

The background of the cover is a close-up photograph of fresh ingredients on a wooden cutting board. On the left, a glass bottle of golden olive oil is partially visible. In the center, there is a pile of finely chopped green herbs, likely basil. To the right, there are several whole and sliced garlic cloves, a whole purple shallot, and a few ripe red and yellow tomatoes. A sharp knife with a wooden handle lies diagonally across the board. The overall scene is brightly lit, suggesting a fresh and healthy kitchen environment.

The Mediterranean Diet Recipe Book

Twelfth Edition

By Ray Darken

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Breakfast & Light Lunches

BAKED SEA BASS WITH ROMESCO SAUCE

Serves 6

4 red peppers , deseeded and cut into large chunks
2 yellow peppers , deseeded and cut into large chunks
2 large tomatoes , halved (choose on the vine for best flavour)
1 large red onion , cut into wedges
4 large garlic cloves
4 tablespoons extra-virgin olive oil , plus extra for drizzling
2 x 1kg/2lb 4oz whole line-caught sea bass , scaled and gutted
2 lemons , thinly sliced
2 large handfuls fresh mixed herbs (such as rosemary and thyme)
2 teaspoons balsamic vinegar
50g whole hazelnuts , toasted



- Step 1.** Heat oven to 220C/fan 200C/gas 7. Tip all of the vegetables into a roasting tray with the unpeeled garlic cloves. Season, pour over 4 tablespoons olive oil and toss together. Roast for 20 mins until starting to soften.
- Step 2.** Pat the fish dry with kitchen paper, then slash the skin on both sides with a sharp knife. Season the inside of the fish, then stuff with the lemon slices and half of the herbs. Place on top of the veg, drizzle with more oil, scatter with the rest of the herbs, then roast for 20-25 mins. When the fish is cooked, the flesh will feel firmer and the dorsal fin (the large one on the back) will pull away easily.
- Step 3.** Lift the fish and half of the vegetables onto a serving plate and cover with foil to keep warm. Spoon the rest of the vegetables and most of the juice from the roasting tray into a food processor. Add the vinegar and hazelnuts, blend until smooth, then check the seasoning. Serve the fish with the vegetables and sauce, lifting the fillets off the bone.

BALSAMIC ROASTED TOMATOES

Serves 4

400g cherry tomatoes and small plum tomatoes , use one, or a mixture of both
2 garlic cloves, chopped finely
2 tablespoons extra-virgin olive oil
2 tablespoons balsamic vinegar
Handful of basil, leaves only, torn
4 squares baking parchment , sides folded up to make containers

Heat the oven to 200C/fan 180C/Gas 6. Divide the tomatoes, garlic, olive oil and balsamic vinegar between the containers. Roast on a baking sheet for 20-25 minutes. Scatter with basil and serve hot with crusty bread.



COD PROVENÇAL

Serves 2

2 cod fillets, skin on
1 teaspoon coarse salt flakes
2 red peppers
1 garlic clove
1 lemon
2 fennel bulbs
6 tablespoons extra-virgin olive oil

350g very ripe cherry tomatoes, halved
1 tablespoon balsamic vinegar
Handful pitted black olives
1 tablespoon capers in brine, drained
Small handful each lemon thyme, oregano and basil leaves
20 marinated anchovy fillets, roughly chopped



- Step 1.** Neatly trim the cod fillets. Score the skin of each fillet 3-4 times at regular intervals. Lay the fish in a shallow dish and sprinkle both sides of the fillets with the salt and some freshly ground black pepper. Set aside or chill overnight, see box, far right.
- Step 2.** Deseed and finely slice the peppers, then finely grate the garlic and lemon zest over the peppers. Carefully slice the fennel on a mandolin, or as finely as possible with a sharp knife, then tip half the fennel into a bowl of iced water and set aside.
- Step 3.** Brush the salt off the fish or, if it has dissolved, wipe the brine off with kitchen paper. Heat 2 tablespoons of olive oil in a large non-stick pan, cook the fish, skin side down, for 4 mins until the skin is crisp and browned, then remove from the pan.
- Step 4.** Put 1 tablespoon more oil into the pan. Fry the fennel and the marinated peppers together for 4-5 mins until soft and starting to brown. Throw in the tomatoes and the balsamic vinegar, then continue to cook for 2-3 mins until they soften and release their juices. Scatter over the olives, capers and herbs, then toss everything together.
- Step 5.** Nestle the fish fillets, skin side up, among the vegetables, then lower the heat and simmer, uncovered, for 5-6 mins until the fish is just cooked through. Lift the fish from the pan and give the sauce a final simmer and stir, then turn off the heat. This dish is better served warm rather than hot, so don't worry about the vegetables or fish resting before you serve.
- Step 6.** Drain the reserved fennel and pat dry with kitchen paper. Toss with the juice from half the grated lemon, 2 tablespoons olive oil and the anchovies. To serve, spoon the vegetables into the middle of two large dinner plates. Sit the cod, skin side up, on top of the vegetables and top with a neat bundle of fennel salad. Drizzle everything with a touch more oil, then scatter with the small basil leaves.

CRISPY SQUID WITH CAPONATA

Serves 4

800g cleaned squid tubes (about 3 large tubes)
150g plain flour
1 tablespoon cayenne pepper or chilli powder
Extra-virgin oil , for frying

For the Caponata:
1 large aubergine
4 tablespoons extra-virgin olive oil
1 onion , chopped
3 celery sticks, sliced
250g cherry tomatoes

3 garlic cloves , crushed
1 teaspoon caster sugar
1 tablespoon balsamic vinegar
150g green olives , stoned
30g capers , rinsed if salted
Handful basil leaves, shredded

- Step 1.** To prepare the squid, lay the squid flat on a board. Insert a long, thin knife in the opening and neatly cut it along one side. Open it out to a flat sheet and scrape away any leftover membrane. Use the tip of the knife to lightly score the flesh in a diamond pattern, taking care not to cut through the squid completely. Cut the scored squid into large triangles ready to be floured and fried.
- Step 2.** For the caponata, the aubergine needs to be cut into uniform dice: slice it lengthways about 1cm thick, cut long strips the same size, then chop them into squares.
- Step 3.** Heat half the oil in a large sauté pan. Fry the onions for 3-4 mins until starting to soften, add the aubergine, then continue to cook for 8-10 mins until brown and soft. Tip into a colander over a bowl.
- Step 4.** Tip any oil from the bowl back into the pan and top it up with a splash of fresh oil. Fry the celery, tomatoes and the crushed garlic together. Sprinkle the sugar over, splash in the vinegar, then cook for 3-4 mins until the tomatoes start to release their juice.
- Step 5.** Tip the aubergine and onion back in with the celery. Scatter in the olives, capers and basil, then give everything a good stir. Cook for 5 mins until simmering, then season to taste. Turn off the heat, drizzle in the rest of the oil, then set aside.
- Step 6.** Just before cooking, tip the squid into a large bowl. Sift the flour and cayenne pepper together over the squid, then toss well and season with salt. Tip the squid back into the sieve and shake off all the excess flour.

