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. To the right, there are several whole and sliced red and yellow tomatoes, a whole purple shallot, and a few garlic cloves. 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
Thirteenth Edition

By Ray Darken

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Breakfast & Light Lunches

EGGPLANT WITH TOMATO AND GARLIC SAUCE

Serves 4

1 medium globe eggplant

Salt

Extra-virgin olive oil for frying

1-1/2 lb. sweet, ripe tomatoes, peeled and chopped (to yield 3 cups)

1 teaspoon minced garlic

2-1/2 teaspoons red-wine vinegar; more as needed

Fry the Eggplant:

Partially peel the eggplant lengthwise, leaving 1/2-inch stripes of skin. Remove the stem. For large eggplant, quarter it lengthwise first. Slice the eggplant just thicker than 1/4 inch. Sprinkle generously with salt and let stand in a colander for about 1 hour. Rinse the eggplant thoroughly and firmly squeeze each slice dry, patting with paper towels. In a large skillet over high heat, warm about 1/2 cup extra-virgin olive oil until very hot. Fry the eggplant slices a single layer at a time until rich brown on both sides, 1 to 2 min. per side; use more oil if needed. Drain on paper towels.

Make the sauce:

- Step 1.** Discard the oil from the pan and wipe it clean. Warm 1 tablespoon extra-virgin olive oil over medium heat. Add the tomatoes and sprinkle with a little salt; simmer, mashing the tomatoes with a fork, until they form a sauce and are no longer liquid, about 15 min. Stir in the garlic and vinegar; remove from the heat.
- Step 2.** Fan the eggplant slices on a platter and coat with the tomato sauce. Let cool and then refrigerate for at least a day. Serve cold or at room temperature.



FRENCH TOAST CASSEROLE

Serves 8

8 slices white bread
2 ounces cream cheese - (8 ea) cubed
12 large eggs beaten
2 cups milk
1/3 cup maple syrup

- Step 1.** Remove crust from bread, cut bread into 1 – inch cubes. Place bread cubes in a well-greased 13 – by 9 – by 2 – inch baking dish; top with cream cheese cubes.
- Step 2.** Combine eggs, milk, and syrup in a large bowl, stirring with a wire whisk until blended; pour over bread/cheese mixture in baking dish.
- Step 3.** Bake, uncovered, at 350 degrees for 45 to 50 minutes or until set and golden. Serve immediately.



HALIBUT AND MUSSEL STEW WITH FENNEL, PEPPERS, AND SAFFRON

Serves 6

2 tablespoons extra-virgin olive oil
1 medium yellow onion, thinly sliced
1 medium carrot, peeled and thinly sliced crosswise
3 tablespoons tomato paste
2 medium cloves garlic
1/2 cup dry white wine
1 15.5 ounces can chickpeas, drained and rinsed
1 teaspoon chopped fresh thyme
2 pinches saffron
1 bay leaf

1/8 reaspoon pimentón (smoked paprika)
Kosher salt and freshly ground black pepper
4 baguette slices, 3/4 inch thick
11 ounces skinless halibut fillets, cut into 1-inch chunks
13 mussels, scrubbed and bearded
1 medium fennel bulb, stalks and fronds removed, quartered lengthwise, cored, and thinly sliced crosswise
1 small red bell pepper, stem, ribs, and seeds removed and discarded; flesh thinly sliced lengthwise

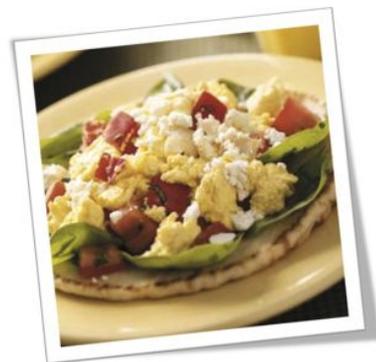
- Step 1.** Heat the oil in a 5-quart saucepan over medium heat.
- Step 2.** Add the onion, fennel, carrot, and bell pepper and cook, stirring occasionally, until the vegetables are tender but not browned, about 5 minutes.
- Step 3.** Add the tomato paste and minced garlic and cook, stirring constantly, until the garlic is fragrant, about 45 seconds. Add the wine, bring to a simmer, and cook until the liquid has reduced by half, about 2 minutes. Add 3-1/2 cups of water, the chickpeas, thyme, pimentón, saffron, and bay leaf. Bring to a simmer, cover, and cook until the vegetables are tender and the stew has thickened slightly, about 25 minutes. Season to taste with salt and pepper.
- Step 4.** Position a rack 6 inches from the broiler and heat the broiler on high. Put the bread slices on a rimmed baking sheet and brush both sides with oil.
- Step 5.** Broil, flipping once, until both sides are golden-brown, about 4 minutes total. Remove from the oven and rub each slice with the whole clove of garlic.
- Step 6.** Gently stir the halibut and mussels into the stew, cover, and simmer until all the mussels have opened and the fish is cooked through, 4 to 8 minutes. Discard any mussels that do not open. Ladle into wide, shallow bowls and serve with the garlic toasts.



MEDITERRANEAN BREAKFAST PITA

Serves 2

1/4 cup chopped sweet red pepper
1/4 cup chopped onion
1 cup egg substitute
1/8 teaspoon salt
1/8 teaspoon pepper
1 small tomato, chopped
1/2 cup torn fresh baby spinach
1-1/2 teaspoons minced fresh basil
2 whole pita breads
2 tablespoons crumbled feta cheese



- Step 1.** In a small nonstick skillet coated with cooking spray, cook and stir red pepper and onion over medium heat for 3 minutes. Meanwhile, in a small bowl, whisk the egg substitute, salt and pepper. Add egg mixture to skillet; cook and stir until set.
- Step 2.** Combine the tomato, spinach and basil; spoon onto pitas. Top with egg mixture and sprinkle with feta cheese. Serve immediately.

MOROCCAN – SPICED SEARED SCALLOPS WITH GREEN GRAPE AND LEMON RELISH

Serves 4

1 medium lemon	1-1/2 lb. large all-natural “dry” sea scallops, side muscles removed
Kosher salt	1 teaspoon sweet Hungarian paprika
1-1/2 cups seedless green grapes, quartered lengthwise and at room temperature	1 teaspoon ground turmeric
1/4 cup extra-virgin olive oil	1/4 teaspoon ground cinnamon
2 scallions, thinly sliced	1/4 teaspoon ground ginger
2 tablespoons chopped fresh cilantro	Freshly ground black pepper
2 tablespoons chopped fresh mint	
1 teaspoon ground cumin	

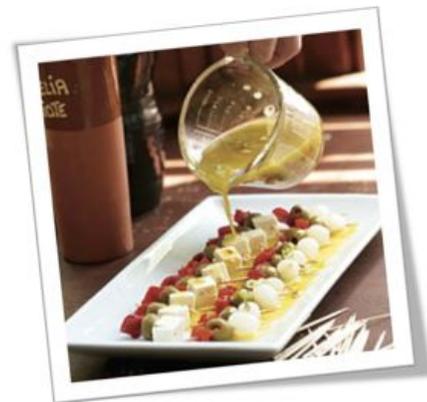


- Step 1.** Using a vegetable peeler, remove the zest from the lemon in strips (yellow part only). Reserve the lemon. In a small saucepan, combine the lemon zest with 1/2 cup water and 1 teaspoon salt. Bring to a simmer over medium-low heat and cook until the liquid reduces to about 1 tablespoon, about 10 minutes. Drain, rinse, drain again, and pat dry. Finely mince the lemon zest and combine it with the grapes, 2 tablespoons of the extra-virgin olive oil, scallions, cilantro, and mint in a medium bowl.
- Step 2.** In a small bowl, combine the cumin, paprika, turmeric, cinnamon, and ginger.
- Step 3.** Pat the scallops dry. Season them liberally with salt and pepper and coat them with the spice mixture.
- Step 4.** Heat 1 tablespoon of the extra-virgin olive oil in a 12-inch nonstick skillet over medium-high heat until shimmering. Add half of the scallops and cook, turning once, until seared on the outside but still translucent in the center, 1 to 2 minutes per side. Transfer to a warm plate. Repeat with the remaining 1 tablespoon oil and scallops.
- Step 5.** Divide the scallops among 4 plates and serve with the relish. Cut the reserved lemon into quarters and squeeze over the scallops and relish. Serve immediately.

