



Industrial Tech 315

# MEDITERRANEAN COUNTRIES AND THEIR FOOD



*BSIT Food Tech 3 -D*



# THE MEDITERRANEAN SEA



# THE MEDITERRANEAN SEA



- The Mediterranean Sea is a sea connected to the Atlantic Ocean surrounded by the Mediterranean region and almost completely enclosed by land: on the north by Anatolia and Europe, on the south by North Africa, and on the east by the Levant. The sea is technically a part of the Atlantic Ocean, although it is usually identified as a **completely separate body of water**.





# THE MEDITERRANEAN SEA



- The climate is a typical Mediterranean climate **with hot, dry summers and mild, rainy winters**. Crops of the region include ***olives, grapes, oranges, tangerines, and cork***.





# **NAME and BACKGROUND**



*The Mediterranean Region*

# NAME/ BACKGROUND



- The term Mediterranean derives from the Latin word *mediterraneus*, meaning "in the middle of earth" or "between lands" (medius, "middle, between" + terra, "land, earth"). This is on account of the sea's intermediary position between the continents of Africa and Europe. The Greek name *Mesogeios* (Μεσόγειος), is similarly from μέσο, "middle" + γη, "land, earth").

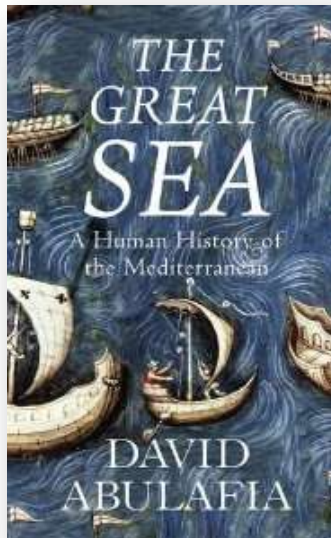




# NAME/ BACKGROUND



- In the Bible, it was primarily known as the "**Great Sea**", or simply "**The Sea**"; however, it has also been called the "**Hinder Sea**", due to its location on the west coast of the Holy Land, and therefore behind a person facing the east, as referenced in the Old Testament, sometimes translated as "**Western Sea**". Another name was the "**Sea of the Philistines**", from the people occupying a large portion of its shores near the Israelites.



# NAME/ BACKGROUND



- In Modern Hebrew, it has been called ***HaYyam HaTtikhon*** ( ), "**the middle sea**", a literal adaptation of the German equivalent *Mittelmeer*. In Turkish, it is known as *Akdeniz*, "the white sea". In modern Arabic, it is known as ***al-Baḥr al-Abyaḍ al-Mutawassiṭ*** ( ), "**The White Middle Sea**," while in Islamic and older Arabic literature, it was referenced as *Baḥr al-Rūm* ( ), or "**The Roman/Byzantine Sea**."







# HISTORY



*The Mediterranean Region*

# HISTORY (Mediterranean Region)



- As a sea around which some of the most ancient human civilizations were arranged, it has had a major influence on the history and ways of life of these cultures. It provided a way of trade, colonization and war, and was the basis of life (via fishing and the gathering of other seafood) for numerous communities throughout the ages.



- The combination of similarly shared climate, geology and access to a common sea has led to numerous historical and cultural connections between the ancient and modern societies around the Mediterranean.



# HISTORY (Mediterranean Region)



- Two of the most notable Mediterranean civilizations in classical antiquity were the Greek city states and the Phoenicians. When Augustus founded the Roman Empire, the Mediterranean Sea began to be called Mare Nostrum (literally: "Our Sea") by the Romans.
- Darius I of Persia, who conquered Ancient Egypt built a canal linking Mediterranean to the Red Sea. Darius's canal was wide enough that two triremes could pass each other with oars extended and required four days to traverse.





