



MEDITERRANEAN
FOODS Est. 1990

How to create a Mediterranean Foods

ANTIPASTO PLATTER

It has been said that crafting a great antipasto platter is all about creating 'that best bite'.

With each bite, you want to hit two to three flavour profiles at once - sweet, salty, savoury, bitter.

You can achieve this by providing a variety of flavours that can be mixed and matched.

Flip onto the other side to see what we recommend!



- San Daniele prosciutto
- Finocchiona (fennel salami)
- Spicy Ventricina salami
- Mortadella from Bologna
- Sharp provolone
- Asiago or Parmigiano
- Fresh Buffalo mozzarella
- Sweet dried fruits, such as figs
- Olives
- Crackers or sliced bread
- Nuts
- Pickled vegetables, such as mushrooms, artichoke hearts or roasted red peppers
- Crisp fresh fruit and vegetables, such as sliced pears, grapes, melon, asparagus, fennel or cherry tomatoes
- Extra-virgin olive oil and aged balsamic vinegar

Tips for putting together an antipasto platter

Know your guests. Do they like spicy foods? How about olives? Do they eat meat? Plan your platter accordingly.

Ask to sample items in our deli. Salami, cheese and olives. We have a broad variety of these items all with unique tastes and regional traditions. Make sure you taste and seek advice from one of our friendly staff members!

Keep the protein to vitamin (meat and cheese : fruit and vegetable) ratio at about 1:1. Plan on about 3 slices of each per person.

Try a themed platter to reflect a region or season. It doesn't have to be Italian - include Serrano ham for a Spanish platter or brie cheese for a French take.

Let the cheese sit at room temperature for 45 minutes before serving. This will bring out more flavour and aroma.

Follow the Food Safety recommendations and don't let deli meat sit at room temperature for more than two hours.

AND don't forget a good artisan loaf of fresh bread! And some wine of course!

Reference (ALISON SHERWOOD, 2015)