adhere to the diet may have a reduced risk of breast cancer. ”

<https://healthmatters.nyp.org>



What is the Healthiest Cooking Oil?

Truth in Advertisements:

- All natural oils like olive oil, butter, and lard have health benefits.
- Olive oil is the winner!
- The worst oils for you are vegetable oils, especially when cooking.
- Soy bean, corn, canola, sunflower, and safflower oils all create free radicals when heated (sauteing, frying, stir-frying, grilling, roasting, searing, and caramelizing).



Health Benefits of Olive Oil



- Olive oil is rich in healthy Monounsaturated fats.
- It contains large amounts of antioxidants.
- The antioxidants in olive oil have anticancer properties.
- Olive oil can help treat rheumatoid arthritis.
- It has strong anti-inflammatory properties.
- Olive oil has antibacterial properties.
- Olive oil may prevent strokes.
- Olive oil is protective against heart disease.
- Olive oil is not associated with weight gain and obesity.
- Olive oil may fight Alzheimer's disease.
- Olive oil may reduce type two diabetes risk.



Phoenicia Specialty Foods

Houston, Texas





Culinary Group Members



Ann Allen

Cammie Beierle

Pat Garrett

Beverly Green

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Cathy Nitsch

Lynda Perryman

Debi Thomas

Belinda Weatherly



Closing Remarks & Questions



