



The Mediterranean Diet  
**Recipe Book**  
Tenth Edition

By Ray Darken

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# Breakfast & Light Lunches

# BAKED MEDITERRANEAN COD AND ASPARAGUS

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*Serves 4*

2 tablespoons extra-virgin olive oil  
1 pound Cod Fillet  
2 tablespoons Olive  
1 stalks Asparagus

- Step 1.** Preheat oven to 475 degrees F. Lightly coat 15x10x1-inch baking oil. On one side of pan arrange cod fillets, turning under any the teaspoon remaining olive oil. Sprinkle with salt and pepper. asparagus in opposite side of pan; brush with remaining olive oil; s
- Step 2.** Bake 7 to 10 minutes more or until cod flakes easily when tested Olive Relish and asparagus. Makes 4 servings.



# CHICKEN FILLET IN STRAWBERRY MARINADE

*Serves 4*

700g chicken fillet  
300g strawberries  
2 cloves garlic  
Juice from 1 lemon  
1 1/2 tablespoons honey  
1 teaspoon ground cumin  
Extra-virgin olive oil  
Salt and pepper



- Step 1.** To make the marinade, wash and hull the strawberries. Then blend to a purée together with the garlic, lemon juice, honey and cumin.
- Step 2.** Put the chicken breasts in a bowl, pour over the marinade, cover and leave them in the fridge to marinate for 24 hours.
- Step 3.** Just before cooking, remove the chicken breasts from the marinade and carefully pat them dry. Reserve the marinade to use later.
- Step 4.** In a large skillet heat 3-4 tablespoons of olive oil and sauté the chicken in medium heat until nicely golden and thoroughly cooked, about 20 minutes. Plate, season well, cover and set aside.
- Step 5.** Pour the marinade in the same skillet and simmer for about 5 minutes, or until you get a nice thick sauce. Season well.
- Step 6.** Slice each breast into 4-5 pieces, pour over them some of the sauce and serve with a salad,

pasta or potatoes.

# FRESH SPINACH WITH SMOKED PORK

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*Serves 4*

350g fresh spinach leaves  
2 chives, cut in rinds  
45 stalks finely chopped dill  
40ml extra-virgin olive oil  
1/2 κ.σ. vinegar  
Seeds from 1/2 pomegranate  
150g smoked pork cut into strips  
Salt and pepper



**Step 1.** Stir in a salad bowl all the ingredients together with the sauce and spread the smoked pork strips on top.

**Step 2.** From the book "Eleni Psychouli cooks" 26 chefs in 26 minutes.



# GRILLED EGGPLANT PARMESAN SANDWICH

*Serves 4*

1 large eggplant, (1 1/4-1 1/2 pounds), cut into 12 1/4-inch-thick rounds  
Extra-virgin olive oil cooking spray  
1/4 teaspoon salt  
3 tablespoons finely shredded Parmesan, or Asiago cheese  
1/2 cup shredded part-skim mozzarella cheese  
4 small pieces focaccia bread, or rustic Italian bread  
2 teaspoons extra-virgin olive oil  
5 ounces baby spinach  
1 cup crushed tomatoes, preferably fire-roasted  
3 tablespoons chopped fresh basil, divided



**Step 1.** Preheat grill to medium-high.

**Step 2.** Place eggplant rounds on a baking sheet and sprinkle with salt. Coat both sides lightly with cooking spray. Combine Parmesan (or Asiago) and mozzarella in a small bowl. Brush both sides of focaccia (or bread) with oil.

**Step 3.** Place spinach in a large microwave-safe bowl. Cover with plastic wrap and punch several holes in the wrap. Microwave on High until wilted, 2 to 3 minutes. Combine tomatoes and 2 tablespoons basil in a small microwave-safe bowl. Cover and microwave until bubbling, about 2 minutes.

**Step 4.** Place all your ingredients on the baking sheet with the eggplant and take it to the grill. Grill the eggplant slices until brown and soft on both sides, 2 to 3 minutes per side. Grill the bread until toasted, about 1 minute per side. Return the eggplant and bread to the baking sheet. Reduce grill heat to medium.

**Step 5.** Place 1 eggplant round on top of each slice of bread. Layer 1 tablespoon tomatoes, 1 tablespoon wilted spinach and 1 tablespoon cheese on each slice of eggplant. Repeat with the remaining eggplant, sauce, spinach and cheese. Sprinkle each stack with some of the remaining basil. Place the baking sheet on the grill, close the lid and grill until the eggplant stack is hot and the cheese is melted, 5 to 7 minutes.

# LEBANESE FISH KIBBE (KIBBET SAMAK)

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Extra-virgin olive oil

## For the filling:

250g onions, peeled and thinly sliced

60g pine nuts

75ml extra-virgin olive oil

Sea salt

1/4 teaspoon finely ground white pepper

## For the kibbe:

100g coriander sprigs, most of the stalk removed

600g red bream fillets, skinned

1 medium onion, peeled and quartered

Grated zest of 1/2 orange or lemon (preferably unwaxed)

150g fine burghul, rinsed and drained

1/2 teaspoon ground cinnamon

1/4 teaspoon finely ground white pepper



**Step 1.** Preheat the oven to 200°C/Gas 6. Oil a round baking dish, about 29cm in diameter, with a little olive oil.

**For the filling:** Put the sliced onions, pine nuts and olive oil in a bowl. Season with the pepper and salt and mix well. Set aside.

**For the kibbe:** Put the coriander in a food processor, together with the fish, onion and orange zest. Process until quite smooth, then transfer to a bowl. Add the burghul, cinnamon, pepper and salt to taste. Mix with your hand until evenly combined.

**Step 2.** Have a bowl of lightly salted water on hand as you shape the fish cake. Divide the kibbe in half and set aside one half. Moisten your hands with water and pinch off a handful of kibbe from the other portion. Flatten between your palms to a 1 cm thickness and place in the baking dish, next to one edge. Smooth it down evenly with your fingers.

**Step 3.** Pinch off more kibbe, flatten and lay next to the first piece, slightly overlapping it. Dip your fingers in water and smooth the pieces together until the joint disappears. Continue until you've covered the

bottom of the dish, then moisten your fingers again and smooth into an even layer.

**Step 4.** Spread the stuffing evenly over the kibbe and cover with the remaining fish mixture, following the same method as before.

**Step 5.** Cut the pie into quarters, then mark a pattern across the top of each quarter with a knife for a decorative finish, if you like. Make a hole in the centre with your finger and, finally, drizzle olive oil all over the top of the kibbe. Bake for 15 minutes, or until cooked to your liking. Serve hot, warm or at room temperature.