# HISTORY (Mediterranean Region)



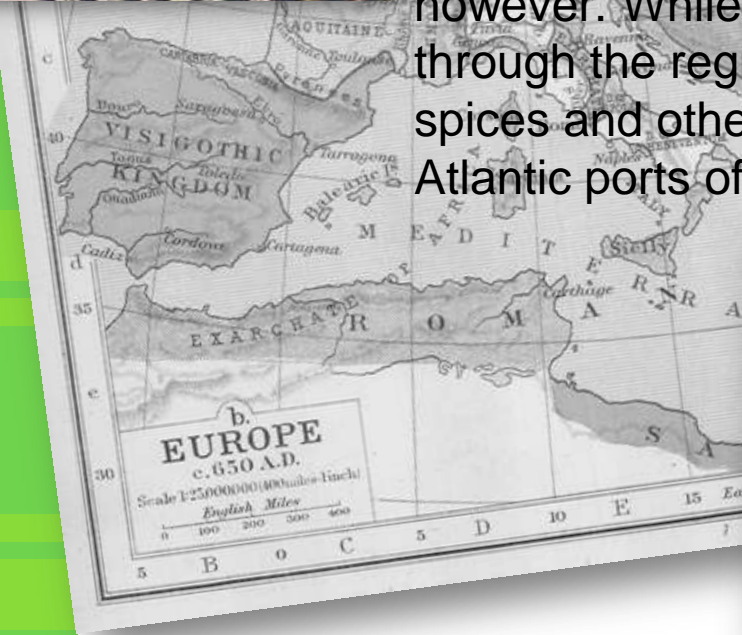
- The Roman empire began to crumble, however, in the fifth century and Rome collapsed after 476 AD. Temporarily the east was again dominant as the Byzantine Empire formed from the eastern half of the Roman one. Another power was rising in the east, that of Islam. At its greatest extent, the Arab Empire controlled 3/4 of the Mediterranean region.
- Europe was reviving, however, as more organized and centralized states began to form in the later Middle Ages after the Renaissance of the 12th



# HISTORY (Mediterranean Region)



- Ottoman power continued to grow, and in 1453, the Byzantine Empire was extinguished with the fall of Constantinople. The growing naval prowess of the European powers confronted further rapid Ottoman expansion in the region when the Battle of Lepanto checked the power of the Ottoman navy. The development of oceanic shipping began to affect the entire Mediterranean, however. While once all trade from the east had passed through the region, the circumnavigation of Africa allowed spices and other goods to be imported directly to the Atlantic ports of Western Europe.