OLIVE AND PEPPERS ON A PICK WITH SCALLION VINAIGRETTE

Serves 8

1 lemon
1/4 cup extra-virgin olive oil
1 small scallion, white and light green parts very thinly sliced
1/2 teaspoon chopped fresh thyme leaves
1/2 teaspoon seeded, minced red serrano chile or jalapeño
Kosher salt and freshly ground black pepper to taste
7 jarred piquillo peppers or 2 jarred roasted red peppers
40 small pitted green olives
40 pickled sour cocktail onions (optional)
12 ounces feta, cut into 1/2- to 3/4-inch cubes (optional)



- Step 1.** Finely grate enough of the lemon zest to get 1/4 teaspoon packed zest. Cut the lemon in half and squeeze to get 2 tablespoons of juice. Put the zest and juice in a small bowl. Whisk in the extra-virgin olive oil, scallion, thyme, chile, and salt and pepper to taste. Let the vinaigrette sit for at least 20 min. (or up to 12 hours in the fridge; bring to room temperature before using) to meld the flavors and soften the scallion.
- Step 2.** Cut the peppers lengthwise into 1/2-inch-wide strands, then cut the strands in half crosswise– you'll need 40 pieces of pepper. Fold a piece of pepper in half and thread it onto a toothpick. Spear an olive onto the pick. Then spear either an onion or a cube of feta on the end, if using. Set the pick in a shallow serving dish. Repeat with the remaining ingredients. If not serving right away, refrigerate
- Step 3.** About 30 minutes before serving, give the vinaigrette a good whisk to emulsify as best you can, then drizzle it over the olive picks.

SALT-CRUSTED SALMON WITH FENNEL AND GREEN OLIVE RELISH

Serves 4

1 whole 2-1/2 to 3 lb. salmon
Optional aromatics for the cavity: fennel fronds, thin slices of shallots, thin slices of lemon or orange
2 teaspoons extra-virgin olive oil
6 cups kosher salt
4 large egg whites
1 recipe Fennel, Green Olive, and Mint Relish

For Fennel, Green Olive, and Mint Relish:

1 medium fennel bulb (about 3/4 lb.), tough outer layers removed, cut into 1/8-inch dice (about 1-1/2 cups)
1/3 cup pitted green olives (like picholine), coarsely chopped
1/4 cup finely diced red onion

1 tablespoon nonpareil (small) capers, rinsed and chopped
Kosher salt and freshly ground black pepper
3 tablespoons extra-virgin olive oil
2 tablespoons red wine vinegar
2 tablespoons chopped fresh mint

Step 1. In a large bowl, toss the fennel, olives, onion, capers, and 3/4 teaspoon each salt and pepper. Let sit until the fennel starts to soften, about 10 minutes. Stir in the extra-virgin olive oil, vinegar, and mint and season to taste with more salt and pepper.

Step 2. Position a rack in the center of the oven and heat the oven to 400°F.

Step 3. Rinse the salmon well, inside and out. Make sure there are no loose scales on the skin. Pat the salmon completely dry with paper towels and put it on a large rimmed baking sheet or cutting board.

Step 4. Stuff the cavity of the salmon with your choice of aromatics, if using. Rub the skin of the fish all over with the extra-virgin olive oil.

Step 5. In a large bowl with a rubber spatula, mix the salt with the egg whites and 1/2 cup water. Spread enough of the salt mixture on the bottom of a large rimmed baking sheet to make a bed about 1/4 inch thick and roughly the same size as the salmon.

Step 6. Put the fish on top of the salt bed. Using your hands, coat the fish with the remaining salt mixture to make a 1/4-inch-thick crust, molding it around the contours of the fish. (the tail or head may extend beyond the rim of the pan and therefore won't be covered with the salt mixture— this is fine.



SALT-CRUSTED SALMON WITH FENNEL AND GREEN OLIVE RELISH (CONT.)

- Step 7.** If using a remote probe thermometer, insert the probe near the spine behind the head (the thickest part of the fish). If using an instant-read thermometer, apply a marker (such as a piece of garlic or shallot) to the crust at this spot so you know where to check the temperature later.
- Step 8.** Roast until the thermometer registers between 135°F and 140°F, about 35 to 45 minutes (start checking at 35 minutes). Let the fish rest in its crust for 5 to 10 minutes before serving.
- Step 9.** If using a remote probe thermometer, insert the probe near the spine behind the head (the thickest part of the fish). If using an instant-read thermometer, apply a marker (such as a piece of garlic or shallot) to the crust at this spot so you know where to check the temperature later.
- Step 10.** Roast until the thermometer registers between 135°F and 140°F, about 35 to 45 minutes (start checking at 35 minutes). Let the fish rest in its crust for 5 to 10 minutes before serving.

SPINACH, FETA AND SUN-DRIED TOMATO PHYLLO TRIANGLES

Serves 6

2 10 ounces packages frozen, chopped spinach, thawed and squeezed dry
2 cups crumbled feta cheese
3/4 cup roughly chopped fresh mint
1/2 cup roughly chopped sun-dried tomatoes
1/2 cup pitted and roughly chopped Kalamata olives
4 large eggs, lightly beaten
3 tablespoons chopped garlic

2 tablespoons fresh lemon juice
1 tablespoon finely grated lemon zest
3/4 teaspoon freshly ground black pepper
1/2 teaspoon kosher salt
1 1-lb. package phyllo dough, thawed according to package directions
1/2 lb. melted unsalted butter, plus more as needed for baking

Step 1. Position racks in the top and bottom thirds of the oven and heat the oven to 375°F. In a large bowl, combine the spinach, feta, mint, sun-dried tomatoes, olives, eggs, garlic, lemon juice and zest, pepper, and salt. Mix well.

Step 2. Unroll the phyllo and lay it flat on a clean, dry surface. Cover completely with plastic wrap. Working with one sheet of phyllo at a time, and keeping the rest covered with the plastic wrap to keep it from drying out, place a sheet vertically in front of you. Brush the phyllo with butter and cover with another sheet. Butter the top sheet and cut the phyllo lengthwise into equal 3-inch-wide strips. Spoon 2 teaspoons of filling on the lower end of each strip as shown in the left photo below. Fold up the phyllo strips as you would a flag to create a neat triangle, being careful not to roll too tightly or the triangles will crack when baked. Transfer to a baking sheet and cover with plastic. Repeat with the rest of the phyllo and filling until you run out of filling

Step 3. Butter two sheet pans. Arrange the phyllo triangles on the prepared baking sheets in a single layer. Brush the tops of the triangles with melted butter and bake until golden brown, 15 to 20 minutes, switching the positions of the pans halfway through baking.



TUNA, ASPARAGUS AND PARMESAN FRITTATA

Serves 4

6 large eggs
1 cup milk
Pinch of sea salt
1 small (3 ounces) can tuna, flaked and drained
8 cooked asparagus spears, cut into 1-inch pieces
1/4 cup shredded parmesan cheese
Extra-virgin olive oil for the baking dish

Preheat oven to 350°F (177°C). Lightly oil an 8-inch baking dish (round or square, it doesn't matter) with extra-virgin olive oil. Beat the eggs, milk and salt in a large bowl. Stir in tuna, asparagus pieces, and shredded parmesan. Pour into oiled baking dish and bake for 30-35 minutes or until set. Allow to cool for 5 minutes, then cut into wedges and serve.



ZUCCHINI FRITTERS (KOLOKITHAKIA KEFTEDES)

Serves 8

1 lb. zucchini
1 cup finely chopped yellow onion
2-1/4 ounces (1/2 cup) all-purpose flour
1/4 cup finely chopped fennel stalks and leaves
(save the bulb for another recipe)
1 tablespoon chopped fresh dill
1 teaspoon baking powder

1/2 teaspoon chopped fresh oregano
1/8 teaspoon freshly grated nutmeg
Kosher or sea salt and freshly ground black pepper
1 to 1-1/2 cups extra-virgin olive oil for frying
1/4 cup grated Greek kefalotyri cheese_or Parmigiano-Reggiano
1/4 cup crumbled feta cheese

Step 1. Trim the zucchini and coarsely grate them on a box grater. Put the grated zucchini in a colander and squeeze out as much liquid as possible with your hands.