CRISPY SQUID WITH CAPONATA (CONT.)

- Step 7.** Pour enough sunflower oil into a large frying pan so it's about 1cm deep. Heat the oil until it sizzles when sprinkled with a little flour. In batches, fry the squid for 2-3 mins on each side until golden and crisp. When cooked, use tongs to lift the squid onto a plate lined with kitchen paper. You are now ready to serve.
- Step 8.** Spoon the caponata inside a 10cm wide metal ring (or simply make a neat pile) in the middle of a medium dinner plate. Use the back of the spoon to press down lightly on the caponata and level the top of the pile. Carefully lift the ring away, keeping the tower of caponata circular. Lean five or six pieces of squid around the caponata like petals on a flower, then serve immediately



CRUNCHY BAKED MUSSELS

Serves 4

1kg Mussel in their shells
50g Toasted breadcrumbs
Zest 1 Lemon
100g Garlic and parsley butter

- Step 1.** Scrub the mussels and pull off any beards. Rinse in several changes of cold water, then discard any that are open and do not close when tapped against the side of the sink.
- Step 2.** Drain the mussels and put in a large pan with a splash of water. Bring to the boil, then cover the pan, shaking occasionally, until the mussels are open - this will take 2-3 mins. Drain well, then discard any that remain closed. Heat grill to high.
- Step 3.** Mix the crumbs and zest. Remove one side of each shell, then spread a little butter onto each mussel. Set on a baking tray and sprinkle with crumbs. Grill for 3-4 mins until crunchy.



GRILLED MEDITERRANEAN VEGETABLES WITH BEAN MASH

Servers 4

1 red pepper , deseeded and quartered
1 aubergine , sliced lengthways
2 courgettes , sliced lengthways
2 tablespoons extra-virgin olive oil

For the mash:
410g can haricot beans , rinsed
1 garlic clove , crushed
100ml vegetable stock
1 tablespoon chopped coriander
Lemon wedges, to serve

- Step 1.** Heat the grill. Arrange the vegetables over a grill pan and brush lightly with oil. Grill until lightly browned, turn them over, brush again with oil, then grill until tender.
- Step 2.** Meanwhile, put the beans in a small pan with the garlic and stock. Bring to the boil, then simmer, uncovered, for 10 mins. Mash roughly with a potato masher, adding a little water or more stock if the mash seems too dry. Divide the veg and mash between 2 plates, drizzle over any leftover oil and sprinkle with black pepper and coriander. Add a lemon wedge to each plate and serve.



MEDITERRANEAN CHICKEN WITH ROASTED VEGETABLES

Serves 2

250g baby new potatoes , thinly sliced
1 large courgette , diagonally sliced
1 red onion , cut into wedges
1 yellow pepper , seeded and cut into chunks
6 firm plum tomatoes , halved
12 black olives , pitted
2 skinless boneless chicken breast fillets , about 150g/5oz each
3 tablespoons extra-virgin olive oil
1 rounded tablespoon green pesto



- Step 1.** Preheat the oven to 200C/ Gas 6/fan oven 180C. Spread the potatoes, courgette, onion, pepper and tomatoes in a shallow roasting tin and scatter over the olives. Season with salt and coarsely ground black pepper.
- Step 2.** Slash the flesh of each chicken breast 3-4 times using a sharp knife, then lay the chicken on top of the vegetables.
- Step 3.** Mix the olive oil and pesto together until well blended and spoon evenly over the chicken. Cover the tin with foil and cook for 30 minutes.
- Step 4.** Remove the foil from the tin. Return to the oven and cook for a further 10 minutes until the vegetables are juicy and look tempting to eat and the chicken is cooked through (the juices should run clear when pierced with a skewer).

MINI RUSKS WITH MANOURI AND ROASTED RED PEPPERS

3 large red bell peppers
150 g nice goats cheese (1 or two varieties)
Mini rusks or good quality bread, lightly toasted

- Step 1. To roast the peppers:** Place peppers whole under a hot grill and roast them, turning them frequently, until their skin is black all over, about 20-30 minutes.
- Step 2.** Put the peppers in a plastic bag, close it and let them cool a little. Peel the thick skin and discard seed and stems.
- Step 3.** Slice each pepper into strips.
- Step 4.** Spread each rusk with the cheese and place a strip of pepper on top.



ROASTED PEPPERS WITH TOMATOES AND ANCHOVIES

Serves 4

4 red peppers, halved and deseeded
50g can anchovies in oil, drained
8 smallish tomatoes, halved
2 garlic cloves, thinly sliced
2 rosemary sprigs
2 tablespoons extra-virgin olive oil

- Step 1.** Heat oven to 160C/140C fan/gas 3. Put the peppers into a large baking dish, toss with a little of the oil from the anchovy can, then turn cut-side up. Roast for 40 mins, until soft but not collapsed.
- Step 2.** Slice 8 of the anchovies along their length. Put 2 halves of tomato, several garlic slices, a few little rosemary sprigs and two pieces of anchovy into the hollow of each pepper. Drizzle over the olive oil, then roast again for 30 mins until the tomatoes are soft and the peppers are filled with pools of tasty juice. Leave to cool and serve warm or at room temperature.



TOMATO AND THYME COD

Serves 4

1 tablespoon extra-virgin olive oil
1 onion , chopped
400g can chopped tomatoes
1 heaped teaspoon light, soft brown sugar
few sprigs thyme , leaves stripped
1 tablespoon soy sauce
4 cod , fillets or another white flaky fish, such as pollack

- Step 1.** Heat the oil in a frying pan, add the onion, then fry for 5-8 mins until lightly browned. Stir in the tomatoes, sugar, thyme and soy, then bring to the boil.
- Step 2.** Simmer 5 mins, then slip the cod into the sauce. Cover and gently cook for 8-10 mins until the cod flakes easily. Serve with baked or steamed potatoes.



