

Download Mediterranean Cooking Great International Cuisine

The Mediterranean diet is a diet inspired by the eating habits of Greece, Southern Italy, and Spain in the 1940s and 1950s. The principal aspects of this diet include proportionally high consumption of olive oil, legumes, unrefined cereals, fruits, and vegetables, moderate to high consumption of fish, moderate consumption of dairy products ...Cuisines by region. Global cuisine – a cuisine that is practiced around the world. A cuisine is a characteristic style of cooking practices and traditions, often associated with a specific region, country or culture. Diane Kochilas, Greek Chef, shares healthy Greek Mediterranean recipes from different regions of Greece and explores the richness and splendor of Greek food. These Mediterranean Feta Lamb Burgers are packed with flavor, not just from the ground and seasoned lamb, but from peppers, feta cheese, herbs and citrus zest. Lamb not your thing, substitute ground beef, it's just as tasty! I wanted a spiced up burger, and with the fresh ground lamb I recently, Mediterranean Cooking Great International Cuisine.

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