



The Mediterranean Diet
Recipe Book
Fourteenth Edition

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Breakfast & Light Lunches

BALSAMIC ROASTED TOMATOES

Serves 4

400g cherry tomatoes and small plum tomatoes; cut a cross into each
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, extra-virgin 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.



CATALAN POTATOES

Serves 6

1/2 cup extra-virgin olive oil (1/3 cup for nonstick pans)
3 whole cloves garlic, peeled
1 large Spanish onion, diced
2 large Idaho potatoes, peeled and sliced 1/4 inch thick
3 cloves garlic, chopped fine
4 plum tomatoes, peeled, seeded, and diced
1 teaspoon salt; more to taste
1/2 teaspoon freshly ground black pepper; more to taste

Step 1. Heat an 8- or 9-inch skillet over medium heat. Pour in the extra-virgin olive oil and add the whole garlic cloves. Cook the garlic until browned, about 8 min. Discard the cloves.

Step 2. Add the diced onion to the pan. Sauté in the oil until light brown, about 12 min. Remove the onions from the pan with a slotted spoon.

Step 3. Add half of the potato slices to the oil. Top them with an even layer of the onions, chopped garlic, tomatoes, salt, and pepper. Top with the remaining potato slices. Cook the potatoes until browned, about 15 min., and then turn the potatoes over, pressing down on them with a spatula. (You don't have to turn all the potatoes at once; the potato cake will still keep its shape.) Continue cooking until the underside is brown and the



potatoes are tender throughout, about another 15 min. Slide from the pan onto a serving platter and serve immediately.

GREEK MACARONI AND CHEESE

Serves 4 to 6

2 skinless, boneless chicken breasts, cut into 2 by 1/2-strips
1 teaspoon kosher salt, plus more for salting the pasta
1/2 teaspoon freshly ground black pepper
1/4 cup all-purpose flour
2 tablespoons extra-virgin olive oil
1 tablespoon finely chopped garlic
3 medium tomatoes, diced
1 lb. farfalle pasta

5 packed cups fresh spinach leaves, washed and stems trimmed inch
1-1/2 tablespoons chopped fresh oregano leaves water
2 cups dry white wine
1-1/2 cups crumbled feta cheese
1 cup pitted Kalamata or other black olives
2 tablespoons unsalted butter
1/4 cup grated Parmesan cheese, for garnish

- Step 1.** Arrange the chicken strips in a single layer on a plate or baking sheet. Sprinkle evenly with 1/4 teaspoon salt and 1/8 teaspoon black pepper. Place the flour in a shallow bowl, and dredge the chicken in flour on both sides.
- Step 2.** Place a large (12- to 14-inch) sauté pan over high heat for a couple of minutes. When hot, add the extra-virgin olive oil, swirl the pan to coat, and add the chicken strips in a single layer. Cook in batches if needed. Cook until slightly browned, about 1 minute. Turn the pieces or stir them so they brown evenly, about 1-1/2 minutes more.
- Step 3.** Reduce the heat to medium-high. Push the chicken strips to the side of the pan as they continue to cook, and add the garlic. Cook just until fragrant, about 1 minute, but do not let it brown or it will taste bitter.



Step 4. Add the tomatoes, season with 1/4 teaspoon salt and 1/8 teaspoon black pepper, and cook until they start to give off their juices, about 2 minutes.

GREEK MACARONI AND CHEESE (CONT.)

Step 5. Meanwhile, bring a medium (6- to 8-quart) pot of water to a boil. Salt it generously (it should taste like the sea). Stir in the pasta and cook according to the package directions. Drain (but don't rinse, or you'll rinse away starches that will help thicken the sauce) and return to the empty pot.

Step 6. Add the spinach, oregano, remaining 1/2 teaspoon salt, and remaining 1/4 teaspoon black pepper to the pan with the tomatoes. Stir until the spinach has wilted, about 5 minutes. Add the wine to the pan, stirring to scrape up any browned bits, and cook over medium-high heat until reduced slightly and the chicken is cooked through, about 10 minutes.