WATERMELON AND FETA SALAD WITH CRISPBREAD

Serves 6

1/2 a watermelon (about 1.5kg), peeled, deseeded and cut into chunks

200g block feta cheese , cubed

Large handful black olives

Handful flat-leaf parsley and mint leaves, roughly chopped

1 red onion , finely sliced into rings

Extra-virgin olive oil and balsamic vinegar, to serve

Step 1. Make up the bread according to pack instructions with 1 tablespoon olive oil. Leave to rise in a warm place for about 1 hr until doubled in size. Heat oven to 220C/200C fan/gas 7. Knock the bread back and divide into 6 pieces. On a floured surface, roll the breads out as thinly as possible, then transfer to baking trays. Brush with the egg white and scatter with the mixed seeds. Bake for about 15 mins until crisp and brown; if they puff up, even better. You may need to do this in batches. The breads can be made the previous day and kept in an airtight container.

Step 2. In a large serving bowl, lightly toss the melon with the feta and olives. Scatter over the herbs and onion rings, then serve with the olive oil and balsamic for drizzling over. Serve the pile of crispbreads on the side for breaking up and using to scoop the salad.





Salads

CHICKEN – PEANUT SALAD

Serves 6

3/4 cup reduced-fat mayonnaise
1 teaspoon cumin
1 teaspoon lemon juice
1/2 teaspoon onion powder
1/2 teaspoon salt
1/4 teaspoon garlic powder
1/4 teaspoon black pepper
3 cups diced, cooked chicken
1 cup seedless grapes, cut into halves
1 cup diced jícama
1/2 cup chopped red bell pepper
1 large head red leaf lettuce, washed and dried
1/2 cup lightly salted peanuts, chopped



Step 1. Combine mayonnaise, cumin, lemon juice, onion powder, salt, garlic powder and black pepper in small bowl. Blend well and set aside. Combine chicken, grapes, jícama and red pepper in large bowl. Pour dressing over chicken mixture; stir well. Cover and refrigerate until chilled.

Step 2. Line plates with lettuce and spoon chicken salad over top. Sprinkle with peanuts and serve immediately.

COBB SALAD

Serves 6

6 slices bacon
3 eggs
1 head iceberg lettuce, shredded
3 cups chopped, cooked chicken meat
2 tomatoes, seeded and chopped
3/4 cup blue cheese, crumbled
1 avocado - peeled, pitted and diced
3 green onions, chopped
1 (8 ounce) bottle Ranch-style salad dressing

- Step 1.** Place eggs in a saucepan and cover completely with cold water. Bring water to a boil. Cover, remove from heat, and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, peel and chop.
- Step 2.** Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, crumble and set aside.
- Step 3.** Divide shredded lettuce among individual plates.
- Step 4.** Evenly divide and arrange chicken, eggs, tomatoes, blue cheese, bacon, avocado and green onions in a row on top of the lettuce.
- Step 5.** Drizzle with your favorite dressing and enjoy.



MARINATED TOMATO SALAD

Serves 8

5 medium tomatoes, sliced
1/4 pound fresh mushrooms, sliced
3/4 cup extra-virgin olive oil
1/4 cup red wine vinegar
3 garlic cloves, minced
1 tablespoon minced fresh parsley
1/2 teaspoon salt

In a large shallow dish, layer the tomatoes and mushrooms. In a bowl, whisk the oil, vinegar, garlic, parsley and salt. Pour over vegetables. Cover and refrigerate for at least 4 hours, turning occasionally. Serve with a slotted spoon.



MESCLUN SALAD WITH CRANBERRY VINAIGRETTE

Serves 8

For the Dressing:

1/3 cup extra-virgin olive oil
3 tablespoons champagne or sherry vinegar
1 tablespoon Dijon mustard
3/4 teaspoon salt
1/4 teaspoon freshly ground black pepper
1/2 cup dried cranberries

For the Salad:

10 cups (10 ounces) packed mesclun or mixed torn salad greens
4 ounces goat cheese, crumbled
1/2 cup walnuts or pecans, coarsely chopped and toasted

- Step 1.** For dressing, whisk together oil, vinegar, mustard, salt and pepper. Stir in cranberries. Cover; refrigerate at least 30 minutes or up to 24 hours before serving.
- Step 2.** For salad, combine salad greens, goat cheese and walnuts in large bowl. Add dressing; toss well. Transfer to chilled serving plates.



RASPBERRY MANGO SALAD

Serves 4

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. Combine arugula, lettuce, mango, raspberries, watercress and cheese in medium bowl.

Step 2. Place remaining ingredients in small jar; shake to combine. Pour over salad; toss to coat. Serve immediately.

SALMON ASPARAGUS ORZO SALAD

Serves 4 to 6

1 (8-ounce) salmon fillet
1 cup uncooked orzo pasta
8 ounces asparagus spears, cut into 2-inch lengths (about 1-1/2 cups), cooked
1/2 cup dried cranberries
1/4 cup sliced green onions
3 tablespoons extra-virgin olive oil
1 tablespoon white wine vinegar
1-1/2 teaspoons Dijon mustard
1/2 teaspoon salt
1/8 teaspoon black pepper



- Step 1.** Prepare grill for direct grilling. Grill salmon on oiled grid over medium coals about 10 minutes per inch of thickness or until opaque. Remove from grill; cool. Flake salmon into bite-size pieces.
- Step 2.** Meanwhile, cook orzo according to package directions, omitting salt; drain and cool.
- Step 3.** Combine salmon, orzo, asparagus, cranberries and green onions in large bowl. Whisk together olive oil, vinegar, mustard, salt and pepper in small bowl until well blended. Pour over salmon mixture; toss until coated. Chill 30 minutes to 1 hour.

SPINACH, SHRIMP AND CANTALOUPE SALAD

Serves 4

- 3/4 pound cooked peeled shrimp, cut into bite-size pieces
- 4 cups (about 6 ounces) baby spinach leaves
- 1 cup 1/2-inch-diced cantaloupe cubes (about 1/3 of medium cantaloupe)
- 1/4 cup orange juice
- 1 small shallot, minced
- 1-1/2 tablespoons canola oil
- 1 tablespoon balsamic vinegar
- 1 teaspoon powdered sugar
- 1 teaspoon poppy seeds
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper
- 1/8 teaspoon red pepper flakes (optional)



Step 1. Combine shrimp, spinach and cantaloupe in large salad bowl.

