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# Flavors From The French Mediterranean Recipes By Three Michelin Star Chef Grald Passedat

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### [Flavors From The French Mediterranean](#)

#### **MEDITERRANEAN FLAVORS - FONA International**

In a recent article about Mediterranean flavors, Marc Halperin of QSR Magazine suggests bringing Moroccan flavors to consumers by “sprinkling a powder made of cinnamon, ginger, cumin, and coriander over standard-issue French fries, which could turn an American favorite into an exotic North African variant” Product Examples

#### **Global Cuisine 2**

dishes and simpler flavors—in a sense, returning to their roots Contemporary French cuisine blends new and old as well as regional and global, and France continues to be esteemed as a culinary capital Regional Ingredients and Dishes Each of France’s regions has a unique gastronomic identity, characterized largely by its geography

#### **SUITE - Target Center**

WITH medITeRRanean FLAVoRs PanIeR De CamPaGne, assoRteD FrenCH BReaDs & WHIPPeD FLAVoReD GRass FeD BuTTeR seaFOoD PaeLLa CaKES FRee RanGe CHICKen TaGIne susTaInaBLe sHRImP TaGIne moRoCCan CRePe WRaPs sWeeT PoTaTo & Cinnamon BuTTeR Served for a minimum of twelve people 4695 per person Served for a minimum of twelve people 4495 per person

### **HOW TO USE SPICES IN YOUR CUPBOARD (WITHOUT A RECIPE)**

THYME Fragrant, lemony, earthy, peppery flavors Commonly used in Mediterranean and French cuisines Beef Stew Roasted Carrots TURMERIC Earthy, citrusy, slightly bitter flavors Commonly used in Southeast Asian, Middle Eastern, and Indian cuisines Golden Gazpacho

### **HEALTHY | FRESH | NATURAL - Flavors NYC**

buttermilk pancakes or challah french toast add ons: Flavors award winning sandwiches have become the staple of New York's lunch on the go MEDITERRANEAN QUINOA 599 sundried tomatoes, kalamata olives, cucumbers, feta cheese, parsley, oil & vinegar and lemon juice AVOCADO CHICKEN SALAD 629

### **EUROPE CULINARY DELIGHTS**

tempting Mediterranean recipes with a hands-on experience, Tuscan flavors of Florence, experience a world of flavors Below is just a sample of the immersive itineraries our at a French chateau, accompanied by wine and a stroll in the gardens Continue to Saint Emilion, a world heritage site, with

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French, Mediterranean & Asian flavors enhanced with freshly caught seafood of Jimbaran bay, organic vegetable, fruits and spices all locally grown at the famous Bedugul farms and quality meat products of South East Asia, Australia & US All of these are combined with the soft glow of lanterns, velvety sands and the moonlit Indian ocean

### **EXPLORE OUR FLAVORS**

OUR FLAVORS COURTYARD Mediterranean Grain Bowl Little Gems Caesar Salad (with or without chicken) SIDES French Fries or Fresh Cut Fruit DESSERT Sea Salt Chocolate Chunk Cookie or Old Fashioned Carrot Cake BEVERAGES Pepsi, Diet Pepsi, Sierra Mist, Root Beer and Bottled Water

### **Lunch & Dinner (& Snacks) - Flavors Etc. Catering**

Mediterranean Marinated Vegetables Bar Style (30 person minimum) Soup and Sandwich Bar \$1095 1 soup 25-40 people / 2 soups 40+ people Assorted Sandwiches and/or Wraps, condiments, chips, pickle Salad Bar \$1095 Salad bar fixings to include meats, cheeses, croutons, olives, eggs, craisins, bacon, nuts and two dressings, rolls and butter Chili

### **EXPLORE OUR FLAVORS**

OUR FLAVORS COURTYARD Bistro burger with French fries Skillet meatballs Mediterranean grain bowl Vegetable baked pasta Little gems Caesar salad Dessert selections: Old-fashioned carrot cake Dark chocolate sea salt cookie Beverages: Assorted Pepsi beverages, bottled water and iced tea 30 BISTRO BUFFET STYLE | Price per guest

### **EXPLORE OUR FLAVORS**

OUR FLAVORS COURTYARD® CHICAGO ELGIN/WEST DUNDEE 2175 Marriott Drive | West Dundee, IL 60118 French Fries 22 BISTRO DELI - BUFFET STYLE 20 or More Persons Fresh Garden or Caesar Salad Bistro Burger with French Fries Mediterranean Grain Bowl

### **WINTER MENU 2020 - Panera Bread**

mediterranean with chicken 650 cal baja with chicken 740 cal mediterranean 590 cal baja 680 cal bistro french onion 190-860 cal turkey chili 210-880 cal autumn squash 230-890 cal chicken noodle 120-780 cal broccoli cheddar 230-900 cal try it in a bread bowl for ...

## Wine Basics From grapes to Glass

Old World - Europe & Mediterranean • can have mineral notes Burgundy, Loire, Champagne, Bordeaux in France imparts flavors to the wine • Barrel flavors only lasts 2-3 years • Vanillin (phenolic aldehyde) C 8 H 8 O 3 \$\$ stronger flavors • French Oak - \$\$\$\$ tighter grain, better quality • Hungarian Oak - \$ not as strong flavors

## Your Guide to the Mediterranean Diet Make Each Day ...

Your Guide to the Mediterranean Diet Contents Make Each Day Mediterranean, an Oldways/Mediterranean Foods Alliance education campaign, has been designed specifically to introduce you to the remarkable health benefits, fresh flavors and tastes, and affordability of eating the Mediterranean way

## Mediterranean Food Guide - UW Health

Mediterranean Food Guide People who live near the Mediterranean Sea have been found to have a lower risk of heart disease The Mediterranean diet attempts to copy the eating habits of the people who live there Following this diet may lower your risk of heart disease This lifestyle is ...

## SHOPPING & TASTING THE MEDITERRANEAN DIET CHEESE ...

SHOPPING & TASTING THE MEDITERRANEAN DIET CHEESE TASTING “Age is something that doesn’t matter, unless you are a cheese”- Billie Burke Cheese 101 A great French poet once wrote, “So many cheeses, so little time” With at least a thousand varieties - France alone has hundreds! - the best way to discover your favorite cheese is to

## THE A-Z GUIDE TO COOKING WITH WHOLE GRAINS

»»French Onion Soup with Barley (Ann Taylor Pittman, THE A-Z GUIDE TO COOKING WITH WHOLE GRAINS WWW.HGRINCUNCIRG

QOLDWAYTRG BUCKWHEAT Cook 1 cup dry grain with: 2 cups liquid Bulgur wheat has a rich history in Eastern Mediterranean cuisine, dating back to ...

## Από την οικογένεια μας στην δική σας\*

out Greek and Mediterranean dishes when dining out continues to grow Grecian Delight brings you the very best of Greek and Mediterranean cuisine with the most authentic Specialty Meats, Breads, Spreads and Specialties Don't miss out on the profit-building power that comes from menuing on-trend ethnic flavors and foods

## BREAKFAST SERVED All DAY! - House of Flavors Restaurants

Mediterranean Stack \_\_\_\_ \$899 Two eggs\* stacked on fresh hash browns, sautéed spinach, garlic, parmesan, black olives, green onion, & toast, or pancakes, or banana bread #2 Four wedges of french toast #3 One egg\*, toast & potatoes #4 Small oats & toast No substitutions or split orders No extra egg\* free Not valid with other coupons or