Step 7. Add the feta and olives to the pan, stirring well to incorporate. Remove the pan from the heat and stir in the butter, a tablespoon at a time, until the sauce has thickened slightly.

Step 8. Stir the sauce into the cooked and drained pasta in the pot. Place over medium heat and simmer for 2 minutes to thicken the sauce and allow the pasta to absorb the flavors, stirring now and then.

Step 9. Serve in individual bowls topped with Parmesan cheese.

LIMA BEAN SPREAD WITH CUMIN AND HERBS

1 10-ounce package frozen lima beans
4 cloves garlic, crushed and peeled
1/4 teaspoon crushed red pepper
2 tablespoons extra-virgin olive oil
4 teaspoons lemon juice, juice
1 teaspoon ground cumin
1/2 teaspoon salt, or to taste
Freshly ground pepper, to taste
1 tablespoon chopped fresh mint
1 tablespoon chopped fresh cilantro
1 tablespoon chopped fresh dill

Step 1. Bring a large saucepan of lightly salted water to a boil. Add lima beans, garlic and crushed red pepper; cook until the beans are tender, about 10 minutes. Remove from heat and let cool in the liquid.

Step 2. Drain the beans and garlic. Transfer to a food processor. Add oil, lemon juice, cumin, salt and pepper; process until smooth. Scrape into a bowl, stir in mint, cilantro and dill.

TIP: Make ahead. Cover and refrigerate for up to 4 days or freeze for up to 6 months.



MANCHEGO MARINATED IN OLIVE OIL AND HERBS

Serves 8

- 1 cup extra-virgin olive oil; more if needed
- 3 large sprigs thyme
- 2 4-inch sprigs rosemary
- 1 small dried red chile, cut in half or thirds
- 8 oz. manchego (more aged is better), rind cut off, cut into 1/2- to 3/4-inch cubes

- Step 1.** In a small saucepan, heat the 1 cup oil and the thyme, rosemary, and chile over medium heat until the oil is hot (160°F) and looks shimmery, about 2 minutes. Set aside to cool completely at room temperature.
- Step 2.** Put the manchego in a glass or ceramic bowl. Pour the extra-virgin olive oil, herbs, and chile on top. Add more oil to cover, needed. Cover and refrigerate for at least 4 hours. Remove from the refrigerator a few hours before the party to return the oil to room temperature.
- Step 3.** To serve, transfer everything to a pretty bowl, with toothpicks alongside for spearing the cheese.



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MEDITERRANEAN SCONES

Serves 8

350g self-raising flour
1 tablespoon baking powder
1/4 tsp salt
50g butter , cut in pieces
1 tablespoon
8 halves Italian sundried tomatoes , coarsely chopped
100g feta cheese , cubed
10 black olives , pitted and halved
300ml full fat milk
1 egg , beaten, to glaze



- Step 1.** Heat the oven to 220C/fan 200C/gas 7. Butter a large baking sheet. In a large bowl, mix together the flour, baking powder and salt. Rub in the butter with the oil, until the mixture resembles fine crumbs, then add the tomatoes, cheese and olives. Make a well in the centre, pour in the milk and mix with a knife, using a cutting movement, until it becomes a soft 'stickyish' dough. (Use all the milk - it helps give a light texture.) Don't over-handle the dough.
- Step 2.** Flour your hands and the work surface well, and shape the dough into a round, about 3-4cm thick. Cut into eight wedges and place them well apart on the baking sheet. Brush with beaten egg and bake for 15-20 mins until risen, golden and springy to the touch. Transfer to a wire rack and cover with a clean tea towel to keep them soft. These are best served warm and buttered. Will keep for 2-3 days in an airtight container.