# **BORDERING COUNTRIES**



*HISTORY*



# BORDERING COUNTRIES



# BORDERING COUNTRIES



- **EUROPE**



– Spain



– France



– Monaco



– Italy



– Malta



– Croatia



– Slovenia



– Bosnia and Herzegovina



– Montenegro



– Albania



– Greece

# BORDERING COUNTRIES



## • Eurasia



– Cyprus

## • Asia



– Turkey



– Syria



– Lebanon



– Israel

## • Africa



– Egypt



– Libya



– Tunisia



– Algeria



– Morocco





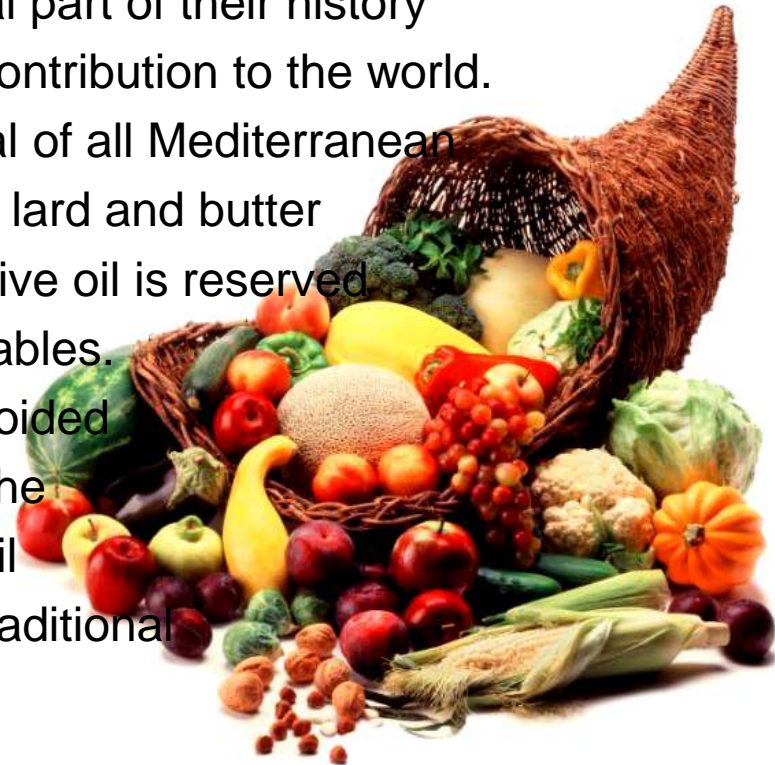
# **MEDITERRANEAN NUTRITION and DIET**



# MEDITERRANEAN NUTRITION and DIET



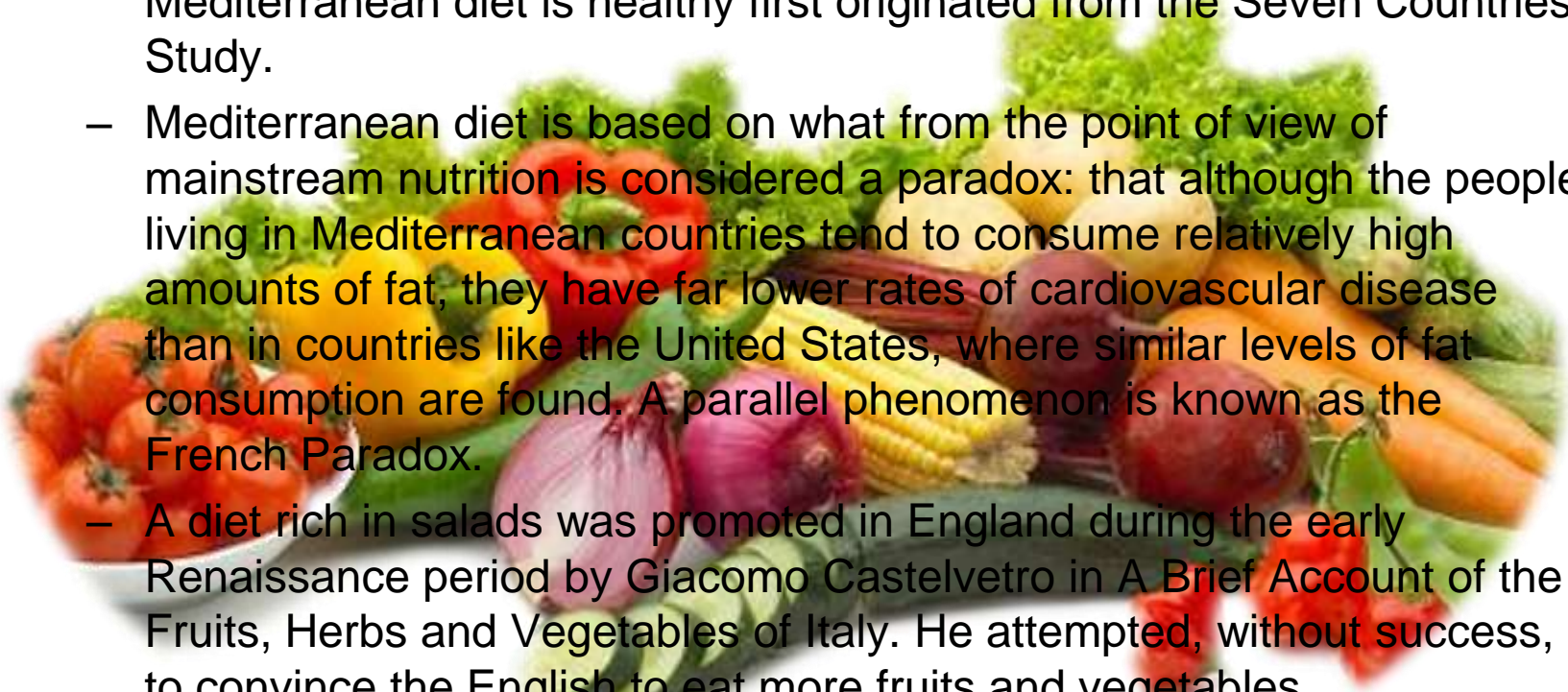
- The Mediterranean diet is a modern nutritional recommendation inspired by the traditional dietary patterns of southern Italy, Crete and much of the rest of Greece in the 1960s.
- On November 17, 2010, UNESCO recognized this diet pattern as an Intangible Cultural Heritage of Italy, Greece, Spain and Morocco, thus reinforcing it not only as a fundamental part of their history and background, but also as a great contribution to the world.
- Despite its name, this diet is not typical of all Mediterranean cuisine. In Northern Italy, for instance, lard and butter are commonly used in cooking, and olive oil is reserved for dressing salads and cooked vegetables. In North Africa, wine is traditionally avoided by Muslims. In both North Africa and the Levant, along with olive oil, sheep's tail fat and rendered butter (samna) are traditional staple fats.