Step 2. Combine orange juice, shallot, oil, vinegar, sugar, poppy seeds, salt, pepper and red pepper flakes, if desired, in small bowl. Stir well. Pour over salad just before serving. Toss gently, but thoroughly.

TAILGATE POTATO SALAD

Serves 8 to 10

2 pounds red potatoes
1/3 to 1/2 cup mayonnaise
1/3 cup sour cream
2 to 3 tablespoons spicy brown or whole-grain mustard
3/4 teaspoon salt
1/4 teaspoon black pepper
2 hard-cooked eggs, chopped
1/2 cup crispy cooked crumbled bacon, plus additional for garnish, if desired
1/4 cup chopped chives, plus additional for garnish, if desired

- Step 1.** Place potatoes in large saucepan over high heat with enough water to cover. Bring to a boil and reduce heat to low; cover and simmer 20 to 25 minutes or until tender. Drain; cool under cold running water.
- Step 2.** Meanwhile, in a large transportable bowl with cover, combine mayonnaise, sour cream, mustard, salt and pepper; mix well. Peel potatoes, if desired. Cut into chunks; add to bowl and toss with mayonnaise mixture. Add eggs, bacon and chives; toss gently. Cover; chill at least 2 hours or up to 24 hours. Garnish with bacon and chives before serving, if desired.





Soups & Vegetarian

CHERRY TOMATOES WITH MARINATED ANCHOVIES AND WILD ROCKET

100g marinated anchovies
400g cherry tomatoes
1 bunch wild rocket (arugula)
Toothpicks

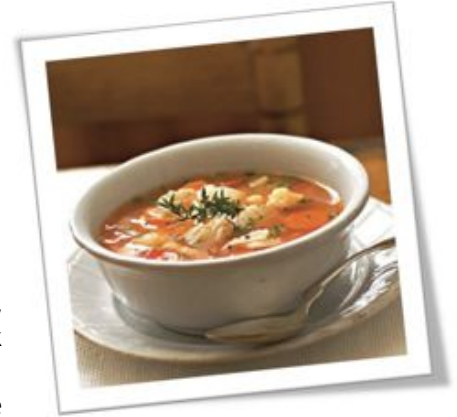
- Step 1.** Carefully wrap a small piece of rocket and 1 anchovy fillet around a cherry tomato and hold them together with a toothpick.
- Step 2.** Arrange the tomatoes neatly on a plate and refrigerate until needed



FISH SOUP WITH ROTELLE

2 tablespoons extra-virgin olive oil
1 onion, diced
1 tablespoon minced garlic
1/2 can crushed tomatoes
1 cup Rotelle (round pasta)
1 dozen mussels in their shells
1 pound monkfish
1/4 teaspoon rosemary

- Step 1.** Sauté the onion and garlic in the olive oil until soft. Add one quart water, the tomatoes, rosemary and pasta. Add salt and pepper to taste and cook for fifteen minutes.
- Step 2.** Clean the mussels well and cut the fish into bite-sized pieces. Add to the soup and simmer for another ten minutes. All of the mussel shells should be open at this point. Discard any unopened ones.
- Step 3.** Serve with crusty bread and olive oil.



FISH STOCK

3 tablespoons extra-virgin olive oil
3 lb. fish spines, fins and heads
1/2 of a large parsnip root, sliced into rounds
1 leek, sliced thin
2 stalks celery, sliced
1 carrot, sliced into rounds
trimmings from a fennel bulb
1/2 cup sliced button mushrooms

1/2 bunch parsley
A 1-inch piece of ginger, peeled and sliced thin
2 bay leaves
1 garlic clove, smashed
1 sprig of fresh thyme or 1 tablespoon dried
1 cup dry white wine, such as a pinot grigio
Cold water
Salt



- Step 1.** Wash bones and heads well under cold water. If the gills are still attached, cut them out. They impart a bitter flavor you do not want.
- Step 2.** Heat a large pan for 2 minutes on high heat, then add the oil.
- Step 3.** Turn the heat down to medium and add the fish bones. You do not want them to brown, only to get a little color. Cook, stirring frequently, for about 5 minutes. Remove and set aside.
- Step 4.** In a tall stockpot, add the wine and reduce it by half under high heat. Once this is done, add the fish bones and turn off the heat for now.
- Step 5.** In the pan you sweated the fish bones in, add the vegetables and cook until the leeks are translucent. Stir frequently. When they are cooked but not browned (a little browning is OK), add them to the stockpot.
- Step 6.** Add the herbs to the stockpot, stir everything to combine, and add enough cold water to cover it all by an inch.
- Step 7.** Bring the stock up to a simmer. Do not let it boil. It is important that you don't let it boil, because fish stock will get cloudy in a hurry if you do. Look for a shimmer on the surface, not burble. If you have a thermometer you want something between 170-180 degrees.

FISH STOCK (CONT.)

- Step 8.** Once the stock is at a simmer, move the pot off to one side of the burner a little. This will direct any impurities to one side, making it easier to skim. Simmer like this for 40 minutes.
- Step 9.** After 40 minutes, strain the stock through a fine mesh strainer with a piece of cheesecloth set inside. Clean the stockpot and then return the stock to the now-clean pot. Taste it. Now is the time to add salt. Add enough to suit your taste.
- Step 10.** Pour into quart jars and freeze. Make sure you leave enough space at the top of the jars to account for the stock expanding when it freezes!

MEDITERRANEAN FISH AND PASTA STEW

Serves 8

For the Topping:

2 tablespoons mayonnaise 25 mL

2 tablespoons plain yogurt 25 mL

1 clove garlic, minced 1

1/4 teaspoon hot pepper sauce 1 mL

8 whole wheat toast rounds 8

1/4 cup chopped fresh parsley 50 mL

1/2 lb scallops 250 g

1/4 lb shrimp 125 g

1/4 lb mussels 125 g

2 teaspoons extra-virgin olive oil 10 mL

1 onion, chopped 1

3 cloves garlic, minced 3

1 carrot, chopped 1

1 stalk celery, chopped 1

1/4 teaspoon hot pepper flakes 1 mL

1 1/2 lb 1 sweet red pepper, cut in 1-inch (2.5 cm) chunks mushrooms, quartered can (28 oz/796 mL)

plum tomato pureed 1 250 g tomatoes

1 cup dry white wine or chicken or fish stock 250 mL

2 cups chicken or fish stock 500 mL

1/4 teaspoon each dried thyme, oregano and basil 1 mL

1/4 lb corkscrew pasta 125 g

1 lb fish fillets 500 g

Salt and pepper



Step 1. Halve scallops, peel and clean shrimp; cut in half. Scrub mussels under cold water, removing any beards. Discard any mussels that do not close. Set seafood aside.