# PESTO ALLA GENOVESE

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4 bunches of basil (100 gr), discard all stems, gently rinse all leaves under cold water, and let dry  
2 cloves of garlic, cut in half, and remove the green stem in the center  
1 teaspoon pine nuts  
3 tablespoons Parmigiano Regiano, grated  
3 tablespoons Pecorino, grated  
1 glass extra-virgin olive oil  
Salt

**Step 1.** In a marble mortar squeeze the basil leaves gently with the pestle, together with the salt. The motion should be circular, steady, and always gentle.

**Step 2.** After a while all leaves should be nicely minced.

**Step 3.** If there is a bright green juice at the bottom of the mortar, add the garlic, and the pine nuts, and continue.

**Step 4.** Now add the cheese.

**Step 5.** Once all is blended in together, slowly start adding the olive oil until all ingredients are smooth.

**Step 6.** Pour extra olive oil on the top for preservation and put the pesto in glass jar for storage at the refrigerator.



*TIP: For best results, prepare all the ingredients before hand and keep them in room temperature.*

# PORTOBELLO MUSHROOMS WITH MEDITERRANEAN STUFFING

*Serves 4*

4 (4-inch) portobello caps (about 3/4 pound)	Cooking spray
1/4 cup finely chopped onion	3 cups (1/4-inch) cubed French bread, toasted
1/4 cup finely chopped celery	1/2 cup vegetable broth
1/4 cup finely chopped carrot	1/2 cup (2 ounces) feta cheese, crumbled
1/4 cup finely chopped red bell pepper	3 tablespoons low-fat balsamic vinaigrette, divided
1/4 cup finely chopped green bell pepper	4 teaspoons grated fresh Parmesan cheese
1/4 teaspoon dried Italian seasoning	1/4 teaspoon black pepper
2 garlic cloves, minced	4 cups mixed salad greens



**Step 1.** Preheat oven to 350°.

**Step 2.** Remove stems from mushrooms, and finely chop stems to measure 1/4 cup. Discard remaining stems. Combine 1/4 cup chopped stems, onion, and next 6 ingredients (through garlic).

**Step 3.** Heat a large nonstick skillet over medium heat; coat pan with cooking spray. Add onion mixture to pan; cook 10 minutes or until vegetables are tender. Combine onion mixture and bread in a large bowl, tossing to combine. Slowly add broth to bread mixture, tossing to coat. Add feta; toss gently.

**Step 4.** Remove brown gills from the undersides of mushroom caps using a spoon; discard gills. Place mushrooms, stem side up, on a baking sheet coated with cooking spray. Brush mushrooms evenly with 1 tablespoon vinaigrette. Sprinkle Parmesan and black pepper evenly over mushrooms; top each with 1/2 cup bread mixture. Bake at 350° for 25 minutes or until mushrooms are tender.

**Step 5.** Combine remaining 2 tablespoons vinaigrette and greens, tossing gently. Place 1 cup greens on each of 4 plates; top each serving with 1 mushroom.

# STRAWBERRY RISOTTO

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*Serves 6*

400g Arborio or Carnaroli rice  
300g strawberries, blended to a puree  
1 onion, finely chopped  
3 tablespoons butter  
300 ml white wine  
1 -1.5 liters vegetable stock  
100g freshly grated parmesan  
2 tablespoons mascarpone cheese or butter to finish



- Step 1.** Prepare two pots: a large one where you will make the rice and a smaller one to heat up the stock. The stock should be kept below boiling point. Because the amount of stock that you will use up is not always the same, have a kettle with hot water in hand in order to use it if you run out of stock.
- Step 2.** Heat 3 tablespoons of butter in the large pot until hot and add the chopped onion. Swirl around with a wooden spoon until translucent but not brown and add the rice. Try to coat it well with the butter and be careful because it easily sticks at the bottom of the pan. After a couple of minutes add the 1 cup of white wine and turn down the heat to medium.
- Step 3.** From here onwards take it slowly: when the wine evaporates start adding the stock a ladle-spoon at a time. Each time it evaporates add the next one etc. The whole process should take about 15 minutes. The rice should not be very soft, but al dente, and it should not be dry, but thick and creamy.
- Step 4.** Just before the rice has cooked completely stir in the strawberry purée and continue cooking.
- Step 5.** When the risotto is ready, remove from heat and let it stand covered for one minute. Then, stir in the 2 tablespoons butter or mascarpone cheese.



**Step 6.** Finally, stir in the grated Parmesan and serve immediately. Have some extra Parmesan and freshly ground black pepper in hand in case people want extra.

# TARAMOSALATA DIP

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*Serves 6*

500gr potatoes  
80 gr fish roe (carp or cod)  
200ml extra-virgin olive oil  
Juice of 2 1/2 lemons  
50 ml water

- Step 1.** Peel the potatoes, cut them into cubes and boil them until tender. Mash them well.
- Step 2.** In the medium speed of your mixer, beat the potato mash together with the roe until combined, about 30 seconds.
- Step 3.** Start pouring olive oil, lemon juice and water very very slowly into the mix, the way you would if you were making mayonnaise. If you have never made mayo, well the principle is to basically drizzle the olive oil, wait until it has been incorporated, then drizzle some lemon juice, wait, then some water etc.
- Step 4.** The quantities of water and oil are for indication only and it clearly depends on the potatoes. You want a very smooth and light mixture, very much reminiscent of mayonnaise.
- Step 5.** When you are done, put it in a bowl, cover it well and refrigerate.
- Step 6.** Serve with pita and olives.





# Salads

# GRILLED EGGPLANT SALAD WITH TOMATO, VINEGAR, AND PARSLEY

---

Whole eggplants, about 4 pounds  
2 garlic cloves, minced  
3/4 cup finely diced yellow onion  
1/2 cup well-drained finely diced canned tomato  
1/4 cup Greek yogurt  
1/3 cup red wine vinegar  
1/4 cup fresh lemon juice

1/2 cup extra-virgin olive oil  
About 3 tablespoons seltzer water  
1/4 cup finely chopped fresh flat-leaf parsley  
1 teaspoon dried oregano  
Coarse salt and freshly ground pepper  
Warm pita bread triangles for serving



- Step 1.** Preheat and oil a grill. Place a wire rack on a baking pan. Set aside.
- Step 2.** Pierce each eggplant in a few places with a dinner fork. Place the eggplants on the preheated grill and grill, turning occasionally to prevent burning, for about 15 minutes or until the eggplants are soft and the skin is black. Using a spatula, lift the eggplants from the grill and place on the wire rack in the baking pan to cool.
- Step 3.** When the eggplants are cool, peel and discard the skin as well as any juices that have dripped into the baking pan.
- Step 4.** Coarsely chop the eggplant flesh and place it in the bowl of a tabletop mixer fitted with the paddle. Add the garlic, onion, and tomato and mix on medium speed for 1 minute. Add the yogurt and mix for another minute.
- Step 5.** With the mixer still on medium speed, slowly add the vinegar and lemon juice. When blended, with the mixer still running, add the oil in a slow, steady stream. Begin adding the seltzer, a tablespoon at a time, beating until the mixture is slightly thick yet light and relatively loose.

