

MAKE EACH DAY MEDITERRANEAN

How Well Do You Know Mediterranean Foods?

Match each Mediterranean food to its country or region of origin. Good luck!



1. Dukkah

Dukkah (DOO-kah) is a nutty, dry condiment typically made with dried mint, hazelnuts, sesame seeds, coriander, cumin, salt and pepper. The name is derived from the Arabic word "to pound."

- Lebanon Croatia Israel Egypt



2. Pesto

Pesto is a sauce traditionally made by crushing together garlic, pine nuts or walnuts, fresh basil leaves, Parmigiano Reggiano and Pecorino cheeses, and extra virgin olive oil in a marble mortar with a wooden pestle. It's usually used as a sauce for pasta.

- Crete, Greece Liguria, Italy Sicily, Italy Provence, France



3. Kalamata Olives

Kalamata olives are plump, almond-shaped, and dark purple. They are used in traditional Mediterranean salads.

- Tunisia Greece Italy Cyprus



4. Paella

Paella is a fluffy yellow rice dish named after the wide, shallow pan in which it is cooked. Along the Mediterranean coast, it is cooked with a variety of seafood.

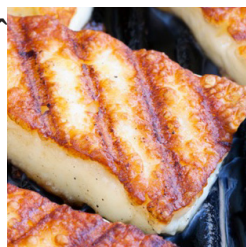
- Valencia, Spain Sicily, Italy Provence, France Barcelona, Spain



5. Burrata

Burrata is a fresh cheese traditionally made with water buffalo milk. It looks like Mozzarella from the outside, but has a creamy soft texture inside.

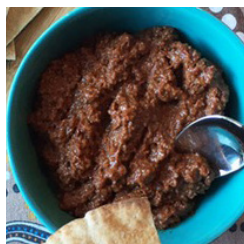
- Crete, Greece Puglia, Italy Umbria, Italy Andalusia, Spain



6. Halloumi

Halloumi is a brined, firm white cheese traditionally made from a combination of goat and sheep milk. It's similar to mozzarella, only it holds up on the grill.

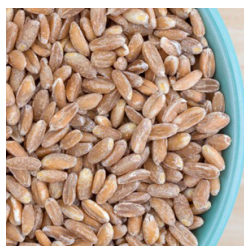
- Portugal Cyprus Greece Syria



7. Muhammara

Muhammara is a tangy Mediterranean dip made from ground walnuts, breadcrumbs, pomegranate molasses, and Aleppo peppers.

- Syria Tunisia Greece Turkey



8. Farro

Farro is a name for some varieties of ancient wheat. It's deliciously chewy and nutty—no wonder it's stuck around for thousands of years.

- Turkey Italy Israel Spain



9. Stuffed Grape Leaves

Stuffed grape leaves (known as dolma, sarma, or some variation) are often served as part of a mezze, or small-plate meal. The grape leaves are stuffed with a mixture of rice, fresh herbs, spices, and sometimes meat.

- Riviera (France, Italy)
 Northwestern Africa (Morocco, Algeria, Tunisia)
 Eastern Mediterranean (Greece, Turkey, Lebanon, Syria)
 Iberian Peninsula (Portugal, Spain)



10. Harissa

Harissa is a hot chile pepper paste used as a condiment for meat, fish, vegetables, and couscous.

- Italy France Tunisia Cyprus

Answers on next page



ANSWERS

1. Dukkah: Egypt

Dukkah is an Egyptian spice blend. Buy a pre-made blend at the store, or make your own.

Tip: Sprinkle dukkah on top of oven-roasted vegetables to add crunchy texture. Or, try serving it with bread and olive oil for dipping.

2. Pesto: Liguria, Italy

Pesto was first created in Genoa, the capital city of Liguria, Italy.

Tip: To help coat pasta with pesto, save a ladle of pasta water and add it along with the other ingredients.

3. Kalamata Olives: Greece

Kalamata olives get their name from the city of Kalamata in southern Peloponnese, Greece.

Tip: Serve Kalamata olives at room temperature as an appetizer to experience their full flavor.

4. Paella: Valencia, Spain

Paella is the pride of Valencia, Spain. Like many Mediterranean rice dishes, paella brings families and communities together. Cooking it usually involves a party—some paellas have fed thousands!

5. Burrata: Puglia, Italy

Burrata has its origins in the Puglia region of Italy, where it is served simply with bread, tomatoes, and olive oil.

Tip: Find burrata in the cheese section of the grocery store, or in an Italian specialty food store.

6. Halloumi: Cyprus

Halloumi originated in Cyprus, a Mediterranean island country south of Turkey.

Tip: Enjoy halloumi the traditional Cypriot way—grilled with a slice of watermelon.

7. Muhammara: Syria

Muhammara comes from the city of Aleppo in Syria, where it is often used as a dip with pita bread.

Tip: Spread flavor-packed muhammara on top of grilled chicken or fish.

8. Farro: Italy

Farro is commonly used in soups in Tuscany, Italy.

Tip: Add cooked farro to salads to make them more substantial.

9. Stuffed Grape Leaves: Eastern Mediterranean (Greece, Turkey, Lebanon, Syria)

Stuffed grape leaves are common in the cuisines of the former Ottoman empire.

Tip: Look for grape leaves packed in a brined solution and sold in jars.

10. Harissa: Tunisia

Harissa is considered the national condiment of Tunisia, and much of the harissa you'll find in stores is imported from there.

Tip: If you like spicy food, use harissa plus some olive oil and lemon juice as a marinade for chicken or fish. It can even be used with pasta.

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