# MEDITERRANEAN NUTRITION and DIET



- **HISTORY of the MEDITERRANEAN DIET**
  - Although it was first publicized in 1945 by the American doctor Ancel Keys stationed in Salerno, Italy, the Mediterranean diet failed to gain widespread recognition until the 1990s. Objective data showing that Mediterranean diet is healthy first originated from the Seven Countries Study.
  - Mediterranean diet is based on what from the point of view of mainstream nutrition is considered a paradox: that although the people living in Mediterranean countries tend to consume relatively high amounts of fat, they have far lower rates of cardiovascular disease than in countries like the United States, where similar levels of fat consumption are found. A parallel phenomenon is known as the French Paradox.
  - A diet rich in salads was promoted in England during the early Renaissance period by Giacomo Castelvetro in *A Brief Account of the Fruits, Herbs and Vegetables of Italy*. He attempted, without success, to convince the English to eat more fruits and vegetables.





# MEDITERRANEAN NUTRITION and DIET



- The Mediterranean diet is often cited as beneficial for being low in saturated fat and high in monounsaturated fat and dietary fiber. One of the main explanations is thought to be the health effects of olive oil included in the Mediterranean diet.
- The Mediterranean diet is high in salt content. Foods such as olives, salt-cured cheeses, anchovies, capers, salted fish roe, and salads dressed with olive oil all contain high levels of salt. A study published in the Archives of General Psychiatry shows that people who followed the Mediterranean diet were less likely to develop depression.
- In addition, the consumption of red wine is considered a possible factor, as it contains flavonoids with powerful antioxidant properties. Mireille Guiliano credits the health effects of the Mediterranean diet to factors such as small portions, daily exercise, and the emphasis on freshness, balance, and pleasure in food.



# MEDITERRANEAN NUTRITION and DIET



- The Mediterranean Diet is the best way to live many years with a high quality of life. It is also the best way to keep your body in shape, your skin clean and beautiful and your internal organs working properly. It the best diet to lead you to a proportional weight and don't endanger your health with urgent and unbalanced malnutrition. These fad diets may allow you to lose a few pounds, for a time, a weight that you will regain later after having lost part of your health. You may not know immediately, but the aftermath will come later.



- In 1965 Dr. Ancel Keys, after completing the “Seven Countries Study” divulged the fact that in Crete, where 40% people food intake was olive oil, the heart diseases were considerably low. The research was made with more than 12.000 persons from Finland, Greece, Italy, Japan, Hol land, USA and Yugoslavia.



# MEDITERRANEAN NUTRITION and DIET



## *The Original Mediterranean Diet characteristics are:*

- 1) High consumption of virgin olive oil.
- 2) High intake of vegetables and fruits and legumes.
- 3) Use of non refined carbohydrates (portions to be adjusted to physical activity).
- 4) Consumption of fish, specially oily (or “bluish” one) three or four times a week
- 5) Consumption of milk and derivatives, cheese and yogurt (the original cheese was fresh goat cheese). Keep an eye on the saturated fats of the dairy products. Do not consume too much!
- 6) Three or four eggs per week.
- 7) Moderate consumption of meat and saturated fats (natural, not artificially hydrogenated!).
- 8) One or two small glasses of wine a day, preferably red and at the main meals. White wine and beer are alternatives.
- 9) Nuts as snacks.
- 10) In “special occasions” Mediterranean traditional desserts.