MUSHROOM BRUSCHETTA

3 tablespoons extra-virgin olive oil
2 cups sliced mushrooms (portabello or any type of large flat mushroom)
4 thick slices of ciabatta (Italian crusty bread)—or use baguette sliced on the diagonal instead
1 clove garlic—peeled and cut in half
1 tablespoon finely chopped flat-leaf parsley
1/2 teaspoon sea salt
1/4 teaspoon freshly ground black pepper

Heat 1 tablespoon of extra-virgin olive oil in a frying pan over a medium heat. Add the mushrooms and cook for 4-5 minutes, stirring regularly. While the mushrooms are cooking, toast the ciabatta slices under an oven broiler (griller) until golden on both sides. Rub one side of each slice of ciabatta with the cut side of garlic and drizzle 1 tablespoon of the extra-virgin olive oil evenly over the slices. Stir the reserved tablespoon of extra-virgin olive oil, parsley, salt and pepper through the mushrooms and spoon equal amounts on top of each bruschetta. Serve immediately.



PAN-FRIED HALLOUMI WITH FENNEL, OLIVE AND MINT COMPOTE

Serves 4 to 6

3 tablespoons extra-virgin olive oil
1/2 medium fennel bulb, cored and cut into 1/4-inch dice (about 1-1/4 cups)
1/2 medium yellow onion, cut into 1/4-inch dice (about 3/4 cup)
Kosher salt and freshly ground black pepper
12 pitted Kalamata olives, slivered (about 1/3 cup)
1 teaspoon finely grated lemon zest
1/3 cup minced fresh mint
1 8-oz. package halloumi cheese, cut into 1/4- to 3/8-inch-thick slices



- Step 1.** Heat 2 tablespoons of the oil in a heavy, 10-inch sauté pan over medium heat until hot. Add the fennel and onions and cook gently, stirring occasionally, until the vegetables begin to soften (but don't let them brown), 4 to 5 min. Reduce the heat to medium low, add 1/4 teaspoon kosher salt and 1/4 teaspoon pepper and continue to cook until the vegetables soften completely, another 3 to 5 min. Turn the heat to low and stir in the olives, lemon zest, mint, and the remaining 1 tablespoon oil. Remove from the heat and cover to keep warm.
- Step 2.** Set a large (preferably 12-inch) nonstick skillet over medium-high heat (no oil is necessary) until hot, about 1 minute. Working in batches if necessary to avoid crowding the pan, cook the halloumi until golden in spots, about 2 min. Flip and cook until the second side of each slice is golden, about 2 min. more. Reduce the heat as needed if the halloumi is browning too fast.
- Step 3.** Shingle the halloumi on a serving platter. Stir the compote and spoon half of it over the halloumi. Serve immediately with the remaining compote on the side.

PARSLEY TABBOULEH

Serves 4

1 cup water
1/2 cup bulgur
1/4 cup lemon juice
2 tablespoons extra-virgin olive oil
1/2 teaspoon minced garlic
1/4 teaspoon salt
Freshly ground pepper, to taste
2 cups finely chopped flat-leaf parsley, (about 2 bunches)
1/4 cup chopped fresh mint
2 tomatoes, diced
1 small cucumber, peeled, seeded and diced
4 scallions, thinly sliced



- Step 1.** Combine water and bulgur in a small saucepan. Bring to a full boil, remove from heat, cover and let stand until the water is absorbed and the bulgur is tender, 25 minutes or according to package directions. If any water remains, drain bulgur in a fine-mesh sieve. Transfer to a large bowl and let cool for 15 minutes.
- Step 2.** Combine lemon juice, oil, garlic, salt and pepper in a small bowl. Add parsley, mint, tomatoes, cucumber and scallions to the bulgur. Add the dressing and toss. Serve at room temperature or chill for at least 1 hour to serve cold.