Step 2. In Dutch oven, heat oil over medium heat; add onion, garlic, carrot, celery and hot pepper flakes. Cover and cook for about 10 minutes or until tender, stirring occasionally. Add red pepper, mushrooms, tomatoes, wine and stock; bring to boil. Add thyme, oregano and basil; reduce heat and simmer for 10 minutes.

Step 3. Add pasta; cook for about 8 minutes or until almost tender.

MEDITERRANEAN FISH AND PASTA STEW (CONT.)

Step 4. Add fish fillets, breaking up into chunks; cook for 5 minutes. Add scallops, shrimp and mussels; cover and cook for 5 minutes. Discard any mussels that do not open. Season with salt and pepper to taste.

For the Topping:

Step 1. Combine mayonnaise, yogurt, garlic and hot pepper sauce. Spread 1/2 tablespoon (7 mL) on each toast round; sprinkle with parsley. Ladle stew into warmed bowls; top each with 1 toast round.

MEDITERRANEAN SOUP

1/2-1 bunch greens
2 meatless sausages
1 onion, chopped
1 cup carrots, chopped or shredded
3 cloves garlic, crushed
2 russet potatoes, peeled and chopped into 3/4" cubes
8 cups vegetable stock or vegetable broth
1 bay leaf
1 teaspoon basil
1/2 teaspoon each marjoram and rosemary
1 15-oz. can chopped tomatoes
1.5 cups cooked great northern or other white beans (1 15-oz. can), drained and rinsed
Salt and pepper to taste



- Step 1.** Wash greens, remove central stems, and slice into 1/2" wide strips. Slice sausage into four pieces lengthwise, then cut "in place" into 1/4" rounds. In a skillet brown the pieces of "sausage" in a little olive oil. In a large soup pot braise onions, carrots, and garlic in a little water for 5 minutes. Add potatoes, broth, bay leaf, basil, marjoram, and rosemary. Simmer soup partially covered for 20 minutes.
- Step 2.** Remove 2 cups of soup and puree in blender. Return pureed soup to pot. Stir in tomatoes, beans, and browned meatless sausage. Simmer for 15 minutes. Add the kale and cook until the greens are very tender. Remove bay leaf and season with salt and pepper to taste.

VEGETABLES STOCK WITH TOMATOES

Serves 10

2 medium onions
1 can (28 ounces) tomatoes, cut-up, undrained
4 stalks celery, cut into 2-inch pieces
3 medium carrots, cut into 2-inch pieces
3 cloves garlic, crushed
10 cups cold water
8 sprigs fresh parsley
2 bay leaves
1/2 teaspoon dried basil
1/2 teaspoon dried thyme leaves, crushed
1/4 teaspoon black peppercorns (about 15)



- Step 1.** Trim tops and roots from onions, leaving most of the dried outer skin intact; cut into wedges.
- Step 2.** In stockpot or 5-quart Dutch oven, combine onions, tomatoes with juice, celery, carrots and garlic. Add water, parsley, bay leaves, basil, thyme and peppercorns. Bring to a boil over high heat. Reduce heat to medium-low; simmer, uncovered, 1-1/2 hours.
- Step 3.** Remove stock from heat and cool slightly. Strain stock through large sieve or colander to remove vegetables. Press vegetables lightly with slotted spoon to remove extra liquid; discard vegetables.
- Step 4.** Use immediately or refrigerate stock in tightly covered container up to 2 days or freeze stock in freezer containers for several months.

VEGETABLE TAGINE BERBER SOUP

Serves 6 to 8

400 gm aubergine, cut into cubes	20 gm paprika powder
100 gm yellow squash, cut into cubes	30 gm cumin powder
100 gm red pepper, cut into cubes	20 gm cinnamon powder
100 gm yellow pepper, cut into cubes	100 ml extra-virgin olive oil
250 gm onion, chopped	20 gm salt
50 gm garlic, chopped	20 gm whole peppercorn, crushed
4 fresh tomatoes, pureed	20 gm pine nut, chopped
50 gm fresh coriander	10 gm prunes, chopped
20 gm all spice	10 gm almond, chopped



- Step 1.** Put all the vegetables in a roasting pan and marinate with salt and pepper. Roast in an oven for 20 minutes at 180C.
- Step 2.** While roasting vegetables you can start on the tagine sauce. Heat olive oil in a heavy bottom pan.
- Step 3.** Add chopped onion and garlic. Saute till they turn golden-brown and then add all the spices to it. Cook well.
- Step 4.** Add fresh tomato puree. Remove the vegetable from the oven once they're done and add them to the sauce. Mix nicely.
- Step 5.** Add chopped dry fruits, chopped parsley, coriander and mint Serve hot.



Dinner

ASPARAGUS FETTUCCINE PARMESAN

Serves 4

8 ounces uncooked fettuccine
1 pound fresh asparagus or 1 package (10 ounces) frozen cut asparagus
3 ounces Neufchâtel cheese, softened
1/2 cup plus 2 tablespoons fat-free (skim) milk
1 tablespoon lemon juice
1/4 cup grated Parmesan cheese, divided
1/4 teaspoon salt
Black pepper

- Step 1.** Cook noodles according to package directions, omitting salt. Drain; set aside.
- Step 2.** Meanwhile, bring 1/2 cup water to a boil over high heat in large nonstick skillet. Add asparagus. Return to a boil. Reduce heat to low; simmer, covered, 4 minutes or until crisp-tender. Drain. Rinse under cold water; drain.
- Step 3.** Place Neufchâtel cheese, milk and lemon juice in food processor or blender; process until smooth.
- Step 4.** Combine pasta, asparagus and cream cheese mixture; return to skillet. Add 3 tablespoons Parmesan cheese and salt; blend. Place in serving dishes; sprinkle with remaining Parmesan cheese and pepper.