Step 2. In a medium bowl, combine the zucchini, onion, flour, fennel, dill, baking powder, oregano, nutmeg, 1/2 teaspoon salt, and 1/8 teaspoon pepper and mix well. The mixture should be just moist enough to form into patties. For each fritter, press 2 generous tablespoons of the mixture into a patty about 3 inches in diameter and 1/4 inch thick. Arrange them in a single layer on a cookie sheet.

Step 3. Pour the oil into a 12-inch skillet to a depth of 1/4 inch. Heat the oil over medium-high heat until it begins to ripple and bubbles immediately when the edge of one patty is dipped into it. Using 2 slotted metal spatulas (one to lift a patty and the other to push it off the spatula), add as many patties as will fit in the pan without crowding and fry, flipping once, until golden brown and crisp on both sides, 1 to 3 minutes per side. Transfer the fritters to a paper-towel-lined plate and repeat with another batch, adding more oil as needed.

Step 4. Arrange the fritters on a platter and sprinkle with both cheeses. Serve warm.



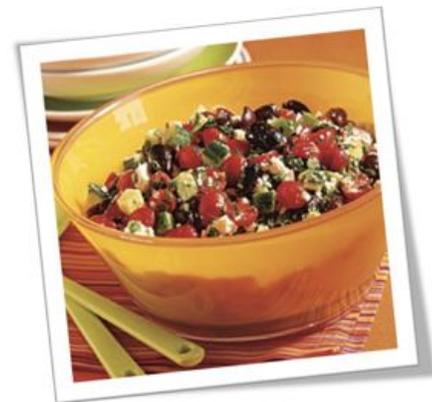


Salads

CHOPPED TOMATO AND CUCUMBER SALAD WITH MINT AND FETA

Serves 10 to 12

2 pints ripe grape or cherry tomatoes, halved lengthwise
1/2 cup lightly chopped fresh mint
1 tablespoon chopped fresh thyme
2 teaspoons kosher salt
1 teaspoon freshly ground black pepper; more as needed
1/2 lb. feta cheese, coarsely crumbled
1 lemon, zest finely grated and juiced
1 English (seedless) cucumber, cut into 1/2-inch dice
4 scallions (both white and green parts), trimmed and thinly sliced
2 cups pitted Kalamata or Gaeta olives, halved
1/3 cup extra-virgin olive oil



- Step 1.** In a medium bowl, toss the tomatoes with 1/4 cup of the mint, 1/2 tablespoon of the thyme, the salt, and 1/2 teaspoon of the pepper. In another medium bowl, toss the feta with the lemon zest, the remaining 1/2 teaspoon pepper, 1/4 cup mint, and 1/2 tablespoon thyme. Let both sit for at least 15 minutes and up to 1 hour at room temperature.
- Step 2.** In a large bowl, toss the cucumber, scallions, and olives with the tomatoes and feta. Combine up to 1 hour ahead; let sit at room temperature. Just before serving, add the extra-virgin olive oil and half of the lemon juice and toss well. Season with pepper and more lemon juice if needed, and serve.

GREEK SALAD SKEWERS

Serves 4-6

One-quarter English cucumber
Kosher salt and freshly ground black pepper
1/4 lb. feta cheese, cut into 16 small cubes
8 pitted Kalamata olives, halved
8 ripe grape or cherry tomatoes, halved
2 tablespoons extra-virgin olive oil

Cut four 1/2-inch-thick diagonal slices from the cucumber and then quarter each slice. Set the cucumber pieces on a large serving platter and season with 1/4 teaspoon each salt and pepper. Top each with a piece of feta and then an olive half. Stab a toothpick through a tomato half and then thread through one of the cucumber stacks, pushing the toothpick down to secure it. Drizzle with the extra-virgin olive oil, sprinkle with some more black pepper, and serve.



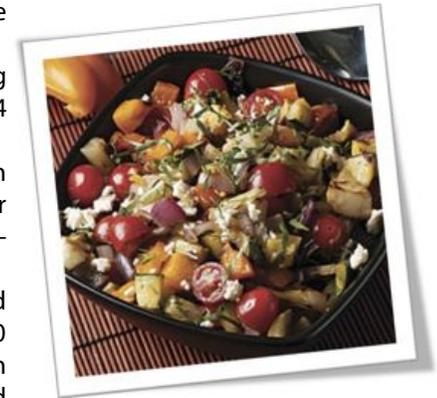
GRILLED VEGETABLE SALAD WITH FETA

Serves 6

1 small or 1/2 medium fennel bulb with fronds attached
1 medium orange bell pepper, stemmed, seeded, and cut lengthwise into 4 or 5 pieces
1 medium red onion, cut into 1/4-inch-thick slices
1 medium zucchini, cut lengthwise into 1/4-inch-thick slices
1 medium yellow squash, cut lengthwise into 1/4-inch-thick slices
1/4 cup extra-virgin olive oil

Kosher salt
3 tablespoons red wine vinegar
Freshly ground black pepper
1-1/2 cups grape tomatoes, halved
1/2 cup crumbled feta cheese (2-1/2 ounces)
3 tablespoons loosely packed thinly sliced fresh basil

- Step 1.** Cut the stalks off the fennel bulb. Remove about 1/4 cup of the fronds from the stalks, chop the fronds, and reserve.
- Step 2.** Cut the fennel in quarters lengthwise and trim away most of the core, leaving just enough intact to keep the layers together. Slice the quarters lengthwise 1/4 inch thick.
- Step 3.** Prepare a medium gas or charcoal grill fire (alternatively, use an indoor grill pan over medium-high heat). Arrange the vegetables in a single layer on a tray or work surface. Brush both sides of the vegetables with 2 tablespoons of the extra-virgin olive oil and season with 1/4 teaspoon salt.
- Step 4.** Grill the vegetables in batches, flipping once, until both sides are nicely charred and the vegetables are just tender, about 12 minutes total for the fennel, 10 minutes total for the pepper, and 6 minutes total for the onion and squash. When the vegetables are cool enough to handle, cut them into 1/2-inch dice and transfer to a large bowl.
- Step 5.** In a small bowl, whisk the remaining 2 tablespoons extra-virgin olive oil, the vinegar, 1/4 teaspoon salt, and 1/4 teaspoon pepper. Toss the vegetables with the dressing. Gently stir in the tomatoes and fennel fronds. Season to taste with more salt and pepper. Divide the salad among 4 plates and sprinkle with the feta and basil.



MEDITERRANEAN POTATO SALAD

Serves 6

For the salad:

1/4 cup plain rice vinegar
Kosher salt
3-1/4 lb. baby red potatoes, scrubbed clean
1 tablespoon extra-virgin olive oil
2 cups frozen artichoke hearts, thawed, patted dry, and cut into 3/4-inch wedges
1 cup halved or quartered black olives
3/4 cup chopped fresh mint

For the dressing:

1/4 cup fresh lemon juice
2 teaspoons Dijon mustard
1 teaspoon kosher salt
1/2 teaspoon freshly ground black pepper
1/4 cup extra-virgin olive oil
2 large cloves garlic, mashed to a paste
2 teaspoons chopped fresh marjoram
1/2 teaspoon crushed red pepper flakes



Make the dressing:

Whisk the lemon juice, mustard, salt, and pepper in a small bowl. Slowly whisk in the oil until combined. Whisk in the garlic, marjoram, and red pepper flakes.

Make the salad:

- Step 1.** Combine the vinegar and 2 teaspoons salt in a large bowl. Let sit to dissolve the salt. Put the potatoes and 2 tablespoons salt in a 6-quart pot and add enough cold water to cover by 1 inch. Bring to a boil over high heat and reduce the heat to maintain a simmer. Cook the potatoes until barely tender when poked with a fork or skewer, 5 to 10 minutes. If the potatoes aren't all the same size, remove them as they are cooked.
- Step 2.** Gently drain the potatoes in a colander and set aside until just cool enough to handle. Cut the potatoes into 3/4-inch chunks. Add the potatoes to the bowl with the rice vinegar and gently stir with a spatula to coat. With your fingers, pull apart any pieces that are stuck together.

MEDITERRANEAN POTATO SALAD (CONT.)