ROASTED EGGPLANT AND FETA DIP

Serves 12

1 medium eggplant, (about 1 pound)	1 small chile pepper, such as jalapeño, seeded and minced (optional)
2 tablespoons lemon juice	2 tablespoons chopped fresh basil
1/4 cup extra-virgin olive oil	1 tablespoon finely chopped flat-leaf parsley
1/2 cup crumbled feta cheese, preferably Greek	1/4 teaspoon cayenne pepper, or to taste
1/2 cup finely chopped red onion	1/4 teaspoon salt
1 small red bell pepper, finely chopped	Pinch of sugar, (optional)

- Step 1.** Position oven rack about 6 inches from the heat source; preheat broiler.
- Step 2.** Line a baking pan with foil. Place eggplant in the pan and poke a few holes all over it to vent steam. Broil the eggplant, turning with tongs every 5 minutes, until the skin is charred and a knife inserted into the dense flesh near the stem goes in easily, 14 to 18 minutes. Transfer to a cutting board until cool enough to handle.
- Step 3.** Put lemon juice in a medium bowl. Cut the eggplant in half lengthwise and scrape the flesh into the bowl, tossing with the lemon juice to help prevent discoloring. Add oil and stir with a fork until the oil is absorbed. (It should be a little chunky.) Stir in feta, onion, bell pepper, chile pepper (if using), basil, parsley, cayenne and salt. Taste and add sugar if needed.



TORTILLA WITH ROCKET AND PARMESAN

Serves 4

500g potatoes, peeled
3 tablespoons extra-virgin olive oil, plus extra for drizzling
1 large onion, chopped
5 eggs, beaten
100g bag rocket
Handful grated parmesan, or shavings

Step 1. Cut the potatoes into slices, about finger thickness. Heat the oil in a non-stick frying pan, then tip in the potatoes and onion. When they start to sizzle and colour a little, pour in 225ml/8fl oz water - this will splatter so be careful. Simmer potatoes for 10 mins until tender.

Step 2. Pour off any excess liquid from the potatoes, then tip the eggs into the pan, season and stir lightly to mix. Return the pan to a medium heat and cook the tortilla until set on one side, about 5 mins. Place a plate on the top of the pan, hold it tightly and deftly turn it upside down so the tortilla comes out onto the plate. Add a bit of extra oil to the pan if it needs it, before sliding the tortilla back in to cook the reverse side - it only needs 5 mins more.

Step 3. Slide the tortilla onto a plate and cut it into 4 wedges. Top with a little pile of rocket, sprinkle over the parmesan, then drizzle with oil and serve.





Salads

BAKED FETA AND WALNUT SALAD

Serves 4

2 teaspoons plus 4 tablespoons extra-virgin olive oil
1 teaspoon dried oregano
1/2 teaspoon freshly ground black pepper
6 oz (180g) feta cheese—cut into small cubes
2/3 cup raw walnuts
1 clove garlic—crushed
3 tablespoons lemon juice
Pinch of sea salt
6 cups mixed salad leaves of your choice—washed and shaken dry
2 radishes—very thinly sliced
1 zucchini—very thinly sliced



Preheat the oven to 180C/350F. Mix 2 teaspoons of extra-virgin olive oil with the dried oregano and black pepper in a bowl and toss through the cubed feta cheese to coat well. Arrange the feta cubes on a baking tray lined with non-stick baking paper. Bake in the oven for 10 minutes. Place the walnuts on a separate baking tray and bake for the final 3 minutes of cooking, then roughly chop. Place the remaining 4 tablespoons of extra-virgin olive oil, garlic, lemon juice and salt in a jar with a lid and shake to combine. Place the salad leaves, radish slices and zucchini slices in a salad bowl and toss with half the dressing to coat. Scatter over the baked feta and walnuts and drizzle with the remaining dressing to serve.