Stir in the parsley and oregano and season with salt and pepper.

**Step 6.** Transfer to a nonreactive storage container, cover, and refrigerate for 8 hours or overnight before serving with warm pita triangles.

# HEARTY GREEK GRAIN AND BEAN SALAD

*Serves 6*

1 cup baby lentils	2 garlic cloves, peeled and crushed
1/2 cup borlotti beans	2 medium tomatoes, peeled, seeded and dice
1/2 cup whole-wheat kernels	1/2-2/3 cup extra-virgin Greek olive oil
1/2 cup wild rice	Fresh squeezed juice of 1 large lemon, or more to taste
3 scallions, trimmed and finely chopped	Salt and pepper to taste

**Step 1.** Leave the whole-wheat kernels to soak in cold water for two days, or until the sprout. Rinse and drain.

**Step 2.** Soak the borlotti beans overnight to soften.

**Step 3.** When ready to prepare the salad, place the drained and sprouting whole-wheat kernels in a large pot of cold water. Bring to a boil, season lightly with salt, reduce heat and simmer for about 2-3 hours, or until the wheat is tender. Remove and drain.

**Step 4.** In the meanwhile, soak the wild rice for one hour. Rinse and drain. Place in a large pot of cold water and bring to a boil. Reduce heat and simmer for about 45 minutes to one hour, or until the rice has burst and softened but is not totally disintegrated. Remove, drain and set aside.

**Step 5.** Rinse the lentils well. Bring to a boil in a large pot of cold water. Reduce heat and simmer for about 35 minutes, until they are soft but have not disintegrated. About 10 minutes before removing from heat, season with salt. Remove and drain.

**Step 6.** Bring the borlotti beans to a boil in a separate pot and simmer over medium-low heat until tender but not disintegrating. About 10 minutes before removing from heat season with salt.



**Step 7.** Combine all the grains and beans in a large bowl. Toss in the diced tomatoes, scallions and garlic. Whisk together the olive oil, lemon juice salt and pepper and pour into the salad. Mix and let stand for at least 45 minutes, refrigerated, before serving.

# MARINATED SHRIMP WITH MEDITERRANEAN SALAD

*Serves 4 to 6*

1 1/2 pounds cooked shrimp, peeled and deveined  
1/4 cup fresh lemon juice  
3 tablespoons extra-virgin olive oil  
1/3 cup fresh basil, torn  
Kosher salt and pepper  
1 bunch radishes, thinly sliced  
2 green bell peppers, thinly sliced  
1/3 cup (3 ounces) black olives, pitted  
3 ounces feta, sliced  
1 5-ounce bag pita chips or cracker bread

**Step 1.** In a large bowl, combine the shrimp, lemon juice, oil, basil, 1/4 teaspoon salt, and 1/4 teaspoon pepper. Set aside for 10 minutes to allow the flavors to meld.

**Step 2.** Add the radishes, bell peppers, olives, and feta. Gently stir to combine.

**Step 3.** Divide among individual bowls and spoon any remaining liquid over the tops. Serve with the pita chips or cracker bread.





# MEDITERRANEAN FLAVORED STRUDLE

*Serves 4*

3 tablespoons extra-virgin olive oil	1/2 pound crimini mushrooms , sliced
2 onions, chopped	Salt & freshly milled black pepper to taste
2 garlic cloves, minced	10 ounces Filo pastry
1 (28 ounces) can whole peeled tomatoes	4 ounces butter, melted
2 tablespoons minced basil	3 1/2 oz toasted pignolia nuts, roughly chopped
3 ounces red wine	



- Step 1.** Heat olive oil in a medium saucepan. Stir in onions and cook , for about 10 minutes, until they are softened. Do not let caramelize. Stir in garlic, tomatoes with liquid, basil and wine. Let the mixture simmer gently, stirring occasionally, until the liquid is quite thick. This will take 20 -25 minutes. Do not try to reduce liquid by raising heat.
- Step 2.** Add mushrooms and cook until the mushrooms are tender, about 5 to 7 minutes. They should first release their liquid which should boil away. Remove from the heat and season to taste. Set aside to cool.
- Step 3.** Preheat oven to 400° F.
- Step 4.** Working with long sheets of filo, lay two sheets side by side, overlapping them slightly where they meet. If you have large squares, you can use them as they are. Brush dough surface lightly with melted butter and sprinkle with 1/3 of the nuts. Place another layer of filo pastry on top, and repeat, brushing with butter, and sprinkling with nuts. Repeat with another layer, then a final layer of filo pastry, which is only brushed with butter. Place in a large baking dish with edges of at least 1/2 inch.

- Step 5.** Pour tomato mixture on top and spread it to about 1 inch of the edges. Fold over edges to contain filling then, starting from a wide edges, roll up like a Swiss Roll, trying not to let it break. Brush with melted butter.
- Step 6.** Bake in preheated 400° F oven 30 minutes, or until golden brown. Transfer carefully to a serving dish when ready to eat.

## MEDITERRANEAN SPRING SALAD

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1/2 pound potatoes  
1/2 cup extra-virgin olive oil  
2 tablespoon Lemon juice  
1 garlic clove; crushed  
1/4 teaspoon Salt  
6 cup greens, mixed salad  
1 lg tomato; cut in wedges  
1 medium green pepper, thinly cut or sliced up into rings  
1 small purple onion, thinly cut or sliced up into rings  
1 small cucumber; thinly cut or sliced up  
1/2 cup cheese, feta; crumbled  
2 ounce anchovy fillets (optional)



- Step 1.** Cook potatoes in boiling salted water about 25 minutes or until tender; drain well, and cool slightly. Peel and thinly slice potatoes; place in a shallow bowl. Combine oil, lemon juice, garlic, oregano, and salt; mix well. Pour over potatoes; marinate 1 hour. Drain potatoes, reserving marinade.
- Step 2.** Place salad greens in a large bowl. Arrange potatoes, tomato, green pepper, onion, cucumber, cheese, and anchovies (if desired) over salad greens. Serve with reserved marinade.

