

## Mediterranean Recipes

### Language

English



Gastronomy is closely linked to the history and geographic characteristics of a region of Mediterranean nature. In the past, Tavira was an important fishing port, and the tuna catching and processing was one of the main economic activities until around 1950. THE MEDITERRANEAN DIET entails a cooking of simplicity with its fresh and seasonal products, which turns it into a cuisine of flavours.

Within the scope of the "Mediterranean Diet – Millennial Cultural Heritage" exhibition, Tavira's Municipal Museum organizes a cycle of PASSEIOS e COMERES (Touring and Eating) on the knowing and the doings of the Mediterranean cuisine. The presented recipes result from that project and are SIMPLE recipes, using country and sea PRODUCTS made with the popular WISDOM.

To see the photos of the cooking demonstrations , click [HERE](#) <sup>[1]</sup>

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### Links

[1] <http://museumunicipaldetavira.tavira.pt/dm-demos>