BULGUR AND GRAPE SALAD WITH WALNUTS AND CURRANTS

Serves 6

- 1 cup medium-grind bulgur wheat
- 1 cup seedless red grapes, cut in halves or quarters, depending on size, or Champagne grapes
- 1 cup small-diced celery (about 3 stalks)
- 1/3 cup chopped toasted walnuts
- 1/4 cup packed coarsely chopped fresh flat-leaf parsley
- 3 tablespoons dried currants
- 3 tablespoons walnut oil, preferably roasted
- 3 tablespoons white balsamic vinegar
- 2 tablespoons minced shallot
- Kosher salt and freshly ground black pepper



In a small saucepan, bring 1 cup water to a boil over high heat. Stir in the bulgur, remove from the heat, cover, and let sit until the water is completely absorbed and the bulgur is tender and cooled to room temperature, about 1 hour. Transfer to a large bowl. Add the grapes, celery, walnuts, parsley, currants, walnut oil, vinegar, shallot, and 1/2 teaspoon salt; toss well. Season to taste with more salt and pepper.

CHOPPED GREEK SALAD WITH CHICKEN

Serves 4

1/3 cup red-wine vinegar
2 tablespoons extra-virgin olive oil
1 tablespoon chopped fresh dill, or oregano or 1 teaspoon dried
1 teaspoon garlic powder
1/4 teaspoon salt
1/4 teaspoon freshly ground pepper
6 cups chopped romaine lettuce
2 1/2 cups chopped cooked chicken
2 medium tomatoes, chopped
1 medium cucumber, peeled, seeded and chopped
1/2 cup finely chopped red onion
1/2 cup sliced ripe black olives
1/2 cup crumbled feta cheese



Whisk vinegar, oil, dill (or oregano), garlic powder, salt and pepper in a large bowl. Add lettuce, chicken, tomatoes, cucumber, onion, olives and feta; toss to coat.

TIP: If you don't have cooked chicken, poach 1 pound chicken breasts for this recipe. Place boneless, skinless chicken breasts in a medium skillet or saucepan. Add lightly salted water (or chicken broth) to cover and bring to a boil. Cover, reduce heat to low and simmer gently until the chicken is cooked through and no longer pink in the middle, 10 to 15 minutes.

FARRO SALAD WITH MARINATED ARTICHOKES, WATERCRESS AND FETA

Serves 6

For the artichokes:

1/2 cup white wine vinegar
2 cloves garlic, peeled
1/4 cup kosher salt
8 baby artichokes, trimmed, and quartered
8 sprigs fresh parsley
4 sprigs fresh thyme
2 sprigs fresh oregano
2 cups extra-virgin olive oil; more as needed

For the salad:

Kosher salt
1 cup farro
1/4 lb. feta, preferably sheep's milk
2 medium scallions, thinly sliced on the diagonal, both white and green parts
2 oz. watercress, trimmed and cut into 2-inch pieces
1 tablespoon red wine vinegar
Freshly ground black pepper

Prepare the artichokes:

Bring 1 quart water, the vinegar, garlic, and salt to a boil in a 4-quart saucepan over high heat. Add the artichokes and boil until tender (check near the base of the leaves), about 10 minutes. Drain the artichokes (reserve the garlic), and lay them out on a cloth to dry for about 30 minutes. Put them in a 1-quart container or Pyrex measuring cup. Add the garlic, parsley, thyme, and oregano and cover with the extra-virgin olive oil. Let sit for about 1 hour.

Make the salad:

Step 1. Reserve 1/4 cup of the oil and drain the rest. Discard the garlic and herbs.

Step 2. Bring a 4-quart saucepan of well-salted water to a boil. Add the farro and cook until al dente, 25 to 30 minutes. Drain and spread on a baking sheet to cool until



barely warm.

- Step 3.** Combine the farro with the artichokes, the reserved oil, feta, and scallions and toss to combine. Let sit for 10 minutes to let the flavors meld. Toss in the watercress and vinegar. Season to taste with salt and pepper and serve immediately.