## PULPED SALAD (EZME)

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1 cucumber julienne cut  
2 middle-sized tomatoes, julienne cut  
2 tablespoons spearmint, julienne cut  
1 pinch of parsley, julienne cut  
3 long green peppers, julienne cut (optional)  
1 small onion, finely sliced  
3 garlic cloves, crushed  
1/2 teaspoon black pepper  
1 tablespoon red pepper pulp  
2 tablespoons "sour pomegranate juice" (nar eksisi) or 2 Tbs lemon juice  
4 tablespoons extra-virgin olive oil  
Salt to taste



- Step 1.** Skin the tomatoes, julienne cut them and place them in a sieve to strain from their juices. Finely cut each of the rest of the ingredients, mix them up and continue cutting them until they look squashed.
- Step 2.** In a separate bowl, combine the olive oil, pepper, sour pomegranate or lemon juice, with the pulped red pepper and pour the mixture over the vegetables. Blend everything together and serve in room temperature.

# QUINOA AND VEGETABLE SALAD

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150gr quinoa  
500gr fresh button mushrooms  
4 tablespoons parsley, dill or other aromatic greens, chopped  
1 carrot, thinly cut  
2 red peppers, fresh or canned, sliced  
Extra-virgin olive oil, lemon juice, salt, pepper  
3 tablespoons roasted pumpkin and/or sunflower seeds (optional)

- Step 1.** Soak the quinoa for 10 minutes and then rinse well under running water to remove the bitter saponin film that covers the grains.
- Step 2.** Bring 350ml (1 1/2 cups) water to the boil and add the quinoa with a bit of salt. Simmer for 20 minutes. Remove from heat, cover and let it stand for 5 minutes. Fluff the seeds with a fork and set aside.
- Step 3.** While the quinoa is cooking, sauté the mushrooms in 2 tablespoons of olive oil until golden.
- Step 4.** Mix all the ingredients together, place in an airtight container and refrigerate for a couple of hours. If the salad has no seasoning it can be easily kept for a couple of days.
- Step 5.** Season well and serve with an olive oil and lemon dressing, topped with the roasted seeds.



# SPINACH SALAD WITH PUMPKIN SEEDS, FENNEL, ORANGES AND FETA

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*Serves 4*

**For the salad:**

500 gr. (1 pound) flat-leaf spinach, or a combination of spinach and arugula  
1/3 cup toasted pumpkin seeds  
1 medium-sized onion, peeled and sliced thin  
1 medium fennel bulb, trimmed and coarsely chopped  
1 large navel orange, peeled and diced  
150 gr. soft feta cheese, crumbled

**For the dressing:**

1/3 cup extra-virgin Greek olive oil and  
2-3 tbs sherry vinegar  
1 tablespoon Dijon mustard  
1 tablespoon Greek thyme honey  
Salt and pepper to taste

- Step 1.** Trim and wash the spinach and/or arugula, cutting away and discarding the tough stems. Tear the greens into large pieces. Place in a salad bowl with the onions, fennel and oranges and toss.
- Step 2.** Whisk together the olive oil, sherry vinegar, mustard, honey, salt and pepper until the mixture is thick and creamy.
- Step 3.** Garnish the salad with the crumbled feta and toasted pumpkin seeds and pour the dressing on top just before serving.





# & Soups Vegetarian

# BAKED OKRA IN TOMATO SAUCE (BAMIES ME DOMATA STO FOURNO)

*Serves 6*

11/2 pounds small okra (no longer than 3 inches), tops trimmed

Salt

1/3 cup red wine vinegar

1/2 cup extra-virgin olive oil

11/2 cups coarsely chopped onions

11/2 cups grated ripe tomatoes or canned diced tomatoes with their juice

1 teaspoon Aleppo pepper or pinch of crushed red pepper flakes

1 cup chopped fresh flat-leaf parsley

Pinch of sugar

Freshly ground black pepper (optional)



- Step 1.** Preheat the oven to 200°F. Place the okra in a single layer in a baking dish. Sprinkle with 11/2 tablespoons salt, drizzle with the vinegar and toss well. Place in the oven and bake for 20 minutes. Rinse the okra under cold running water and pat dry with paper towels.
- Step 2.** Increase the oven temperature to 400°F.
- Step 3.** In a large skillet, heat 1/4 cup of the oil and sauté the okra in two batches over high heat until it starts to color, about 5 minutes. Transfer to the baking dish and set aside. Add the remaining 1/4 cup oil to the skillet and sauté the onions over medium heat until translucent, about 4 minutes.
- Step 4.** Add the tomatoes, Aleppo pepper or pepper flakes and salt to taste and cook until the mixture starts to thicken, about 10 minutes. Add all but 3 tablespoons of the parsley and the sugar. Taste and adjust the seasonings, adding some black pepper, if desired.



- Step 5.** Pour the sauce over the okra and bake until tender, about 30 minutes. Let cool for 15 to 20 minutes. Sprinkle with the reserved 3 tablespoons parsley and serve warm or at room temperature.
- Step 6.** Serve with crusty bread and feta cheese.

## GREEN BEANS BRAISED IN TOMATO (FASSOLAKIA LADERA)

*Serves 4 to 6*

2 pounds runner beans or any kind of fresh (or frozen) green beans  
1/2 - 3/4 cup extra-virgin olive oil  
2 cups onions, chopped  
3 cups fresh tomato pulp, or imported canned tomatoes, chopped  
1 1/2 cup flat-leaf parsley, chopped  
1/2-1 teaspoon fresh chili pepper, chopped or red pepper  
Flakes to taste  
Salt  
3-4 medium potatoes, peeled and cut in 1 1/2 -inch cubes



- Step 1.** Wash and dry the beans. If need be, string the beans using a very sharp knife. Cut and discard a thin slice, all around each bean. Halve each bean. You can use the special tool that strings and slices the beans at the same time.
- Step 2.** In a sauté pan warm the oil and sauté the onions, sprinkling with salt, until tender, about 6 minutes. Add the beans, the parsley and the chili and toss for 2 minutes to oil them. Arrange the potatoes on top of the beans in one layer, sprinkle with salt and pour the grated tomato over them.
- Step 3.** Bring to a boil, reduce the heat to low, cover and simmer for 30 minutes or more, until potatoes and beans are cooked and most of the juices are absorbed. Do not stir but occasionally shake the pot. Check regularly and add a little water if needed.
- Step 4.** Let the beans cool for at least 15-30 minutes before serving.