- Step 3.** In a large skillet, heat the extra-virgin olive oil over medium-high heat. Add the artichoke hearts and a sprinkle of salt, and cook, turning once, until browned on both sides.
- Step 4.** Gently fold the browned artichokes, olives, and chopped mint into the potatoes. Whisk the vinaigrette back together and fold enough of it into the potatoes to generously coat them (you may not need all of the dressing). Season to taste with salt and pepper. Serve while still slightly warm, or at room temperature.

NIÇOISE SALAD WITH HARICOTS VERTS AND YUKON GOLD POTATOES

Serves 6 to 8

2 lbs. baby Yukon Gold potatoes, halved
Kosher salt
1 lb. haricots verts, trimmed and cut in half
3 tablespoons red-wine vinegar
1 tablespoon whole-grain Dijon mustard
3/4 cup extra-virgin olive oil
1 medium shallot, finely diced

3/4 cup pitted Niçoise or Kalamata olives, coarsely chopped
1 tablespoon chopped fresh thyme
Freshly ground black pepper
1 can tuna, drained well and flaked
2 tablespoons capers, rinsed and drained
1 pint cherry tomatoes, halved

Step 1. Set the potatoes in a large (6-quart) pot, cover them with cold water by a couple of inches, stir in 2 tablespoons salt, and bring to a boil. Reduce the heat to a gentle simmer, cover, and cook until the potatoes are tender when pierced with a fork, about 10 to 12 minutes. Stir in the haricots verts and cook until they turn bright green and tender, about 3 to 4 minutes. Drain well and cool under running water.

Step 2. In a blender or food processor, blend the vinegar with the mustard. With the machine still running, add the oil in a slow, steady stream so the mixture comes together into a thick emulsion. Add the shallot, 2 teaspoons thyme, 1 teaspoon salt, and 1 teaspoon pepper, and purée until incorporated. Taste and season the dressing with more salt and pepper if needed. Add 1 or 2 tablespoons water if needed to thin the dressing to a pourable consistency. Transfer the potatoes and beans to a large mixing bowl and toss well with half the vinaigrette. Taste and season with salt and pepper if needed and transfer to a large platter. In the same mixing bowl, toss the tuna with the capers and 2 or 3 tablespoons of the vinaigrette, and set them over the potatoes in the center of the platter. Sprinkle the tomatoes and olives over the potatoes, around the perimeter of the tuna. Drizzle the salad with the remaining vinaigrette, sprinkle with the remaining 1 teaspoon thyme, and serve.

Step 3. To plate individually, lightly toss the potatoes, beans, tomatoes, and olives with half the vinaigrette and plate; top with the tuna, capers, and the remaining thyme; and serve the remaining dressing on the side.



TOMATO AND DRUNKEN GOAT CHEESE SALAD

Serves 4

1/4 cup sunflower or vegetable oil
1/4 cup extra-virgin olive oil
2 teaspoons pure chile powder, such as ancho, chile de arbol, or guajillo
Pinch garlic powder
Two 8-inch flour tortillas
Kosher salt
6 medium firm-ripe beefsteak or heirloom tomatoes, cored and cut crosswise into 1/3-inch slices
1/4 lb. drunken goat cheese, thinly sliced
Freshly ground black pepper
2 cups baby arugula or mâche
1/2 lime



- Step 1.** Position a rack in the center of the oven and heat oven to 350°F.
- Step 2.** In a small saucepan, combine the oils, chile powder, and garlic powder. Warm over medium-low heat until the oil becomes rust-colored and fragrant, about 4 minutes. Remove from heat and let cool slightly.
- Step 3.** With a pastry brush, lightly coat both sides of the tortillas with the chile oil. Cut each tortilla into 6 triangles, arrange the triangles in a single layer on a baking sheet, and sprinkle the tops with salt. Bake until crisp, 15 to 18 minutes, flipping the chips halfway through baking.
- Step 4.** Divide the tomatoes among six large salad plates, fanning them out in a circle. Tuck the cheese slices between the tomatoes and sprinkle with salt and pepper. Toss the arugula or mâche with 1 tablespoon of the chile oil, squeeze a little lime juice over, and season to taste with salt and pepper. Drizzle some of the remaining oil over the tomatoes and cheese (you won't need it all), mound the greens in the center of each plate, and arrange two tortilla chips to the side. Serve immediately.

VILLAGE-STYLE GREEK SALAD WITH CHICKEN AND LEMON-MINT VINAIGRETTE

Serves 4

One-half medium red onion, thinly sliced (about 1 cup)
1-1/2 lb. chicken tenders
Kosher salt and freshly ground black pepper
1/3 cup plus 2 teaspoons extra-virgin olive oil
1/3 cup chopped fresh mint
2 tablespoons fresh lemon juice
1 medium clove garlic, minced
1/2 teaspoon finely grated lemon zest
12 ounces feta, cut into 1/2-inch cubes (2-3/4 cups)
2 cups cherry tomatoes, washed and halved
1 large cucumber, peeled, seeded, and cut into 1/2-inch chunks
2/3 cup pitted Kalamata olives, halved



- Step 1.** Put the sliced onion in a small bowl and add enough cold water to cover.
- Step 2.** Trim off any exposed tendon ends from the wide tips of the tenders, if necessary. Season the tenders with 3/4 teaspoon salt and 1/2 teaspoon pepper. Heat 2 teaspoons of the oil in a 12-inch nonstick skillet over medium-high heat until hot. Cook the tenders until well browned on both sides and just cooked through, about 3 minutes per side. Transfer the chicken to a cutting board and let rest while you make the dressing.
- Step 3.** In a large bowl, combine the mint, lemon juice, garlic, lemon zest, and 1/4 teaspoon each salt and pepper. Slowly whisk in the remaining 1/3 cup oil. Set aside 2 tablespoons of the vinaigrette in a small bowl.
- Step 4.** Drain the onions and press them gently to remove any excess water. Add the onions to the large bowl of vinaigrette, along with the feta, tomatoes, cucumber, and olives. Slice the chicken crosswise into 1/2-inch pieces and add it to the salad. Toss everything to coat. Divide the salad among four serving plates, drizzle with the reserved vinaigrette, and serve immediately.

WILTED ARUGULA SALAD WITH CRISP POTATOES, FETA AND WARM BLACK OLIVE VINAIGRETTE

Serves 8 to 10

1/2 lb. baby arugula, washed and spun dry
3 tablespoons red-wine vinegar
1/3 cup pitted Kalamata olives, finely chopped
1 teaspoon Dijon mustard
2 teaspoons chopped fresh thyme
1/2 cup plus 2 tablespoons extra-virgin olive oil

1 large russet potato, peeled and cut in 1/2-inch dice
Kosher salt and freshly ground black pepper
3/4 cup finely diced red onion
1/4 lb. feta, crumbled
1/2 lb. small ripe cherry (or grape) tomatoes, halved

- Step 1.** Put the arugula in a large bowl. In a food processor, pulse the vinegar, olives, mustard, and 1 teaspoon of the thyme. Processing continuously, slowly pour in 1/2 cup of the extra-virgin olive oil and 3 tablespoons water to make a loose dressing. Transfer to a liquid measuring cup.
- Step 2.** Heat the remaining 2 tablespoons oil in a large (preferably 12-inch) nonstick skillet over medium-high heat for 30 seconds. Add the diced potatoes, sprinkle with 1 teaspoon salt and 1/2 teaspoon pepper, and cook, stirring occasionally, until they begin to brown all over, 5 to 8 minutes. Reduce the heat to medium and cook until the pieces are just tender, another 4 to 5 minutes. Add the onion and cook, stirring, until it's soft and lightly browned, 3 to 5 minutes. Stir in the remaining 1 teaspoon thyme. Transfer to a bowl or plate.
- Step 3.** Reduce the heat to low and pour the olive vinaigrette into the pan. Cook, stirring with a wooden spoon or spatula until the vinaigrette is warmed through, about 1 minute. Return the vinaigrette to a liquid measuring cup and whisk to recombine.
- Step 4.** Toss the arugula with about half of the vinaigrette or enough to lightly coat. Portion the arugula among four (or six) plates. Top with the potato and onion mixture and then the feta and tomatoes. Drizzle with some of the remaining vinaigrette (you may not need it all) and serve.