# **MEDITERRANEAN FOOD PYRAMID**

**vs.**

# **USDA FOOD PYRAMID**



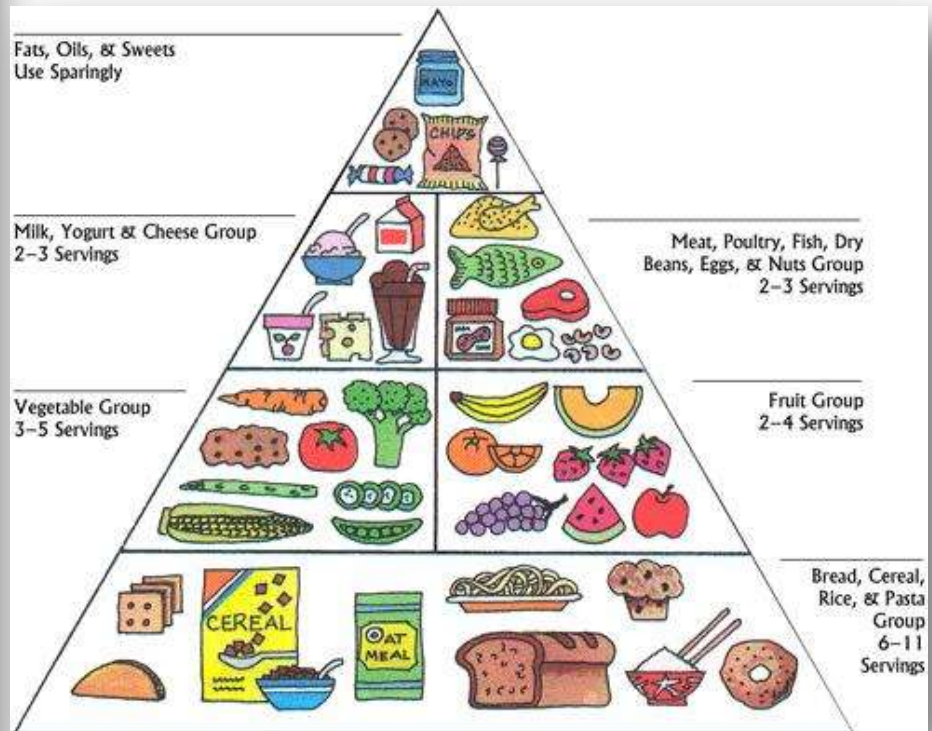
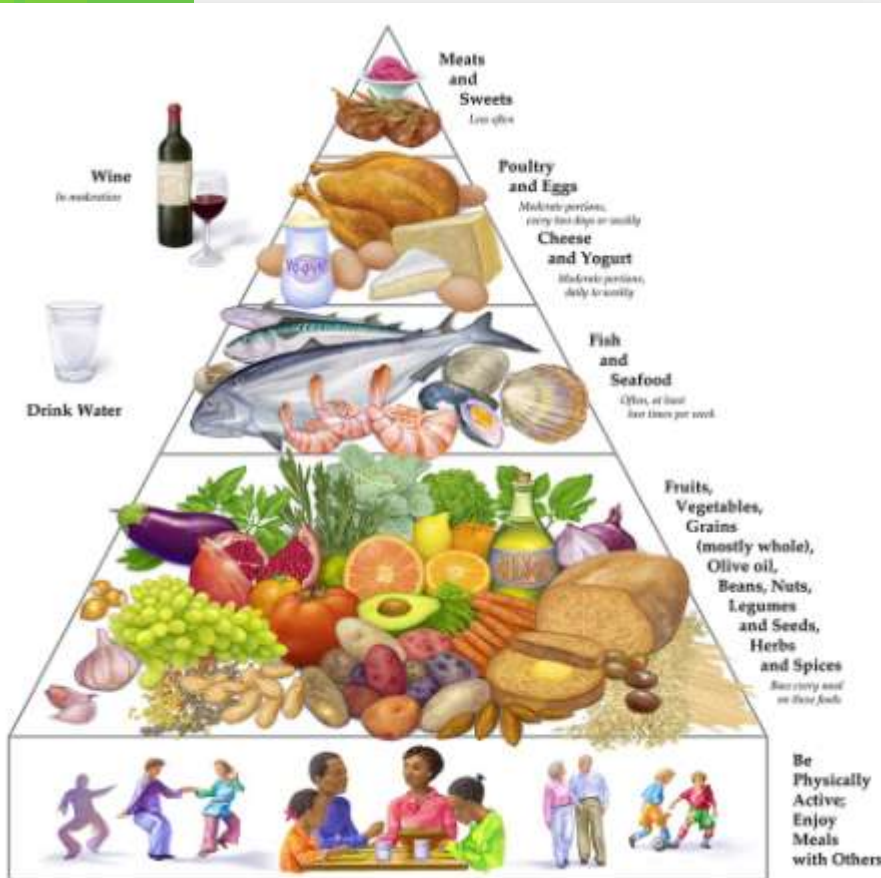
# MEDITERRANEAN FOOD PYRAMID vs. USDA FOOD PYRAMID