# GRILLED VEGETABLES

Serves 4

2 big red peppers and 2 big yellow peppers, chopped in four, without seeds

1 big eggplant cut in slices length-wise

2 big zucchini cut in slices length-wise

90 ml (6 table spoons) Fine Virgin Olive Oil D.O.P from

1 big red onion, sliced thinly

75 gr (1/2 cup) raisins

15 ml (1table spoon) tomato paste

15 ml (1table spoon) red wine vinegar

400 ml (1 2/3 cup) tomato juice

15 gr (2 table spoons) gelatin powder

Fresh basil leaves for dressing

Kalamata

## For the dressing:

90 ml (6 tablespoons) Fine Virgin Olive Oil D.O.P from

Kalamata

30 ml (2 tablespoons) red wine vine

Salt and freshly grinned black pepp

**Step 1.** Place the chopped red and yellow peppers

(skins up) under a hot grill until they turn brown. Place them on a plate and cover.

**Step 2.** Place the sliced egg plant and zucchini in separate oven dishes. Cover lightly with oil; grill them, turning them regularly, until they are soft and golden.

**Step 3.** Sauté the onions with the rest of the oil together with the raisins, tomato paste and vinegar. Cook over low heat until all liquids are absorbed.

**Step 4.** Put a sheet of cooking wrap in a terrine casserole (1.75 liters) – oil the terrine casserole first with a little oil and leave some of the sheet hanging over the edge.

**Step 5.** Pour half the quantity of the tomato juice in to a pot and sprinkle over it the gelatin powder. Melt it by stirring lightly over a low heat.

**Step 6.** Place a layer of red peppers in the terrain casserole and pour over enough mixture of tomato juice and gelatin in order to cover them. Continue with layers of egg plant, zucchini, onion mixture and finish with another layer of red peppers. Pour tomato juice on top of each vegetable layer.

**Step 7.** Add the remaining tomato juice to what has remained in the pot and pour it into the casserole. Rotate the



casserole well so that the juice spreads everywhere. Cover and put in the fridge until it sets.

**Step 8.** For the dressing, whisk the oil with the vinegar, add salt and pepper. Turn the casserole upside down on a plate and remove the cooking wrap. Serve cut in thick slices covered with the dressing. Dress with basil leaves.

# MEDITERRANEAN SHRIMP SOUP

Serves 6

2 cans (14-1/2 ounces each) reduced-sodium	1/4 cup ripe olives, sliced	chicken broth
1 can (about 14 ounces) diced tomatoes, un-drained	2 cloves garlic, minced	
1 can (8 ounces) tomato sauce	1 teaspoon dried basil	
1 medium onion, chopped	2 bay leaves	
1/2 medium green bell pepper, chopped	1/4 teaspoon fennel seeds, crushed	
1/2 cup orange juice	1/8 teaspoon black pepper	
1/2 cup dry white wine (optional)	1 pound uncooked medium shrimp, peeled	
1 jar (2-1/2 ounces) sliced mushrooms		

- Step 1.** Place all ingredients except shrimp in slow cooker. Cover; cook on LOW 4 to 4-1/2 hours or until vegetables are crisp-tender.
- Step 2.** Stir in shrimp. Cover; cook 15 to 30 minutes or until shrimp are opaque. Remove and discard bay leaves.



**Note:** For a heartier soup, add 1 pound of firm white fish, such as cod or haddock, cut into 1-inch pieces. Add the fish to the slow cooker 45 minutes before serving. Cover and cook on LOW.

# MOZZARELLA, TOMATO AND BASIL CIABATTA

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1 medium-sized ciabatta  
1/2 mozzarella ball, sliced  
2-3 thin slices of tomato  
2 teaspoons pesto sauce  
Lettuce or rocket leaves  
Salt and pepper

**Step 1.** Split and halve the ciabatta.

**Step 2.** Spread the pesto generously on each slice.

**Step 3.** To assemble: alternate mozzarella and tomato. Season well.  
Finish with the greens and the ciabatta top.

**Step 4.** Wrap each sandwich individually and refrigerate until needed.



# POTATO AND OLIVE STEW IN TOMATO SAUCE (PATATES YAHNI ME ETIES)

*Serves 6 to 8*

1/2 - 3/4 cup extra-virgin olive oil  
2 pounds new potatoes, peeled and quartered  
3 medium onions, thickly sliced  
5-6 cloves garlic, sliced  
1/2 - 1 teaspoon minced fresh chili pepper, or 1/3 - 1/2 dry red pepper flakes  
1/2 cup dry white wine  
1 teaspoon dried oregano  
2 cups chopped fresh or good-quality canned tomatoes  
1 cup small black olives, rinsed and pitted  
Sea salt  
1/2 cup chopped fresh flat-leaf parsley



- Step 1.** In a large, heavy, and deep non-reactive skillet, heat the olive oil over high heat and sauté the potatoes until they turn a golden brown on all sides, about 10 minutes. They don't need to cook through because they will continue cooking in the sauce.
- Step 2.** Preheat the oven to 375° F.
- Step 3.** Remove the potatoes from the skillet and add the onions. Sauté until soft, about 10 minutes, then add the garlic and chili pepper. After a few seconds, pour in the wine and add the oregano, tomatoes, and olives. Cook for 1 minute, then remove from the heat.
- Step 4.** Place the potatoes in a clay or glass ovenproof pan that can hold them in 1 layer. Pour the sauce over them, and bake uncovered for 30 to 45 minutes adding a little water if needed or until the potatoes are tender. Taste after 15 minutes and add more salt if needed the olives are quite salty or more chili pepper. Sprinkle with the parsley and serve hot or at room

temperature.



# WHITE BEAN SOUP WITH WILD CELERY (FASSOLADA ME SELINO)

Serves 6 to 8

2 cups dried white beans, soaked overnight in water and drained	Freshly ground black pepper
2 onions, halved, one half thinly sliced in half-moons	1/3 cup extra-virgin olive oil
2 cups coarsely chopped wild celery	Aleppo pepper or crushed red pepper flakes (optional)
2 medium carrots, sliced	2 tablespoons finely chopped fresh flat-leaf parsley (optional)
1 teaspoon salt	
1/3 cup freshly squeezed lemon juice	

**Step 1.** In a large pot, place the beans and the 3 onion halves and add water to cover by 4 inches. Bring to a boil, reduce the heat to low and simmer for 40 minutes. Add the sliced onion, celery, carrot and salt and simmer for 20 to 40 minutes more, adding a little more water if needed, until tender. Add the lemon juice and black pepper to taste and simmer for 10 minutes more, or until the beans are just covered with broth.

**Step 2.** Transfer 1 cup of the soup to a blender (avoiding the onion half) and puree. Return the puree to the pot and cook for 2 minutes more. Remove from the heat and discard the onion halves. Stir in the oil and sprinkle with the Aleppo pepper or pepper flakes, if desired. Taste and adjust the seasonings, sprinkle with the parsley, if you like, and serve hot.

**VARIATION:** For the most common version of fassolada add 1 cup canned chopped tomatoes and 1 tablespoon tomato paste to the beans, together with the celery and carrots.