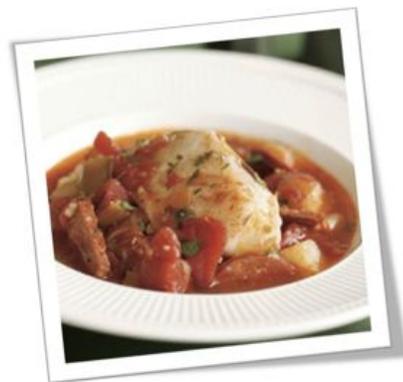
Soups & Vegetarian

COD STEW WITH CHORIZO, LEEKS AND POTATOES

Serves 4

2 small leeks	3 cloves garlic, minced
6 ounces chorizo	28 ounces can diced tomatoes, with their juices
1 lb. red potatoes, scrubbed and cut into 3/4-inch cubes	1/2 cup dry white wine
Kosher salt and freshly ground black pepper	1/4 cup chopped fresh flat-leaf parsley
1 tablespoon extra-virgin olive oil	1 lb. cod fillet, cut into four even portions

- Step 1.** Trim off the root, the dark greens, and most of the light green parts of the leeks. Chop the leeks into 1/2-inch pieces and rinse thoroughly to remove all the grit. Cut the chorizo in half lengthwise and slice into half moons about 1/8 inch thick.
- Step 2.** Put the potatoes in a large saucepan and cover with cold water by 1 to 2 inches.
- Step 3.** Salt the water, cover partially, and bring to a boil over high heat. Reduce the heat as needed and boil until the potatoes are tender, 10 to 15 minutes; drain.
- Step 4.** While the potatoes cook, heat the oil in a large pot (choose one that's wide enough to hold the fish in a single layer) over medium heat for 1 minute.
- Step 5.** Add the chorizo and leeks and cook, stirring occasionally, until the chorizo has browned slightly and the leeks are soft, about 6 minutes.
- Step 6.** Add the garlic and cook for 1 minute. Stir in the tomatoes and their juices, the wine, 1-1/2 cups water, and 1/2 teaspoon salt.
- Step 7.** Bring to a boil over high heat. Partially cover the pot, reduce the heat to medium, and simmer for 15 minutes. Add the potatoes, season with salt and pepper, and stir in half of the parsley.
- Step 8.** Season the cod with salt and pepper, set the fillets on top of the stew, cover, and simmer until just cooked through, 6 to 8 minutes.
- Step 9.** Using a wide spatula, carefully transfer the cod to shallow soup bowls (the fillets may break apart). Spoon the stew over the cod and serve immediately, garnished with the remaining parsley.



MEDITERRANEAN FISH SOUP

4 – 6 shrimp or scallops per person
1 lbs squid rings, fresh if available
16 – 20 little neck clams
2 -3 cups fish or lobster stock
1 cup dry white wine
1/2 cup extra -virgin olive oil
Salt and pepper to taste

1/2 - 2 lbs fish such as halibut, Pollock, cod, monkfish or swordfish, skinned and cut into pieces
3 cups fresh or canned tomatoes, chopped and drained
2 tablespoons fresh oregano, chopped, or 1 tablespoon dry
2 teaspoons pepper flakes
4 cloves garlic, sliced
2 teaspoons fennel seeds
Generous pinch saffron (optional)



- Step 1.** Scrub clams or mussels, removing beards from mussels. If using clams, soak in salted water for 30 minutes, drain and rinse.
- Step 2.** In a heavy non reactive pot, heat garlic, extra-virgin olive oil and oregano over medium heat until garlic is soft but not browned.
- Step 3.** Add wine and mussels or clams, turn heat to high, cover and cook until just opened. Remove them promptly as they open, leaving liquid in the pan.
- Step 4.** Have a large bowl next to the stove for cooked fish and shellfish; it will also serve to collect shells at the table.
- Step 5.** Once clams or mussels are done, add stock, tomatoes and fennel, along with the saffron and pepper flakes.
- Step 6.** Cover and boil for 5-10 minutes, then season with salt and pepper to taste.
- Step 7.** Add squid, shrimp or scallops separately; they will cook very quickly (2-3 minutes for the squid and shrimp, slightly longer for large scallops).
- Step 8.** Remove them with a slotted spoon and place onto bowl with shellfish. Add fish chunks and cook until just opaque. Check seasoning and return everything to the pan until reheated.
- Step 9.** Place fish and clams into heated bowls and pour broth into each bowl.
- Step 10.** Serve with salad and crusty bread for the broth. The bread can also be toasted, lightly brushed with extra-virgin olive oil and served in the bowls with the soup.

POTATO AND CARROT SOUP WITH THYME

2 cups chicken stock
2 carrots, peeled and cut
2 potatoes, peeled and cut
1 leek cut
1 scallion
1 sprig of fresh thyme
2 tablespoons unsalted butter
Salt and fresh ground pepper to taste

In a large saucepan combine chicken stock, carrots, potatoes, leek, scallion and thyme. Cook gently on medium/low heat for approximately 20 minutes until vegetables are soft. Remove from heat and let sit for approximately 5 minutes to cool. Remove branch of thyme and place the rest into a food processor or blender. Add the butter and process until it becomes a puree. Add salt and fresh ground pepper to taste.



TOMATILLO GAZPACHO

Serves 4 to 6

One 14 ounces can low-salt chicken broth
1 lb. tomatillos (8 to 12 medium), husked, rinsed, and cut into medium dice (3 cups)
1 medium clove garlic, minced
2 tablespoons extra-virgin olive oil
2 medium avocados, cut into small dice (1-1/2 cups)
1/2 seedless English cucumber, cut into small dice (2 cups)
1/2 large red bell pepper, cut into small dice (1/2 cup)
1/4 small red onion, finely diced (1/4 cup)
2 tablespoons chopped fresh cilantro
1 tablespoon fresh lime juice; more as needed
Kosher salt and freshly ground black pepper



- Step 1.** Heat the broth in a 3-qt. saucepan over medium-high heat. Add the tomatillos and garlic, bring to a boil, reduce the heat, and let simmer until the tomatillos are cooked through but still hold their shape, about 1 minute. Let cool slightly, about 5 minutes, and then carefully purée the mixture in a blender along with the extra-virgin olive oil. Pour the purée into a nonreactive 9x13-inch pan and refrigerate to cool quickly.
- Step 2.** When the purée has cooled, remove the pan from the refrigerator and stir in the avocado, cucumber, bell pepper, onion, cilantro, and lime juice. Season to taste with salt and pepper. Refrigerate for at least 1 hour and up to 4 hours. Before serving, taste and adjust the seasoning with more lime juice, salt, and pepper, as needed. Spoon the gazpacho into individual serving bowls or mugs.

TURKISH CARROT, TOMATO AND LENTIL SOUP

2 tbsp extra-virgin olive oil
1 red onion, diced
2 carrots, diced
2 cloves garlic, chopped
2 tsp ground cumin
2 tsp ground coriander
1 tsp ground ginger
2 tbsp tomato paste
1 cup red lentils
2 x 14 ounces (420g) cans tomatoes
6 cups vegetable or chicken stock
1 1/2 tsp salt
1-1/2 tsp ground black pepper
Thick, natural-set yogurt to serve



- Step 1.** Heat the oil in a large saucepan over a medium heat.
- Step 2.** Add the onion and carrots and cook for 5 minutes, stirring occasionally. Add the garlic, cumin, coriander and ginger and cook, stirring, for a minute. Add the tomato paste, lentils, tomatoes, stock, salt and pepper and bring to the boil.
- Step 3.** Cover the pot, reduce the heat to medium, and simmer for 30 minutes.
- Step 4.** Transfer the mixture to a blender in batches and process until smooth.
- Step 5.** Serve in individual bowls topped with a dollop of yogurt.

VICHYSOISSE SOUP

4 leeks, white parts only, chopped
2 large potatoes cut into 1/2 inches cubes in 1 pint of water
1 small onion (chopped)
2 ounces butter
1 chicken stock cube
2 cups (1 pint) milk
1 cup (1/2 pint) Double Cream
1 teaspoon of salt
Chives for Garnish

- Step 1.** In a large pan, sweat the leeks and onions, making sure not to brown them. Then add the potatoes water and salt. Simmer for 30 - 40 minutes (until soft).
- Step 2.** Add the milk, stir and bring back to the boil.
- Step 3.** Whiz in a blender.
- Step 4.** When the soup is completely smooth and creamy - add the cream, let it cool and refrigerate for one hour.
- Step 5.** Serve into bowls garnished with snipped chives.





