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Specialty: Pediatrics

Country: Italy



Name of dish	Anchovies with Origan	
Ingredients	Ingredients	Quantity (for 4 persons)
	fresh anchovies	1 kg
	stale bread, crumbled by hand	150 gr
	garlic	1 clove
	Extra virgin Olive oil	4 tablespoon
	Lemon	1
	Origan	
	Ground black peppers	
Directions	Clean the anchovies, removing head and the innards and opening bookwise, rinse well and let drain to dry them.	

	<p>Turn on the oven at 180 C°.</p> <p>Mix minced garlic with bread crumbs, grated lemon rind, organ, salt and pepper and put aside. In a baking pan , well greased with oil, , place the anchovies on the back ,cover them with the flavored bread mixture and then make another layer of anchovies and bread. Repeat until the ingredients are finished: the last layer must be of bread.</p> <p>Drizzle with oil and lemon and bake in a hot oven for 15 minutes.</p> <p>Let it rest a bit and serve hot.</p>	
<p>Other relevant information</p>	<p>Due to the intuition of Ancel Keys, who came to Naples in 1952 for a FAO convention and learned from Gino Bergami, a Neapolitan physiologist, that in our territories the cardiovascular diseases, affecting young United States citizens, were virtually unknown, the Mediterranean Diet became popular worldwide. Confirmed by numerous epidemiological scientific researches, Mediterranean Diet had given an important turn to the way of feeding entire populations of the western world .Ancel Keys lived forty years with his wife and collaborator in Pioppa, Cilento (Campania)following nutrition and the lifestyle of local farmers and fishermen.He preferred legumes, tomatoes, fresh greens, sardines and anchovies, also flavoured with extra virgin olive oil, eating no more than 2 kilos of meat per year. He died in 2004, two months before his 101st birthday and his wife in 2006 at the age of 97.</p>	