Dinner

# CHICKPEAS WITH ORANGE, LEMON AND CELERY

*Serves 6 to 8*

2 1/2 cups dried chickpeas	12 teaspoons Aleppo pepper or pinch of crushed red pepper flakes
1/4 teaspoon baking soda	1 cup coarsely chopped celery, preferably Mediterranean leaf-celery (optional)
Salt	
1/3 cup extra-virgin olive oil	1 1/2 cups Chicken Stock or more
2 cups coarsely chopped onions	1 piece fresh or dried orange peel (about 3 inches)
1 large carrot, thinly sliced (optional)	2 tablespoons Dijon mustard
Freshly ground black pepper	1/4 cup freshly squeezed lemon juice or to taste
	Extra-virgin olive oil, preferably Greek, for drizzle

**Step 1.** Soak the chickpeas overnight in plenty of water stirring in the baking soda, if using. Drain and rinse well under running water.

**Step 2.** Preheat the oven to 400°F.

**Step 3.** In a medium bowl, combine the chickpeas and 1 teaspoon salt and toss well.

**Step 4.** In a medium flameproof casserole, heat the oil and saute the onions over medium heat for 4 minutes, or until soft. Stir in the carrots, if using, chickpeas and Aleppo pepper or pepper flakes, then add the stock or water, the orange peel and celery. Bring to a boil, remove from the heat, and cover the dish with a double layer of aluminum foil and then the lid.

**Step 5.** Reduce the oven temperature to 250°F place the casserole in the oven and cook for 6 hours, or until the chickpeas are very tender. Add mustard and lemon juice, taste and adjust the seasonings, adding black pepper to taste. Drizzle with olive oil and serve hot, warm or at room



temperature.

*TIP: Soda is always used in Greece to help tenderize the chickpeas.*

# GRILLED EGGPLANT ROUNDS WITH GAEA SANTORINI TOMATO SAUCE AND STRAINED GREEK YOGURT

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*Serves 6*

3 medium eggplants, cut into 1/2 inch rounds

Salt

1/2-1 cup Gaea "Kalamata DOP Extra Virgin Olive Oil", plus more for garnish

2 jars of Gaea "Santorini Tomato Sauce"

2 cups strained Greek yogurt

**Step 1.** Layer the eggplant rounds in a colander and salt between each layer. Place a plate and then weight on top and let the eggplants drain for about one hour. Remove and pat dry with paper towels.

**Step 2.** Light the broiler. Brush a large baking sheet with olive oil. Place the eggplant rounds on the sheet and brush each round with oil. Broil for about 5-6 minutes, turning when necessary, until lightly browned and soft. Be careful not to over broil the eggplant rounds lest they burn or become so soft they won't hold their shape. Remove and cool.

*To serve:* Have ready a 2 1/2- inch in diameter x 2 1/2 - 3 inch deep ring mold. Place in center of serving plate. Place one eggplant round on bottom, top with a scant teaspoon of the Gaea "Santorini Tomato Sauce" over the eggplant round. Continue with another three-four eggplant slices. Top with 2 tablespoons yogurt. To serve drizzle with raw Gaea "Kalamata DOP Extra Virgin Olive Oil".



*Alternatively, you can layer the eggplants in a serving dish, cover with sauce, with another layer of eggplants and with the yogurt. Refrigerate until firm enough to cut and serve cold.*

# GRILLED VEGETABLE TAGINE

Serves 4

1 small red onion	1/4 teaspoon ground cinnamon
2 red bell peppers, quartered	1 1/4 cups water, divided
1 green bell pepper, quartered	1/4 cup sliced pitted green olives
2 teaspoons balsamic vinegar	1/4 cup golden raisins
1/2 teaspoon kosher salt, divided	1/4 teaspoon freshly ground black pepper
1 teaspoon extra-virgin olive oil, divided	1 (28-ounce) can diced tomatoes, undrained
1 3/4 cups chopped onion	6 small red potatoes, quartered
2 garlic cloves, minced	Cooking spray
1 teaspoon ground cumin	2/3 cup uncooked couscous
1/2 teaspoon fennel seeds, crushed	1/4 cup pine nuts, toasted



**Step 1.** Cut red onion into 4 wedges, leaving root end intact. Place red onion, bell peppers, vinegar, 1/4 teaspoon salt, and 1/2 teaspoon oil in a zip-top plastic bag. Seal bag; toss well to coat.

**Step 2.** Prepare grill.

**Step 3.** Heat 1/2 teaspoon oil in a large nonstick skillet over medium-high heat. Add chopped onion and garlic; sauté 3 minutes. Add cumin, fennel, and cinnamon; sauté 1 minute. Add 1/4 teaspoon salt, 1/4 cup water, olives, raisins, black pepper, tomatoes, and potatoes; bring to a boil. Cover, reduce heat, and simmer 25 minutes or until potatoes are just tender.

**Step 4.** Remove bell peppers and red onion from bag, discarding marinade; place on grill rack coated with cooking spray. Grill 10 minutes, turning frequently.

**Step 5.** Bring 1 cup of water to a boil in a medium saucepan; gradually stir in couscous. Remove from

heat; cover and let stand 5 minutes. Fluff with a fork. Serve tomato mixture over couscous. Top with grilled bell peppers and red onions; sprinkle with pine nuts.



# LINGUINE WITH FRESH MUSHROOMS, LEMON AND THYME

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*Serves 4*

500gr linguine  
250gr white mushrooms  
80ml extra-virgin olive oil  
1 garlic clove  
Peel from 1 lemon  
Juice from 1 lemon  
1 teaspoon fresh thyme  
1 1/2ts salt  
Chopped parsley  
Parmesan cheese  
Ground pepper



- Step 1.** Chop the mushrooms into thin slices. Put them in a deep dish, season them with olive oil, salt, melt garlic, lemon peel, lemon juice and fresh thyme.
- Step 2.** Boil the linguine and keep one glass of water when it stops boiling. Drain the linguine and put them in a platter with the mushrooms.
- Step 3.** Mix all ingredients, add some water from the glass you had kept , the parsley, parmesan and pepper. Stir again and serve

# OLIVE GARDEN MEDITERRANEAN GARLIC SHRIMP

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## For the sauce:

1/2 cup extra-virgin olive oil

4 tablespoons lemon juice

8 cloves fresh garlic, finely chopped

Salt and pepper to taste

Dashes old bay seasoning

Dashes crushed red pepper

Dashes parsley

1/2 cup Romano cheese

2 cups heavy cream

1 pound fettuccine

2 tablespoons butter

Dash of salt

24 ounces peeled shrimp



**Step 1.** Cook the fettuccine in salted water with the butter until not quite al dente.

**Step 2.** Drain and set aside.

**Step 3.** Combine sauce ingredients in a saucepan and bring to a boil. Add cooked fettuccine and drained shrimp. Stir gently, over medium heat for about 10 minutes, or until seafood is cooked through and dish has a creamy consistency. It may seem thin at this point but just wait. It will thicken up.