Dinner

BLACK COD WITH PINE NUTS, TOMATOES, AND OLIVES

Serves 4

1 tablespoon extra-virgin olive oil
3 medium cloves garlic, chopped
1/2 cup dry white wine
3 cups grape tomatoes, halved
1-1/2 cups lower-salt chicken broth
1/2 cup pitted, halved Niçoise olives
4 skinless black cod (sablefish) or Pacific cod fillets (about 4 ounces each)
Kosher salt and freshly ground black pepper
1 tablespoon chopped fresh thyme
2/3 cup pine nuts, toasted



- Step 1.** Heat the oil in a 12-inch nonstick skillet over medium-high heat. Add the garlic and cook, stirring, until fragrant, about 1 minute. Add the wine and let simmer until reduced by half, about 2 minutes. Add the tomatoes, broth, and olives. Bring to a simmer and cook, stirring occasionally, until the tomatoes begin to break down, about 8 minutes.
- Step 2.** Season the fish with salt and pepper. Stir the thyme into the sauce. Nestle the fish into the sauce, return to a simmer, cover, and reduce the heat to low. Cook until the fish is just cooked through, about 4 minutes. Transfer the fish to 4 shallow bowls. Add the pine nuts to the sauce and season to taste with salt and pepper. Spoon the sauce over the fish and serve.

CEDAR-PLANKED SALMON WITH RED PEPPER AND CAPER SAUCE

Serves 4

For the sauce:

1/2 cup jarred piquillo peppers or roasted red peppers
1-1/2 tablespoon sherry vinegar or red-wine vinegar
1/2 teaspoon Dijon mustard
1 medium clove garlic, minced
1/4 cup extra-virgin olive oil
1-1/2 tablespoon brine-packed capers, rinsed and chopped
1-1/2 tablespoon finely chopped fresh flat-leaf parsley
Kosher salt and freshly ground black pepper

Make the sauce:

Put the peppers, vinegar, mustard, and garlic in a blender and begin to puree. With the blender running, add the oil in a thin, steady stream. Transfer to a small bowl, stir in the capers, parsley, 1/2 teaspoon salt, and 1/8 teaspoon pepper. Season to taste with more salt and pepper if needed.

Prepare the Salmon:

- Step 1.** Soak a cedar plank in cold water for at least 1 hour and up to 12 hours. In a small bowl, mix the sugar, cumin, pimentón, 1-1/2 teaspoons salt, and 1/2 teaspoon pepper. Sprinkle the mixture over the salmon and let sit at room temperature for 30 minutes, or cover and refrigerate for up to 12 hours.
- Step 2.** Prepare a two-zone fire on a gas or charcoal grill: On a gas grill, set two of the burners to high (one if your grill only has two burners) and leave one burner off. On a charcoal grill, push all of the lit coals to one side of the grill.

For the salmon:

1 teaspoon granulated sugar
1/2 teaspoon ground cumin
1/2 teaspoon hot pimentón de la Vera or Hungarian hot paprika
Kosher salt and freshly ground black pepper
Four 6- to 8 ounces skinless salmon fillets
2 teaspoons extra-virgin olive oil



CEDAR-PLANKED SALMON WITH RED PEPPER AND CAPER SAUCE (CONT.)

Step 3. Set the cedar plank on the grill over the hot zone, cover the grill, and wait until the plank starts to smoke, 2 to 3 minutes. Meanwhile, rub the skinned sides of the salmon fillets with the oil. Slide the plank to the cooler zone and arrange the salmon on top, oiled side down and thicker ends closest to the hot zone. Cover the grill (vents open on a charcoal grill) and cook until the fish is almost cooked through with just a touch of pink in the center– make a nick with a paring knife in the thicker part of a fillet to check– or an instant-read thermometer inserted in a thick part registers 135°F, 10 to 14 minutes. Transfer the fish (still on the plank) to a serving platter and serve with the sauce.

GREEK FAVA BEAN, EGGPLANT, AND OLIVE STEW WITH FETA

5 tablespoons extra-virgin olive oil

2 red onions, diced

1 eggplant, cut into small cubes

1 red pepper, diced

1 zucchini, diced

1 potato, cut into small cubes

6 cloves garlic, minced (crushed)

1 teaspoon dried oregano

4 tablespoons finely chopped fresh flat-leaf parsley

28 ounces (840g) canned tomatoes, chopped

2 cups chicken or vegetable stock

2 teaspoons salt

1 teaspoon freshly ground black pepper

2 cups long-grain rice

8 ounces (240g) frozen fava beans, cooked, rinsed under cold water, and skins removed

24 pitted kalamata olives, halved

4 ounces (120g) feta cheese

Heat 3 tablespoons of the oil in a large saucepan. Cook the onions for 10 minutes, stirring occasionally. Add the red pepper, eggplant and zucchini and cook for 5 minutes, then add the potato, garlic and oregano and cook for 1 minute. Add the tomatoes, stock, salt and pepper, stir well to combine and bring to a boil. Reduce the heat to medium and cook, uncovered, for 20 minutes, stirring occasionally. While the stew simmers, cook the rice. Add the cooked, peeled fava beans, parsley and olives to the stew and cook, covered, for 10 minutes. Remove from the heat and stir in the remaining 2 tablespoons of extra-virgin olive oil. Serve over rice with crumbled feta cheese on top (alternatively serve with bulgur or crusty bread instead of rice).



LEMONY MOROCCAN-STYLE CHICKEN KEBABS

Serves 6

For the marinade:

2 lemons
6 cloves garlic, peeled
1 teaspoon dried marjoram
1 teaspoon ground coriander
1 teaspoon ground cumin
1/2 teaspoon ground turmeric
1/8 teaspoon ground cinnamon
Pinch saffron threads
1 teaspoon light brown sugar
2-1/2 teaspoons kosher salt
2 teaspoons freshly ground black pepper
2 1/8-inch-thick slices peeled fresh ginger
3 tablespoons extra-virgin olive oil

Make the marinade:

Cut four deep, lengthwise gashes, equally spaced, into each lemon. Put the lemons and garlic cloves in a small microwavable container. Cover and microwave on high until the lemons are soft and juice has exuded from them, about 4 min. (If not soft, continue to microwave in 30-second intervals). Strain the juice into a small container and let the lemons and garlic cool briefly. When the lemons are cool enough to handle, separate them into sections. Scrape the pulp and most of the white pith away with a spoon; discard. Put the scraped lemon peels, garlic, lemon juice, and remaining marinade ingredients in a blender and purée to make a coarse, soft paste. Set 2 tablespoons aside to use for the yogurt sauce.

For the kebabs:

1 sweet onion, cut into 1-inch pieces
1 red bell pepper, cut into 1-inch squares
1 yellow bell pepper, cut into 1-inch squares
2 tablespoons chopped fresh flat-leaf parsley (garnish)
2-1/2 lb. boneless, skinless chicken thighs, trimmed of excess fat and cut into 2-inch chunks

For the yogurt-lemon sauce:

1 seedless cucumber, cut into 1/2-inch dice
1/2 cup chopped fresh cilantro
2 cups plain whole-milk yogurt
Kosher salt



LEMONY MOROCCAN-STYLE CHICKEN KEBABS (CONT.)

Marinate the chicken:

Put the chicken into a 1-gallon zip-top bag; scrape in the remaining marinade. Massage the bag to coat all the chicken pieces and marinate for 1 to 2 hours in the refrigerator.

Grill the kebabs:

Tip: Flat or double-pronged skewers keep food from spinning when you turn them.

Step 1. Build a medium-hot charcoal fire or heat a gas grill to medium high. Dump the chicken into a bowl, but don't scrape off any excess marinade. Put the onion and peppers in the marinade bag and massage them to coat with the marinade (it's fine if the onion pieces break apart). Transfer to another bowl. Thread the chicken onto skewers, positioning a piece of onion and pepper between the pieces of chicken. If there's extra pepper or onion, thread them onto separate skewers, if you like.

Step 2. When ready to grill, oil the grill grate. Grill the kebabs over direct heat (uncovered for charcoal; covered for gas), turning the skewers every 2 to 3 min. until the chicken is firm and shows no redness when cut into, about 10 to 15 min. Check several pieces of chicken to be sure.