BRAISED OCTOPUS WITH HONEY AND SAFFRON

Serves 4

1.5 kg octopus, fresh or frozen	1 tablespoon honey
2 onions, finely chopped	1 pinch of saffron threads
1 clove garlic, finely chopped	1 glass red wine
4 tablespoons extra-virgin olive oil	1 bay leaf
1 tablespoon tomato paste	Salt, pepper, extra-virgin olive oil
1 can 400gr chopped tomatoes	



- Step 1.** Wash the octopus well, remove the eyes, cut out the beak ,and clean the head. It is best to freeze the octopus a couple of days before to tenderize it. If you use frozen, let it thaw in the fridge before use.
- Step 2.** Put the octopus in a deep pan with a little water and the bay leaf and let it simmer for about 20 minutes until it turns red. If you are serving it with pasta, better cut it into smaller pieces.
- Step 3.** Pour the wine into the pot and simmer for another hour, or until the octopus is tender. Do not add any salt at this stage as the octopus is naturally salty.
- Step 4.** In the meantime prepare the sauce. Soak the saffron thread in 2 tablespoons hot water for a bout 10 minutes. Sauté the onions in 4 tablespoons of olive oil and when they are transparent add the tomato paste and the garlic.
- Step 5.** Swirl a few times to dilute the paste, add the chopped tomatoes and honey and simmer for about 10 minutes until there is little fluid left.
- Step 6.** About 10 minutes before the octopus is done add the saffron to the sauce and pour the sauce in the pot with the octopus. Continue cooking for another 10 minutes so that the flavours come together. Taste and correct the seasoning.
- Step 7.** Enjoy the octopus with some small-shaped pasta or on its own as a “meze”.

CHICKEN FRICASSEE

Serves 6

2 tablespoons butter
2 tablespoons extra-virgin olive oil
1 onion, peeled and chopped
2 cloves of garlic, peeled and minced or crushed
1 1/2 pounds skinned chicken breasts, cubed in bite sized pieces
1/2 teaspoon pepper
1/2 teaspoon salt
3 tablespoons flour

1 cup water
1/2 cup white wine
1/2 pound mushrooms, cleaned and sliced 1/4 inch
3 medium carrots, scraped and julienned in 1/4 inch wide strips
3 tablespoons chopped fresh tarragon
1/2 cup crème fraîche or whipping cream

- Step 1.** Melt the butter and olive oil together in a Dutch oven or other heavy large skillet on medium heat. Add the chopped onion and crushed garlic and cook for five minutes stirring occasionally.
- Step 2.** Add the chicken and brown on all sides - about five minutes. Stir in salt and pepper.
- Step 3.** Sprinkle the top of the chicken with the flour and stir for 1 minute, thoroughly coating the chicken with the flour. Stir in the water and wine and then the prepared mushrooms, carrots and tarragon. Bring to a low boil, cover and simmer on medium low heat for 15 minutes or just until the vegetables are cooked as you like them.
- Step 4.** Turn off the heat and stir in the crème fraîche. Serve hot.



CHICKEN VEGETABLE TORTILLA ROLL-UPS

Serves 6

1 pound boneless skinless chicken breasts, cooked
1 cup chopped broccoli
1 cup diced carrots
1 can (10-3/4 ounces) 98% fat-free condensed cream of celery soup, undiluted
1/4 cup reduced-fat (2%) milk
1 tablespoon dry sherry
1/2 cup grated Parmesan cheese
6 (10-inch) fat-free flour tortillas



- Step 1.** Preheat oven to 350°F. Spray 13X9-inch baking dish with nonstick cooking spray; set aside. Cut chicken into 1-inch pieces; set aside.
- Step 2.** Combine broccoli and carrots in 1-quart microwavable dish. Cover and microwave on HIGH 2 to 3 minutes or until vegetables are crisp-tender; set aside.
- Step 3.** Combine soup, milk and sherry in small saucepan over medium heat; cook and stir 5 minutes. Stir in Parmesan cheese, chicken, broccoli and carrots. Cook 2 minutes or until cheese is melted. Remove from heat.
- Step 4.** Spoon 1/4 cup chicken mixture onto each tortilla. Roll up and place, seam side down, in prepared baking dish. Bake, covered, 20 minutes or until heated through.

HERBED HADDOCK FILLETS

3 slices whole wheat bread
1 clove garlic
6 stems fresh chives
1/2 cup loosely packed fresh parsley
1/4 cup loosely packed fresh basil
2 tablespoons fresh oregano
3 to 4 tablespoons plain nonfat yogurt
1 tablespoon extra-virgin olive oil
1 teaspoon Dijon mustard
4 haddock fillets (5 to 6 ounces each)



- Step 1.** Preheat oven to 400°F. Tear bread into pieces. Place in food processor or blender. Process until fine crumbs are formed. Measure 1 cup crumbs; place in medium bowl.
- Step 2.** Place garlic in food processor or blender. Process until minced. Add chives, parsley, basil and oregano. Process until chopped, scraping side of bowl if necessary. Add herbs to bread crumbs.
- Step 3.** Combine 3 tablespoons yogurt, olive oil and mustard in small bowl; add to bread crumb mixture. Stir until blended and soft ball is formed. If mixture is dry, add additional 1 tablespoon yogurt.
- Step 4.** Line baking sheet with aluminum foil. Place haddock on foil. Spread herb mixture over fillets. Bake 15 minutes or until fish flakes in center when tested with fork.

LEMON SALMON AND SPINACH PASTA

Serves 4

3/4 pound salmon fillet
8 ounces uncooked fettuccine
4 teaspoons butter
1 teaspoon finely grated lemon peel
1/4 teaspoon red pepper flakes
2 cloves garlic, minced
2 tablespoons lemon juice
3 cups baby spinach leaves
1/2 cup shredded carrot



- Step 1.** Pat salmon dry with paper towels. Remove skin from salmon; discard. Cut fish into 1/2-inch pieces.
- Step 2.** Cook fettuccine according to package directions, omitting salt. Drain and return to hot saucepan.
- Step 3.** Meanwhile, melt butter in large skillet over medium-high heat. Add salmon, lemon peel, red pepper flakes and garlic; cook 4 to 7 minutes or until salmon flakes when tested with fork. Gently stir in lemon juice.
- Step 4.** Add salmon mixture, spinach and carrot to hot cooked fettuccine; gently toss to combine. Serve immediately.