# POACHED SALMON WITH CUCUMBER DILL SAUCE

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*Serves 2*

4 (4 oz) salmon fillets  
2 tablespoons white wine (optional)  
2 cucumbers  
1 cup low fat yogurt  
1 tablespoon lemon juice (fresh)  
1 teaspoon fresh dill  
Salt & pepper to taste

Prepare a large pan with high sides (at least 3 inches) with water and a splash of white wine. Bring to a boil, then reduce heat to a simmer. Add the salmon filets to the water. While the salmon is poaching peel and seed the cucumbers, place them in a food processor and puree. Add the yogurt, lemon juice, dill, salt and pepper and mix in the processor. Remove the salmon after 5 minutes, salmon should be cooked through (145 degrees). Place salmon on a dinner plate and spoon over the sauce.



# ROAST CHICKEN WITH FRESH HERBS

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*Serves 4 to 6*

1 large roasting chicken, 1.5-2 kg  
1 bunch of aromatic herbs such as oregano, thyme, marjoram  
1 lemon, unwaxed  
3-4 garlic  
25gr butter, cut in small pieces  
1/2 glass white wine  
Salt, pepper, extra-virgin olive oil

**Step 1.** Preheat the oven to 200C.

**Step 2.** Wash the chicken well and dry with kitchen paper.

**Step 3.** Remove any large fat deposits and loose skin as well as the giblets.

**Step 4.** Rub the skin and cavity with salt and pepper, fill with the lemon, some of the herbs and a clove of garlic.

**Step 5.** Cut through the skin where the legs meet the body and fill that with small slivers of garlic.

**Step 6.** Using these holes lift the skin carefully and push the butter over the breasts together with some chopped herbs. The butter will melt and keep the breasts moist.

**Step 7.** In a large pot heat some olive oil and brown the chicken all over. Transfer the bird in a baking tray together with the rest of the garlic, pour over the wine and bake covered with foil for about 40 minutes. Uncover and continue baking for an extra 20 minutes turning once, so that it will brown all over.



**Step 8.** Let it rest for 10 minutes and serve with oven potatoes or a nice salad.

# SALMON FILLET WITH PINK PEPPER ON A DILL TORTILLA

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*Serves 2*

2 boneless skinless salmon fillets, weighing 170-200g each  
1 1/2 tablespoons pink pepper, ground  
50ml Muscat grappa  
2 medium potatoes, coarsely ground  
2 eggs, beaten  
2 tablespoons chopped dill  
Extra-virgin live oil  
Sea salt and pepper



- Step 1.** Generously rub each fillet with salt and pink pepper at both sides.
- Step 2.** Heat a large pan well and carefully place each fillet on it. Each side will need approximately 2-3 minutes to colour and form a crust.
- Step 3.** Pour the Grappa over the fillets, let it evaporate slightly and turn the heat down. Let them simmer until well done, about 10 minutes.
- Step 4.** At the same time make the omelette. Combine the potato, beaten eggs and dill in a large bowl. Season with salt and freshly ground pepper.

**For the tortillas:** Heat 3 tablespoons of olive oil in a large pan and, when it is hot, pour a ladle-portion of mixture. It doesn't matter if the shape of your tortillas is not completely round. Your tortillas will be done when they are golden from both sides.

**To assemble:** Place one or two tortillas at the centre of each plate and put the salmon on top. Serve with a simple green salad.

# SHRIMP PANZANELLA

*Serves 6*

4 tablespoons extra-virgin olive oil, divided  
1 clove garlic, peeled and halved  
4 cups 1/2-inch crusty multigrain bread cubes, preferably day-old  
1 pound coarsely chopped peeled cooked shrimp  
4 large ripe but firm tomatoes, coarsely chopped  
2 large green, red and/or yellow bell peppers, diced  
3/4 cup chopped fresh parsley  
1/4 cup chopped fresh chives  
1/4 cup sliced pitted Kalamata olives, plus 1/4 cup olive brine  
3 tablespoons red-wine vinegar  
1 1/2 teaspoons chopped fresh thyme or 3/4 teaspoon dried  
Freshly ground pepper to taste  
4 cups mixed salad greens



**Step 1.** Preheat oven to 350°F.

**Step 2.** Drizzle 2 tablespoons oil on a rimmed baking sheet. Mash garlic into the oil with a fork to infuse it with flavor; discard the garlic. Stir bread cubes into the oil until lightly coated. Bake, stirring every 5 minutes, until very crisp, 12 to 15 minutes. Let cool completely.

**Step 3.** Combine shrimp, tomatoes, bell peppers, parsley, chives, olives and olive brine, vinegar, thyme and the remaining 2 tablespoons oil in a large bowl. Season with pepper. Let stand for at least 10 minutes to blend the flavors.

**Step 4.** Toss the croutons with the shrimp mixture and serve the salad over greens.



# STUFFED VINE LEAVES WITH AROMATIC HERBS

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1 jar 250 gr of vine leaves  
1 cup of short grain rice  
2 onions, finely chopped  
1 clove garlic  
1 bunch of herbs (dill, parsley, mint)  
Zest and juice of 1 lemon  
1 teaspoon ground fennel seeds  
120 ml extra-virgin olive oil  
Salt, pepper, water



- Step 1.** Choose 30 medium-sized leaves that have fine veins, otherwise they will be tough. Place the rest at the bottom of the cooking pot.
- Step 2.** Rinse the vine leaves under running water, place them in a large pot of simmering water for 5 minutes, drain, pat dry, then trim the stems.
- Step 3.** Sauté the onion in 2 tablespoons olive oil, then add the rice. Stir a few times and add the garlic, lemon zest and chopped herbs. Pour 1 glass of water and let the rice simmer for 10 minutes until almost dry. Remove from heat.
- Step 4.** Place a vine leaf on a plate, veined side up. Put one spoonful of the rice mixture in lower centre. Fold up from bottom to cover the rice. Neatly fold in the edges of both sides, and then complete by wrapping up into an oblong shape.
- Step 5.** Place the vine leaves tightly in the pot, seam side down.
- Step 6.** Pour 1 glass of hot water and the lemon juice in the pot together with 100ml of olive oil. Lay one or two plates as weights on top of the stuffed vine leaves and simmer for 1 hour, until

there is no more water left.