Make the sauce:

Combine the reserved 2 tablespoons marinade with the cucumber, cilantro, yogurt, and 2 teaspoons salt. Mix well. (Make the sauce no more than an hour before serving or it will be too watery).

To serve:

Remove the chicken and vegetables from the skewers and serve them in a mound with the yogurt sauce on the side.

PENNE RIGATE ALLA RICOTTA E NOCI

Serves 2

200g (7 ounces) of penne rigate, or your pasta of choice

150g (5 ounces) of ricotta

30g (1 ounce) of chopped walnuts

1 tablespoon extra-virgin olive oil

- Step 1.** Cook the pasta in lightly salted water according to instructions on the package
- Step 2.** When the penne are done, drain, and immediately put them back in the same empty pan
- Step 3.** Add the ricotta and the extra-virgin olive oil and mix them gently
- Step 4.** Add the walnuts
- Step 5.** Optionally, if you like a stronger taste, you can add a some strong cheese, like a small piece of gorgonzola or ground pecorino or parmesan.



PENNE WITH ROASTED PEAR, GOAT CHEESE AND WALNUTS

Serves 4 to 6

8 ounces pasta, such as penne
2 Bosc pears, ripe but firm
1 tablespoon plus 3 1/2 tablespoons extra-virgin olive oil
1 1/2 tablespoons balsamic vinegar
Juice of half a lemon
1/2 cup baby arugula (rocket)
1/2 cup baby spinach
1/4 cup chopped walnuts
1/4 cup crumbled goat cheese
Pinch of sea salt



- Step 1.** Preheat oven to 425° F. Slice the pear into thin wedges, leaving the skin on and removing the center core. Toss with one tablespoon of extra-virgin olive oil, coating lightly, then place in baking dish and roast in oven for 10 minutes. Remove from oven, stir again, and return to oven for an additional 5 minutes. Allow to cool, then cut into smaller bite sized pieces.
- Step 2.** Mix together the remaining 3 1/2 tablespoons of extra-virgin olive oil with the balsamic vinegar and lemon juice. Cook penne according to package directions. Drain pasta and mix in the extra-virgin olive oil-vinegar-lemon juice mixture, then mix in the chopped pears, arugula and baby spinach. If desired, add a little sea salt to taste. Divide among plates and top with crumbled goat cheese and chopped walnut pieces.

PROVENÇAL FISH WITH VEGETABLES

3 tablespoons extra-virgin olive oil
2 tablespoons white wine
1 clove garlic, finely chopped
6 pitted black olives, finely chopped
1 tablespoon finely chopped fresh flat-leaf parsley
1/2 teaspoon Dijon mustard
1/2 teaspoon sea salt
1/4 teaspoon fresh ground black pepper
2 x 6 ounces (180g) uncooked white fish fillets
2 large square pieces of aluminum foil
16 green beans, ends trimmed
10 cherry tomatoes, halved
10 thinly sliced red onion rings



Preheat the oven to 225°C /440°F. Mix together the extra-virgin olive oil, white wine, garlic, olives, parsley, mustard, salt and pepper until well combined. Place half the green beans and cherry tomatoes in the center of each piece of foil. Place a fish fillet on top of each bed of vegetables. Spoon half the oil mixture over each fillet and arrange the red onion rings on top. Fold the foil over the fish and vegetables and seal the foil parcels tightly. Place the parcels on a baking tray and cook in a preheated oven for 16 minutes. Remove parcels from the oven and open (be careful, the steam is very hot). Transfer the fish and vegetables from the foil packets to serving plates and drizzle with the cooking juices. Serve with steamed or boiled potatoes sprinkled with freshly cracked pepper and sea salt and drizzled with a little extra-virgin olive oil.

ROASTED GARLIC, PUMPKIN AND RED PEPPER RISOTTO WITH SPINACH AND CHICKPEAS

Serves 2 to 3

2 cups peeled and cubed pumpkin or winter squash
1 red pepper, deseeded and cut into quarters
6 cloves garlic, left unpeeled
4 tablespoons extra-virgin olive oil
1 tablespoon balsamic vinegar
1/2 teaspoon dried rosemary
1 onion, finely chopped
1 cup arborio rice
2 cups vegetable or chicken stock

1/2 cup white wine
1 teaspoon salt
1/2 teaspoon freshly ground black pepper
10 kalamata olives, pitted and quartered
2 packed cups roughly chopped fresh spinach
1 cup canned chickpeas, rinsed well and drained
1/3 cup finely grated parmesan cheese
1 tablespoon lemon juice

Preheat an oven to 450F/230C. Place the pumpkin, red pepper and garlic cloves in a baking dish and toss with 1 tablespoon of the oil, the balsamic vinegar and rosemary until well coated. Bake for 20 minutes. While the vegetables cook, heat 2 tablespoons of the oil in a large saucepan and cook the onion for 5 minutes, stirring occasionally. Add the rice, stir to coat the grains in oil and cook for 1 minute. Add the wine, stock, salt, black pepper, olives and spinach, stir to combine and bring to a boil. Cover with a lid, reduce the heat to low and cook for 20 minutes without lifting the lid. Remove the red pepper and garlic from the baking dish. Add the chickpeas to the baking dish with the pumpkin and return to the oven for 5 minutes. Roughly chop the peppers. Squeeze the garlic pulp from the skins and stir into the risotto with the parmesan, lemon juice and remaining tablespoon of oil. Stir in the red pepper, pumpkin and chickpeas to combine.



SALMON RISOTTO WITH DILL AND LEMON

Serves 2

3 tablespoons extra-virgin olive oil	1 teaspoon sea salt
1 onion, finely chopped	1/2 teaspoon freshly ground black pepper
2 cloves garlic, finely chopped	1/3 cup frozen green peas-thawed
1 teaspoon finely chopped lemon zest	7 ounces (210g) canned Alaskan red salmon, bones and skin removed and broken into chunks
1 zucchini, sliced into rounds	1 tablespoon lemon juice
1 cup arborio rice	1/3 cup finely grated Parmesan cheese
1/2 cup white wine	
2 cups vegetable or chicken stock	
1 tablespoon roughly chopped fresh dill	

- Step 1.** Heat 2 tablespoons of the extra-virgin olive oil in a large saucepan over a medium heat and cook the onion for 5 minutes.
- Step 2.** Add the garlic, lemon zest and zucchini and cook for another 3 minutes. Add the rice and cook for a minute, stirring to coat the rice grains with oil.
- Step 3.** Pour in the wine and stock, add the dill, salt and pepper and bring to the boil.
- Step 4.** Cover with a lid, reduce the heat to low and cook for 18 minutes. Add the peas and salmon on top and cook, covered, for another 2 minutes.
- Step 5.** Stir in the reserved tablespoon of extra-virgin olive oil, the lemon juice and cheese and mix until well combined.



SEARED SHRIMP WITH PIMENTÓN AND SHERRY

Serves 8

1-1/2 lb. large shrimp, peeled and deveined, patted dry with paper towels
Kosher salt
3 tablespoons extra-virgin olive oil
6 medium cloves garlic, very thinly sliced
Heaping 1/4 teaspoon sweet pimentón (or paprika)
Heaping 1/8 teaspoon crushed red pepper flakes
3 tablespoons fino sherry
1/4 teaspoon finely grated lemon zest
1-1/2 tablespoons thinly sliced chives
Fresh lemon juice to taste



- Step 1.** Sprinkle the shrimp with 3/4 teaspoon kosher salt, toss, and let sit for 10 minutes (or refrigerate for up to 1 hour).
- Step 2.** In a large (12-inch) skillet, heat the extra-virgin olive oil on high heat. Pat the shrimp dry with paper towels and add them to the skillet. Sprinkle with 3/4 teaspoon kosher salt and sear until they're pink and a little golden on one side, about 1 minute. Sprinkle the garlic, pimentón, and red pepper flakes over the shrimp, and sauté, stirring, until the shrimp are almost completely pink, about 1 minute. Add the sherry and cook, stirring to deglaze the bottom of the pan, until the shrimp are pink all over (the sherry will evaporate quickly but you should still have some juices in the pan)
- Step 3.** Remove from the heat. Toss with the lemon zest and chives. Pour the shrimp and juices into a serving dish, squeeze on lemon juice to taste, and serve.