GIANT COUSCOUS AND AUBERGINE SALAD

Serves 6

1 sliced aubergine
Extra-virgin olive oil
250g cherry tomatoes
250g giant couscous
3 tablespoons lemon juice
1 finely chopped small red onion
175g crumbled feta cheese
Small handful roughly chopped basil leaves

Step 1. Heat oven to 200C/180C fan/gas 6. Place the sliced aubergine in a roasting tray, drizzle with 1 tablespoon extra-virgin olive oil and roast for 5 mins. Add the cherry tomatoes and roast for 15 mins more.

Step 2. Boil the giant couscous for 6-8 mins or until tender. Meanwhile, combine 2 tablespoons extra-virgin olive oil with the lemon juice and finely chopped small red onion.

Step 3. Drain couscous and mix with dressing, crumbled feta and roasted veg. Serve with a small handful roughly chopped basil leaves on top.



SALMON PANZANELLA

Serves 4

8 Kalamata olives, pitted and chopped
3 tablespoons red-wine vinegar
1 tablespoon capers, rinsed and chopped
1/4 teaspoon freshly ground pepper, divided
3 tablespoons extra-virgin olive oil
2 thick slices day-old whole-grain bread, cut into 1-inch cubes
2 large tomatoes, cut into 1-inch pieces

1 medium cucumber, peeled, seeded and cut into 1-inch pieces
1/4 cup thinly sliced red onion
1/4 cup thinly sliced fresh basil
1 pound center-cut salmon, skinned and cut into 4 portions
1/2 teaspoon kosher salt

Step 1. Preheat grill to high.

Step 2. Whisk olives, vinegar, capers and 1/8 teaspoon pepper in a large bowl. Slowly whisk in oil until combined. Add bread, tomatoes, cucumber, onion and basil.

Step 3. Oil the grill rack. Season both sides of salmon with salt and the remaining 1/8 teaspoon pepper. Grill the salmon until cooked through, 4 to 5 minutes per side.

Step 4. Divide the salad among 4 plates and top each with a piece of salmon.



SPANISH-STYLE ROASTED RED PEPPER SALAD AND GRILLED TUNA

Serves 4

5 red bell peppers, roasted, peeled, and seeded; juices reserved
1 lb. fresh tuna
2/3 cup extra-virgin olive oil
Salt and freshly ground black pepper
Cayenne
3 medium Yukon Gold potatoes
3 or 4 large eggs

6 cloves garlic, thinly sliced lengthwise
1/3 cup fresh lemon juice
36 kalamata olives, pitted
2 ribs celery, sliced
1 bunch arugula or fresh spinach
4 scallions, thinly sliced on the bias



- Step 1.** Slice the peppers into thick strips and reserve them in a bowl with any juices. Light a charcoal or gas grill or heat a cast-iron skillet to high. Lightly coat the fresh tuna on all sides with a little of the olive oil, season with salt, pepper, and very little cayenne, and grill it over a hot flame to a medium doneness. Set aside.
- Step 2.** Peel the potatoes, cut them into quarters, and put them in a medium pot with cold water to cover. Add 1 tablespoon salt and bring to a boil over high heat. As soon as the potatoes come to a boil, reduce the heat and simmer until they're just tender, 10 to 12 min. Drain, run under cold water, and cut each quarter in half. Reserve.
- Step 3.** Put the eggs in a small pot, cover with cold water, and bring to a boil over high heat. Once boiling, reduce the heat to a hard simmer and cook for 8 min. Remove from the heat, drain, and chill in ice water. Once cooled, peel the eggs and reserve.
- Step 4.** In a sauté pan, heat the rest of the oil with the garlic over low heat until the garlic is golden, 10 to 12 min. Let cool for 10 min., strain out the garlic, and reserve the oil and garlic separately.

Step 5. Stir the lemon juice into the garlic-flavored oil and add 12 teaspoons salt, pepper, and a pinch of cayenne; set aside.