LENTIL AND TOMATO STUFFED PEPPERS

Serves 6

5 green bell peppers
2 pounds ground beef
1 1/2 cups chopped onion
1 green bell pepper, chopped
6 cloves garlic, minced
1 (16 ounce) jar chunky pasta sauce
1/2 cup chopped onion
1 (6 ounce) package tomato lentil couscous mix
8 ounces shredded sharp Cheddar cheese



- Step 1.** Preheat oven to 375 degrees F (190 degrees C).
- Step 2.** Cut peppers in half, place them in a 9x13 inch baking dish, and set aside. In a large skillet over medium heat, saute the ground beef for 5 minutes. Add 1 1/2 cups chopped onion, chopped green bell pepper, and garlic. Reduce heat to low, add tomato sauce, and let simmer while preparing the couscous.
- Step 3.** Prepare couscous according to package directions, but add the remaining onion to the water before adding the couscous. When couscous is done, combine it with the sauce. Fill bell peppers with the mixture. Top each with shredded cheese.
- Step 4.** Bake at 375 degrees F (190 degrees C) for 20 minutes, or until cheese is bubbly and slightly brown on top.

MALLORCA-STYLE VEGETABLE BAKE

Serves 12

1 pound baking potatoes, cut into 1/2-inch cubes
1 cup chopped onion
1 tablespoon minced garlic
2 tablespoons extra-virgin olive oil
2 (14.5 ounce) cans Hunt's® Diced Tomatoes with Basil, Garlic & Oregano, drained
1 pound eggplant, peeled, cut into 1/2-inch cubes
1 pound zucchini, quartered lengthwise, sliced 1/2-inch thick
1 tablespoon chopped fresh basil
1 teaspoon chopped fresh oregano
1/2 teaspoon kosher salt
1/2 teaspoon ground black pepper



- Step 1.** Preheat oven to 400 degrees F. Place potatoes, onion and garlic in 13x9-inch casserole dish. Drizzle with oil and toss together. Bake uncovered 20 minutes, stirring after 10 minutes.
- Step 2.** Stir in drained tomatoes, eggplant, zucchini, basil, oregano, salt and pepper. Bake uncovered an additional 10 minutes or until desired doneness.

POACHED SALMON WITH BASIL MAYONNAISE

Serves 4

Basil Mayonnaise

1 bay leaf

4 peppercorns

4 salmon steaks, 1 to 1-1/2 inches thick

1/2 cup mayonnaise

1/2 cup sour cream or plain yogurt

1 green onion, cut into 1-inch pieces

2 tablespoons fresh parsley

2 tablespoons fresh basil

Salt and pepper

Step 1. Prepare Basil Mayonnaise; cover. Set aside.

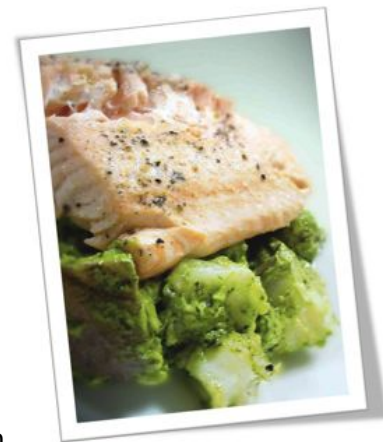
Step 2. Add bay leaf, peppercorns and enough water to medium skillet to fill to 1-inch depth. Bring to a boil. Add salmon.

Step 3. Reduce heat; cover. Simmer 5 minutes or until salmon flakes easily when tested with fork.

Step 4. Remove salmon from poaching liquid; serve with Basil Mayonnaise.

To make Basil Mayonnaise:

Combine mayonnaise, sour cream, onion, parsley and basil in food processor or blender container; process until well blended. Season with salt and pepper to taste.



RED SNAPPER WITH LIME-GINGER BUTTER

Serves 6

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 5. Preheat broiler.

Step 6. Combine butter, lime juice, garlic, ginger, pepper sauce, salt and pepper to taste in food processor; process until smooth paste forms.

Step 7. Broil red snapper 4 to 5 inches from heat 5 minutes. Turn fillets over and broil 4 minutes.

Step 8. Place about 1 tablespoon reserved butter mixture on top of each fillet; broil 45 seconds. Serve immediately.

Serving Tip: For a special touch, serve fish with rice and garnish with fresh lime slices and chives.

Tip: Halibut or swordfish can be substituted for the red snapper.

RISOTTO-STYLE PEPPERED RICE

Serves 4 to 6

1 cup uncooked converted long-grain rice
1 medium green bell pepper, chopped
1 medium red bell pepper, chopped
1 cup chopped onions
1/2 teaspoon ground turmeric
1/8 teaspoon ground red pepper (optional)
1 can (about 14 ounces) fat-free chicken broth
4 ounces Monterey Jack cheese with jalapeño peppers, cubed
1/2 cup milk
1/4 cup (1/2 stick) butter, cubed
1 teaspoon salt

- Step 1.** Place rice, bell peppers, onions, turmeric and red pepper, if desired, in slow cooker. Stir in broth. Cover; cook on LOW 4 to 5 hours.
- Step 2.** Stir in cheese, milk, butter and salt; fluff rice with fork. Cover; cook on low 5 minutes or until cheese melts.



RUFFLED TUNA KABOBS

Makes 12 Kabobs

1 tuna steak, 1 inch thick (about 3/4 pound)
1/3 cup reduced-sodium soy sauce
3 tablespoons red wine vinegar
1 tablespoon extra-virgin olive oil
1 tablespoon packed dark brown sugar
1 tablespoon ground coriander
1 clove garlic, minced
1 teaspoon ground ginger
1/8 teaspoon ground red pepper
12 (8-inch) bamboo skewers



- Step 1.** Rinse tuna and pat dry with paper towels.
- Step 2.** For ease in slicing, wrap fish in plastic wrap; freeze about 1 hour or until firm but not frozen.
- Step 3.** Slice fish across the grain into 12 (1/4-inch-thick) slices.
- Step 4.** To make marinade, combine soy sauce, vinegar, oil, sugar, coriander, garlic, ginger and pepper in casserole. Place fish slices in marinade, stirring to coat; cover. Marinate in refrigerator 1 to 6 hours, turning slices once or twice.
- Step 5.** Cover skewers with cold water; soak 20 minutes to prevent them from burning.
- Step 6.** Remove skewers from water. Weave 1 fish slice accordion style onto each skewer.
- Step 7.** Brush fish with marinade; discard remaining marinade.*
- *To use marinade as a dipping sauce for kabobs, place marinade in small saucepan and bring to a full boil.*
- Step 8.** Preheat broiler. Place skewers crosswise on broiler pan rack. Broil 4 inches below heat 1 to 2 minutes or until fish is opaque and flakes easily when tested with fork. Serve immediately.