Sweets

## BOILED PEARS

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6 pears, firm  
750 ml (1 bottle) sweet wine (Moschato)  
2 sticks vanilla split in two  
Rind and juice of 1 orange

- Step 1.** Carefully peel the pears removing the skin and leaving the stick (a good solution is to use a carrot peeler).
- Step 2.** Place in a sauce pan (it should be large enough to fit the pears and allow them to be covered with the wine) add the wine together with the rind and juice of an orange.
- Step 3.** Leave to boil for 20 minutes over low heat. With the help of a knife remove the inside of the vanilla sticks and add it all into the saucepan. Continue to boil for another 15-20 minutes until the pears are only slightly soft and serve cold with yogurt or a white cheese. For the daring it is an excellent combination with roquefort.



*Note: If we do not have sweet wine we can use any dry white wine adding 100gr of sugar at the boil.*

# CHOCOLATE MOUSSE WITH APPLES

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Serves 8

## For the Apples:

4 big and hard apples  
50 gr. sugar  
2 cinnamon sticks

## For the Chocolate:

200 gr. Cooking chocolate 55% cocoa  
Valrhona, broken into small pieces  
150 gr. Double cream 35% fat  
100 gr. butter  
25 gr. Tea with apple flavor  
5 egg whites  
50 gr. Crystalline sugar

## For the Apples:

Peel the apples and cut each one into 8 pieces. Put them into a sauce pan with the sugar and cinnamon and cover with water (not too much). Boil until the apples soften (not too much). Leave to cool, fill 8 big wine glasses half way and refrigerate.

## For the Chocolate:

Put the apple flavored tea into the double crème for 24 hours. Heat cream and butter together and as soon as it starts to boil, pour it over the cooking chocolate, straining the tea. Stir well so the mixture becomes fully blended and smooth. Beat egg whites with sugar, using the mixer on low speed, until the meringue thickens. Add meringue to chocolate, mix well and fill the glasses on top



of the apple compote. Leave to cool and garnished with dried slices of apple.

# RAVANI

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20 eggs  
2 cups sugar  
2 cups flour  
2 cups semolina  
1/2 teaspoon baking powder  
Lemon rind

## For the Syrup:

9 cups sugar  
7 cups water  
2 vanillas  
juice of 1/2 lemon



- Step 1.** Whisk the egg whites into fluffy meringue and add one egg yolk. Add the sugar, flour, baking powder, semolina and lemon rind. Bake for about 45 minutes at 180 degrees.
- Step 2.** Leave to cool and prepare syrup.
- Step 3.** Bring the water to boil with the sugar, vanilla and lemon juice.
- Step 4.** Cut into pieces while still in the baking tin and pour the syrup over after it has cool to room temperature.

## ROLLED LIGHT BAKLAVA

- 1/4 lemon
  - 3 tablespoons extra-virgin olive oil
  - 3 tablespoons sunflower oil
  - 1 cup almonds
  - 1/2 cup walnuts
  - 1 1/2 tablespoons sugar
  - 1/2 teaspoon ground cinnamon
  - 1/4 teaspoon freshly grated nutmeg
  - 1/2 pound kataifi (shredded phyllo-optional)
  - 6 phyllo sheets, preferably thick (#7), or 10 if you are not using the kataifi
- For the Syrup:**
- 1 1/3 cups honey, preferably thyme honey
  - 1 1/3 cups water
  - 1 1/3 cups sugar
  - 1/2 lemon
  - 1 cinnamon stick
  - Lemon Liqueur (optional)



- Step 1.** Preheat the oven to 350°F. Halve the lemon quarter. In a small saucepan, heat the oils with the lemon over low heat for 5 minutes; do not boil. Let cool completely and discard the lemon.
- Step 2.** Meanwhile, spread 1/2 cup of the almonds on a baking sheet and lightly toast, about 6 minutes. Coarsely chop the toasted almonds, the walnuts and the remaining 1/2 cup raw almonds in a food processor. In a medium bowl, combine the almonds and walnuts, sugar, cinnamon and nutmeg.
- Step 3.** If you are using it, divide the kataifi into thirds and place in a large plastic bag to keep it from drying out. Stack the phyllo sheets on a work surface and cover with plastic wrap and then a damp kitchen towel. Oil a large baking sheet. Lay 1 sheet of phyllo on the work surface and brush lightly with the lemon oil. Lay 1 more sheet of phyllo on top and brush with oil. Sprinkle about 2 1/2-3 tablespoons of the almond mixture evenly over the phyllo, leaving about 1 1/2 inches of the short side farthest from you uncovered. Roll as described below, if you are not using the kataifi.



**Step 4.** Distribute one-third of the kataifi (if you are using it) over the almond mixture, again leaving about 1 1/2 inches of the short side farthest from you uncovered. Drizzle the kataifi with some oil and sprinkle about 2 1/2 tablespoons of the almond mixture evenly over it.

## ROLLED LIGHT BAKLAVA (CONT.)

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### To Roll the Baklava:

- Step 1.** Brush the uncovered phyllo border generously with oil. Starting with the short side nearest you, roll up the phyllo tightly like a jelly roll, brushing the outside lightly with oil as you roll. Press to seal and turn the roll seam side down on the work surface. Cut the log into 10 equal pieces and place the pieces cut side up about 1/2 inch apart on the baking sheet. Make 2 more logs (20 more baklava rolls) in the same manner if you are using thekataifi, or 4 smaller rolls if you are just using the phyllo sheets.
- Step 2.** Bake the rolls on the middle rack of the oven until golden brown, about 30 minutes. Meanwhile, make the syrup: In a medium saucepan, combine the honey, water, sugar, lemon and cinnamon stick. Bring to a boil, stirring, and simmer until the sugar is completely dissolved. Let cool until warm; discard the lemon and cinnamon stick. Transfer the hot baklava rolls to a baking dish large enough to hold them tightly in a single layer and pour the warm syrup over them, making sure to cover each roll. Let stand for 2 to 3 hours. Turn the rolls over, and if you like, drizzle with lemon liqueur. Cover, and let stand at room temperature for at least 1 day before serving.
- Step 3.** Baklava rolls will keep in airtight containers for up to 2 weeks.

# STRAWBERRY, MERIGUE AND YOGHURT TRIFLE

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1 kg fresh strawberries cut in half  
3 tablespoons sugar  
3 tablespoons good quality balsamic vinegar  
700gr Greek style yoghurt  
12 small meringue nests, broken up into pieces

**Step 1.** Marinate the strawberries in a large bowl with the sugar and balsamic vinegar for 15-20 minutes.

**Step 2.** Fill tall glasses or bowls alternating strawberry, yoghurt and meringue layers.

**Step 3.** Serve immediately.