SWORDFISH WITH BLACK OLIVE AND MINT TAPENADE

Serves 4

For the Tapenade:

1 cup pitted Kalamata olives, coarsely chopped
2 oil-packed sun-dried tomatoes, chopped
2 tablespoons extra-virgin olive oil
8 basil leaves, torn into small pieces
2 tablespoons coarsely chopped fresh mint
1 medium clove garlic, minced and mashed to a paste
Large pinch crushed red pepper flakes

For the swordfish:

Four 1-inch-thick swordfish fillets
Coarsely cracked black pepper
Kosher salt
1 tablespoon extra-virgin olive oil

For serving:

1 pint ripe grape or cherry tomatoes, halved
2 tablespoons chopped fresh mint
2 tablespoons extra-virgin olive oil
Kosher salt

- Step 1. Make the tapenade:** Put the olives, sun-dried tomatoes, and oil in a food processor and pulse until the mixture forms a coarse paste. Pulse in the basil, mint, garlic, and red pepper flakes until combined and transfer to a medium bowl.
- Step 2. Make the swordfish:** Heat a gas grill to medium high, or prepare a medium-hot charcoal fire. Clean and oil the grates to prevent sticking. Sprinkle the fish with 1 teaspoon pepper and 1/2 teaspoon salt and drizzle with oil. Grill the fish until it has good grill marks, about 4 minutes. Using both tongs and a spatula, carefully turn the fish. Continue cooking until the other side has good grill marks and the fish is just cooked through, about 8 minutes.
- Step 3. To serve:** Toss the tomatoes with the mint, oil, and 1/2 teaspoon salt. Transfer the fish to a platter, spread generously with the tapenade, and top with a spoonful of the tomatoes (and their juices). Serve immediately.





Sweets

LEMON SORBET WITH STRAWBERRY SAUCE

1 cup hulled strawberries
2 teaspoons caster (superfine) sugar
2 tablespoons water
4 small scoops lemon sorbet

Place the strawberries, caster sugar and water in a blender and process until smooth. Place two small scoops of lemon sorbet in each bowl and drizzle with strawberry sauce to serve.

Variation: To make a raspberry sauce use 1 cup of raspberries instead of strawberries.



ORANGE – HAZELNUT OLIVE OIL COOKIES

Yields 6 cookies

2 cups toasted and skinned hazelnuts	1/2 cup extra-virgin olive oil
10 ounces (2-1/4 cups) unbleached all-purpose flour	2 large eggs
1 teaspoon baking powder	Finely grated zest of 2 medium oranges
1/4 teaspoon table salt	1 teaspoon pure vanilla extract
3/4 cup plus 2 tablespoons granulated sugar	

- Step 1.** Finely grind the hazelnuts in a food processor. In a medium bowl, whisk the hazelnuts, flour, baking powder, and salt to blend. With a hand mixer or a stand mixer fitted with the paddle attachment, beat the sugar, oil, eggs, zest, and vanilla on low speed until the sugar is moistened, about 15 seconds. Increase the speed to high and mix until well combined, about 15 seconds more (the sugar will not be dissolved at this point). Add the dry ingredients and mix on low speed until the dough has just pulled together, 30 to 60 seconds.
- Step 2.** Divide the dough in half. Pile one half of the dough onto a piece of parchment. Using the parchment to help shape the dough, form it into a log 11 inches long and 2 inches in diameter. Wrap the parchment around the log and twist the ends to secure. Repeat with the remaining dough. Chill in the freezer until firm, about 1 hour.
- Step 3.** Position racks in the upper and lower thirds of the oven and heat the oven to 350°F. Line four cookie sheets with parchment or nonstick baking liners.
- Step 4.** Unwrap one log of dough at a time and cut the dough into 1/4-inch slices; set them 1 inch apart on the prepared sheets. Bake two sheets at a time until light golden on the bottoms and around the edges, about 10 minutes, rotating and swapping the sheets halfway through for even baking. Let cool completely on racks. The cookies will keep in an airtight container at room temperature for up to 1 week.

Tip: For the best results, measure your flour by weight instead of volume. (1 cup of all-purpose flour equals 4-1/2 ounces) If you don't have a scale, use a measuring cup meant for dry ingredients, not liquids, and don't scoop the cup into the flour. Instead, stir the flour to aerate it, spoon it lightly into the cup without packing, and sweep the cup level with a straight edge.



PEARS WITH PEACH RICOTTA WHIP AND ALMONDS

3/4 cup smooth ricotta cheese
3/4 cup drained canned sliced peaches
1 tablespoon superfine (caster) sugar
12 canned pear halves
4 tablespoons flaked almonds

Place the ricotta cheese, peaches and sugar in a food processor or blender and process for 1 minute. Pour the mixture in a bowl and chill, covered, in the refrigerator for 2 hours to firm (or in the freezer for 1 hour). Put three pear halves in each bowl, pour over the peach ricotta whip and sprinkle with the flaked almonds.



PROVENÇAL APPLE AND WALNUT PIE

2 egg whites
1/2 cup superfine (caster) sugar
1 teaspoon vanilla extract
1 teaspoon baking powder
1/2 teaspoon cinnamon
1/2 cup all-purpose (plain) flour
1/4 cup chopped walnuts
1 cup peeled and diced apple

Preheat the oven to 180°C/350°F and lightly grease a pie plate. Mix the eggs, sugar, vanilla, baking powder and cinnamon in a bowl until well combined. Mix in the flour until well blended, then stir in the walnuts and apples. Pour the mixture into the prepared pie plate and bake for 30 minutes. Serve cut in wedges topped with a scoop of vanilla ice cream.

Variations: replace the chopped apples with other soft fruit like berries, apricots or peaches. Use other chopped nuts like hazelnuts or almonds instead of walnuts. This pie also tastes great served with custard.



RED GRAPE, POLENTA AND OLIVE OIL CAKE

Serves 8 to 10

1 cup unbleached all-purpose flour	1/2 cup extra-virgin olive oil
1/2 cup yellow cornmeal	1/3 cup milk
1-1/2 teaspoons baking powder	1 teaspoon pure vanilla extract
1/4 teaspoon table salt	1 teaspoon grated lemon zest
2 large eggs	1-3/4 cups red seedless grapes, washed and dried
2/3 cup granulated sugar	Confectioners' sugar for dusting

- Step 1.** Preheat the oven to 350°F. Grease a 9-inch round springform pan. Whisk together the flour, cornmeal, baking powder, and salt in a medium bowl.
- Step 2.** Combine the eggs and sugar in a large mixing bowl. Beat on medium-high speed until light in color and increased in volume, about 5 minutes. With the mixer on low speed, add the oil in a slow, steady stream. Turn the mixer to medium speed and beat for 1 minute. Stir in the milk, vanilla, and lemon zest on low speed.
- Step 3.** With the mixer on low speed, add the flour mixture, 1/2 cup at a time, until just incorporated. Stir in 1/2 of the grapes. Scrape the batter into the prepared pan and bake for 10 minutes.
- Step 4.** Scatter the remaining grapes over the top of the partially baked cake and continue to bake until the cake is golden and a toothpick inserted in the center of the cake comes out clean, about 40 minutes longer.
- Step 5.** Transfer the pan to a wire rack and let cool for 5 minutes. Release the sides from the pan and let the cake cool completely before dusting with confectioners' sugar, cutting into wedges, and serving.

Tip: If you add all the grapes at once, they'll sink to the bottom, so reserve half and scatter them on top of the cake after it's been in the oven for 10 minutes. They'll sink slightly but still be visible. Dust the cake with confectioners' sugar before serving for a pretty presentation.

Make ahead tips: Store uneaten cake in a cake keeper or wrap in plastic and store at room temperature for up to 3 days.



STEWED FIGS AND APRICOTS WITH HONEY YOGURT

3/4 cup water
1 teaspoon sugar
1 tablespoon lemon juice
1/2 cup dried figs
1/2 cup dried apricots
3/4 cup Greek-style yogurt
1 tablespoon liquid honey
Cinnamon to sprinkle on top

Place the water, sugar and lemon juice in a small saucepan, stir to combine and bring to the boil. Add the apricots and figs, cover the pot, reduce the heat to medium and simmer for 20 minutes. Mix together the yogurt and honey in a small bowl. Serve the stewed fruit in bowls with the honey-yogurt spooned on top and lightly sprinkled with cinnamon.

Variation: Serve with chopped nuts (like pistachios or flaked almonds) on top.

