Guide to Good Food

Chapter 30 Mediterranean Countries

Tools:
● Printer (color optional)
● 4 sheets of 8.5” x 11” paper
● Scissors

Directions:
1. Print
2. Fold paper in half vertically
3. Cut along dashed lines

These instructions accompany the interactive E-Flash Cards online at www.g-wlearning.com
**al dente**

Italian term describing the way pasta is cooked so its texture is slightly resistant to the bite.

**antipasto**

An Italian appetizer course.

**avgolemono**

A popular Greek sauce made from a mixture of egg yolks and lemon juice.

**chorizo**

A dark sausage with a spicy, smoky flavor.
del pueblo

Term meaning of the people, which is used to describe Spanish cuisine.

eggplant

A fleshy, oval-shaped vegetable with a deep purple skin frequently used in Mediterranean dishes.

gazpacho

A Spanish soup made with coarsely pureed tomatoes, cucumbers, onions, garlic, green peppers, olive oil, and vinegar.

mezedhes

Greek appetizers.
minestrone

A popular Italian vegetable soup thick with pasta.

paella

A Spanish rice dish often containing chicken, shrimp, mussels, whitefish, peas, and rice and flavored with saffron, salt, pepper, and pimiento.

phyllo

A paper-thin pastry made with flour and water used to make many Greek desserts.

risotto

An Italian rice dish made with butter, chopped onion, stock or wine, and Parmesan cheese. Meats or seafood and vegetables may also be added.
sangria

A Spanish punch made with red wine, fruit juice, and sparkling water.

tapas

Spanish appetizers.

taverna

A Greek cafe that serves as a public meeting place in small communities.