

Name _____

Exploring the Flavors of Lebanese Cuisine

Open-Ended Response Answer Key

1. Mezze is culturally significant in Lebanese cuisine as it represents the Lebanese approach to dining, which values communal eating and the sharing of small, flavorful dishes. It fosters a sense of togetherness and allows everyone to savor a variety of flavors.
2. Lebanese cuisine aligns with the principles of the Mediterranean diet by incorporating fresh vegetables, legumes, and olive oil. These ingredients offer potential health benefits such as improved heart health, reduced risk of chronic diseases, and increased longevity due to their nutrient-rich and antioxidant properties.
3. Baklava is considered a special treat in Lebanese cuisine due to its sweet and rich flavor. It is made with layers of filo pastry, chopped nuts (commonly walnuts or pistachios), and sweet syrup (usually honey or sugar syrup). The combination of these ingredients creates a decadent and indulgent dessert.
4. Lebanese cuisine emphasizes the balance between savory and sweet flavors through dishes like mezze, which include both savory options like hummus and baba ghanoush and sweet options like baklava. This balance caters to a wide range of taste preferences during a meal.