Sweets

ALMOND AND FIG BONBONS

Serves 6

1 cup whole almonds
1 dried figs-stems removed
1/4 teaspoon cinnamon
1 tablespoon brandy
1/2 cup sugar

- Step 1.** Spread almonds in a single layer on a cookie sheet and toast for 9 minutes.
- Step 2.** Place all ingredients-except sugar- in a food processor and process until smooth.
- Step 3.** Divide and roll into 1" balls.
- Step 4.** Put sugar in a bowl and roll balls in the sugar until well coated.



COOKIES WITH CURRANTS

Serves 4

2 cup dark brown sugar
1 kg flour
300 gr margarine
1 tablespoon unsalted butter
8 egg yolks
2 cup currants
1/3 cup fresh low fat milk (1 1/2 %)
2 teaspoon baking powder
1/2 teaspoon ground cinnamon
1/4 teaspoon ground clove
1/4 teaspoon ground nutmeg
1/3 teaspoon salt
150 gr orangr juice (fresh)
1 tablespoon grated rind of an orange



- Step 1.** Put sugar, salt, margarine, butter and spices in a bowl and mix till you have a smooth mixture.
Step 2. Add one after another the egg yolks and the grated orange rind, keep mixing.
Step 3. Stir the baking powder in the milk add to the mixture continue mixing on low speed 1 minute.
Step 4. Add flour and orange juice and the currants and mix for 2 minutes more.
Step 5. Cut with a spoon balls of the dough.
Step 6. Put baking paper in a baking dish and put the balls in the dish, press them with hand or a fork.
Step 7. Preheat the oven to 180 C and bake the cookies 10 - 12 minutes.

CUSTARD CORNMEAL COOKIES

Serves 30

120g cornmeal/corn semola
80g whole wheat flour
1 egg
2/3 cup sugar
50g butter spread, optionally light
80g golden apple, coarsely shredded (1 really small apple)
1/2 teaspoon baking soda
1/2 teaspoon baking powder



- Step 1.** Set the oven to 180C/350F. Place baking sheet in a small (0.8l) pyrex baking dish, or any wide enough loaf pan.
- Step 2.** Mix all dry ingredients.
- Step 3.** Melt the butter and mix all the ingredients. The dough should turn out like cake batter, really sticky.
- Step 4.** Pour into the dish and bake for about 15 minutes.
- Step 5.** Take the dish out from the oven. Set the oven to 250C/480F.
- Step 6.** Un-mold the half-baked batter by pulling out from the sides of the baking sheet. It should be barely stuck to the sheet. Set it on a wire rack without removing the sheet and slice into small diamonds without separating them. Just slice and let them stick back and stay intact. You can peel the sheet off the sides only. The cake should be crunchy on the outside and really soft on the inside. Return the sliced half-baked cake to oven with the sheet. Don't place back in the mould. Just lay the sheet on the oven rack.
- Step 7.** Wait for about ten minutes, or until the diamonds are nicely brown on top. The small bits stuck on the peeled paper will burn, don't worry.
- Step 8.** Take out and let cool about 10 minutes and separate the slices using your hands.

FAB PHYLLO APPLE – RAISIN PIE

Serves 12

9 sprays extra-virgin olive oil
8 phyllo pastry sheets
2 large granny smith apples, peeled and chopped
2 large golden delicious apples, peels scored (but left on) and cubed
2 tablespoons sultana raisins
2 tablespoons maple syrup
1 teaspoon cinnamon

- Step 1.** Preheat oven to 350F. Lightly spray a 2-qt (11 x 7") baking pan with oil, set aside.
- Step 2.** Lay out a single sheet of phyllo, spray with oil, and top with another layer of phyllo. Do this until you have used 4 sheets stacked.
- Step 3.** Lay the stacked sheets in the baking dish, allowing overhang on all sides.
- Step 4.** In a large bowl, toss together apples, raisins, syrup and cinnamon. Pour into the phyllo-lined pan.
- Step 5.** Prepare the remaining 4 phyllo sheets as above, layering with sprays of oil in between each.
- Step 6.** Place the second stacked phyllo layer block on top of the apple filling.
- Step 7.** Take the overhang of pastry from both top and bottom layers together, and roll up (or fold) to form an edge along each side of the pan.
- Step 8.** Cut the unbaked pastry into 12 squares.
- Step 9.** Bake 30 minutes in the centre rack of the oven, then move dish to the bottom rack and bake 10 minutes longer.



GREEK COCOA-DUSTED CHESTNUT PUDDING

Serves 6

1 3/4 lb chestnuts
2 whole cloves
1 1/4 cup of Fructose
3 eggs (separated)

For the garnish:

2 spoonfuls of cocoa powder

- Step 1.** Notch the chestnuts with a knife, put them into a saucepan with water.
- Step 2.** Add the cloves and boil them on medium heat for about 10 minutes.
- Step 3.** When ready, peel and grind them well into a paste.
- Step 4.** Then, whisk the egg yolks together with the fructose until they get white and mix them with the chestnut paste.
- Step 5.** After that, whisk the egg whites into a meringue.
- Step 6.** Add the meringue into the chestnut paste stirring gently.
- Step 7.** Butter a pyrex plate and empty the chestnut mixture into it.
- Step 8.** Finally, bake the pudding for about 45 minutes, at 325 degrees.
- Step 9.** Let it cool and sift the cocoa powder over it and serve.



TURKISH PUMPKIN PASTRY

Serves 2

1 1/4 cup peeled pumpkin, cut into thick, chunky slices

1/2 sugar

chopped walnuts and coconuts

- Step 1.** Rinse the pumpkin pieces in cold water a
- Step 2.** Place in a saucepan, layered with the sugar.
- Step 3.** Cover the pan and switch the heat on.
- Step 4.** Simmer the pumpkin in the resulted sugar syrup on low heat, until it is thoroughly tender, but not mushy.
- Step 5.** Arrange the pumpkin pieces on the serving dish and pour the remaining syrup over.
- Step 6.** Let the dish cool in room temperature. Sprinkle the pumpkin with chopped walnuts and coconuts serve immediately