MEDITERRANEAN FOOD PYRAMID

VS

USDA FOOD PYRAMID



# MEDITERRANEAN FOOD PYRAMID vs. USDA FOOD PYRAMID



## BOTH

- Recommend eating lots of fruits, vegetables and whole grains
- Both recommend limiting total fat if watching weight.

## MEDITERRANEAN

- Greeks ate very little red meat, and, they consumed far more plant foods - averaging nine servings a day of antioxidant-rich vegetables
- Greeks ate cold water fish several times a week - another heart-healthy investment since fish contain omega-3 oils that not only reduce heart disease risk but also boost immune system functioning.
- Greek diet contains little of the two kinds of fats known to raise blood cholesterol levels: saturated fat and trans fat .

## USDA (United States Department of Agriculture)

- The USDA Food Guide Pyramid groups high protein foods together and does not separate out the red meat from the heart-healthy fish and nuts.
- The USDA Food Guide Pyramid does not make the distinction between the healthy fats like monounsaturated oils and the unhealthy fats like saturated (found mostly in red meats and tropical oils) and trans fats (found mostly in margarines, snack foods, processed peanut butter and commercial baked goods).





# **MEDITERRANEAN COUNTRIES AND SOME OF THEIR POPULAR DISHES**



# MEDITERRANEAN NUTRITION and DIET



- SPAIN



*Paella*

# MEDITERRANEAN NUTRITION and DIET



- FRANCE



*Spaghetti with  
Grilled Ratatouille*



# MEDITERRANEAN NUTRITION and DIET



- ITALY



*Sourdough Panzanella  
with Grilled Chicken*

# MEDITERRANEAN NUTRITION and DIET



- GREECE



*Pan-Fried Halloumi with  
Fennel, Olive & Mint  
Compote*

# MEDITERRANEAN NUTRITION and DIET



- MOROCCO



*Barbecue-Braised  
Moroccan Lamb Shanks  
with Honey-Mint Glaze*





***Magra con Tomate***  
**"Pork in a Tomato and Green  
Pepper Sauce"**



*SAMPLE  
MEDITERRANEAN RECIPE*

*\*Spanish Side Dish\**

# ***Magra con Tomate***

"Pork in a Tomato and Green Pepper Sauce"



## **INGREDIENTS**

- 1 pork chop cut into very small 1/4 inch cubes
- 16 oz. can of peeled tomatoes in tomato sauce
- 1 roasted red pepper finely chopped
- 1 small green pepper finely chopped
- 1 small yellow or white onion finely chopped
- 2 cloves of garlic finely chopped
- 2 TB vinegar
- 2 TB olive oil
- salt and pepper to taste

# *Magra con Tomate*

"Pork in a Tomato and Green Pepper Sauce"



## **DIRECTIONS**



- 1 • Heat the oil in a small skillet and cook the pork until nearly done. Remove the pork while reserving the oil.

- 2 • Now put the vinegar, onion, garlic, and green pepper into the skillet with the oil and cook over medium heat until the vegetables are nice and soft.





# *Magra con Tomate*

"Pork in a Tomato and Green Pepper Sauce"



## **DIRECTIONS**



- 3 In a sauce pot, put in the tomato sauce and crush the tomatoes with your hands. Put in the roasted red pepper, add salt and pepper and cook the sauce for about 15 minutes.

- 4 Add the vegetables and the pork to the sauce and slowly simmer for 10-15 minutes. Serve in a small dish with baguette (or other loaf bread) slices.



THANK YOU for listening!



# *Mediterranean Countries and Their Food*

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