



CULINARY MEDICINE PROJECT
FEDERAZIONE ITALIANA CUOCHI UK DELEGATION



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Culinary Medicine Project is going to be delivered from 2018.

WHAT IS IT THIS CULINARY MEDICINE PROJECT?

Culinary Medicine is aimed at helping patients make the best personal medical decisions when finding and eating high-quality meals that helps prevent and treat disease and restore well-being.

The project will blend the art of food and cooking with the science of medicine.

It will be collaboration with an Italian Medical Clinic to create specific diets for different medical condition with top Chefs to combine the ingredients.

The object of Culinary Medicine is to empower patients to care for themselves safely and happily with food and beverage as a primary care technique under the Doctor's guidance.

THE PROJECT:

Each month we will focus on a different **topic** accompanied by events such as **talks** with medical professionals, and **cooking shows** to teach how to create the relationship between food, eating and cooking to encourage personal health and wellness.

The **videos** created will provide special attention to how food works within the body as well as the sociocultural and pleasurable aspects of eating and cooking.

Please find below the sample of the project with the first pathology:

DIET FOR - IRRITABLE BOWL

Medical Clinic: <http://www.dottorelondon.com>

Gastroenterology Doc. Annalisa Crudeli

<http://www.dottorelondon.com/drannalisa-crudeli/>

FOOD TO AVOID

FIRST DISH: hard wheat pasta, egg pasta and wholemeal pasta

BREAD and CAKE: hard or wholemeal bread, rye bread, rye sausage; cookies and pastries prepared with wheat flour (croissants, muffins, tarts, cakes, etc.), whole grains.

MILK AND DERIVATIVES: cow, goat and sheep milk (whole, partially skimmed and skimmed); ice creams; fresh and soft cheeses (like ricotta)

VEGETABLES: Asparagus, artichokes, beetroot, avocado, cauliflower, cabbage, Brussels sprouts, broccoli, mushrooms, fennel, peas, shallots, leeks, garlic and onion.

FRUIT: apples, pears, peach nuts, white peaches, apricots, cherries, lichens, plums, watermelon, mango, persimmon, syrupy fruit.

BEVERAGES: barley, all the infusions prepared with the vegetables mentioned above

MISCELLANEOUS: honey, chewing gum, non-sugar candies, sweeteners such as sorbitol, xylitol, mannitol and other sweeteners ending in -itol.

FOOD PERMITTED

FIRST DISH: rice, gluten-free pasta, rice pasta, corn paste.

BREAD: gluten-free bread, gluten-free crackers, gluten-free biscuits, gluten-free slices, gluten-free cereals (which do not contain honey and dried fruit), cornflakes, blossomed rice, corncakes and rice, cornflakes, gluten free.

MILK AND DERIVATIVES: lactose-free milk (zymil type) and rice milk; seasoned cheeses, brie, camembert, parmesan cheese; yogurt; soy or sorbet ice cream

VEGETABLES AND FRUIT: bamboo shoots, carrots, celery, peppers, corn, aubergines, green beans, lettuce, chives, pumpkin, onion (green only), Chinese cabbage, spinach; bananas, cranberries, grapefruit, grapes, summer melon, kiwi, lemon, lime, tangerines, tomatoes, orange, passion fruit, raspberries, strawberries.

MISCELLANEOUS: maple syrup, glucose, sucrose and aspartame.

DIETARY ADVICE

In case of lactose intolerance it is advisable to consume HD milk (zymil type).

Eggs and dairy products 1/2 times a week.

Gluten-free biscuits and corn pasta are also available in a well-stocked supermarket, roasted slices and gluten-free breads, but are more easily found in pharmacies.

RECIPES - IRRITABLE BOWL

RECIPE FOR BLACK RICE WITH SHRIMPS, LEMONS, CARROTS AND CELERY

By Chef **ALESSANDRO CIRCELLO** Federazione Italiana Cuochi (FIC)

Recipe has been presented at Rai1 program "Buongiorno Benessere" www.raiplay.it

Ingredients

Black rice g. 250 - Whole shrimp g. 400 - Lemon n.1 – Carrot g. 200 - Sedan g. 200 - Salt to taste - Oil extra virgin

Method:

Toast in the saucepan the shrimp heads with extra virgin olive oil combine ice and cold water to facilitate extraction inside the cooking liquid.

Toasted black rice in casserole with oil add boiling shrimp broth, thus preserving the recipe in the black rice cooking water favours digestion in cases of irritable reflux and intestines.

Apart from cooking the celery and carrots and cubes for a few minutes, take the lemon slices of julienne in hot water, cool in ice.

Composition: shuffle the carrots by placing them on the base of the dish, keep the rice with shelled shrimp put at the end with a little crude oil, grate salt, add a few drops of lemon juice establishes the pharisaic antacid to the intestine. Finish with celery cubes devoid of filaments scorched in water before and lemon rind.

RECIPE FOR SEABASS AL CARTOCCIO

By Chef **ENZO OLIVERI** - Federazione Italiana Cuochi UK (FIC UK)

Ingredients

1 seabass fillet - 3 cherry tomato - 1 slice of lemon - 1 stem of Rosmary - 1 teaspoon extra virgin olive oil - Salt and pepper - Side salad - 2 iceberg leaves - 3 wedges of peeled orange - Pinch of oregano

Method:

In a thin foil parcel put 1 fillet of seabass cut in half, the cherry tomato cut in half, the slice of lemon with skin, salt pepper, Rosemary and extra virgin olive oil.

Close the parcel and cook it in a preheated oven at 180* for 15 minutes.

Prepare your side salad

Open up the parcel and serve