SPANISH-STYLE ROASTED RED PEPPER SALAD AND GRILLED TUNA (CONT.)

- Step 6.** Slice the tuna into bite-size pieces and put in a bowl. Add the potatoes, olives, and celery and mix gently. Add 3 to 4 tablespoons of the garlic dressing and toss. Season with salt, pepper, and a pinch of cayenne. Toss 3 tablespoons of the dressing with the pepper slices, and another 3 to 4 tablespoons of the dressing with the arugula. Reserve any extra dressing to drizzle on the completed salad, if you like.
- Step 7.** To serve the salad, arrange the greens on a shallow platter, mound the tuna-potato mixture in the middle, and arrange the roasted red pepper slices around that. Cut the hard-boiled eggs into wedges and arrange them around the perimeter. Sprinkle the garlic slivers and the sliced scallions over all.

WARM COUSCOUS AND GRILLED ZUCCHINI SALAD

Serves 4

3 small or 2 medium zucchini	1 large red onion, sliced into 1/3-inch-thick rounds	
Kosher salt	1/4 cup extra-virgin olive oil	
2 teaspoons ground cumin	7-1/2 oz. couscous (1-1/4 cups)	sugar
2 teaspoons packed light brown	1/4 cup chopped fresh cilantro	
1/8 teaspoon ground cinnamon	1 tablespoon finely grated orange zest	
Pinch cayenne	2 tablespoons fresh orange juice; more to taste	
Freshly ground black pepper		

- Step 1.** Wash the zucchini well to remove any grit and dry them with paper towels. Trim off the ends and quarter the zucchini lengthwise. Slice off the top 1/4 to 1/2 inch of the soft seed core by running a sharp knife down the length of each quarter; it's all right if some of the seeds remain. Arrange the zucchini, cut side up, on a baking sheet lined with paper towels. Sprinkle with kosher salt (about 1/2 teaspoon) and set aside for 10 minutes. Blot the quarters dry with the paper towels.
- Step 2.** Heat a gas grill to medium high or prepare a medium-hot charcoal fire. In a small bowl, mix the cumin, brown sugar, cinnamon, cayenne, 1 teaspoon salt, and 1/4 teaspoon pepper. In a medium bowl, gently toss the zucchini quarters with 1 tablespoon extra-virgin olive oil and the spice mix. Let sit for 10 minutes. Thread each onion slice onto two thin skewers (to hold the concentric rings together), brush both sides with 1 tablespoon of the extra-virgin olive oil, and sprinkle with a little salt.
- Step 3.** Meanwhile, bring 1-1/2 cups water to a boil in a large saucepan. Stir in the couscous, 2 tablespoons of the extra-virgin olive oil, and 3/4 teaspoon salt. Cover, remove from the heat, and set aside.
- Step 4.** Set the zucchini cut side down on the grill and cook (if using a gas grill, keep the lid closed), flipping occasionally, until it's browned and softened but not mushy, 6 to 8 minutes. Return the zucchini to its original bowl and toss to pick up any spices clinging to it. Reduce the heat to medium (if using a charcoal grill, put on the lid and partially close air vents). Grill the onions until soft and slightly charred, 8 to 10



minutes. Coarsely chop the zucchini and onions and stir them into the couscous, along with the cilantro, orange zest, and orange juice. Taste for salt and pepper; add a little more orange juice to taste. Serve immediately.



& Soups Vegetarian

GREEK SPINACH AND FETA PIE (SPANAKAPITA)

Serves 8

For the filling:

2 lb. fresh spinach, washed, dried, trimmed, and coarsely chopped
3 tablespoons extra-virgin olive oil
1 bunch scallions, white and light-green parts only, trimmed and finely chopped
2 cups crumbled feta cheese
1/2 cup finely grated Greek kefalotyri cheese or Parmigiano-Reggiano
2 large eggs, lightly beaten
1/2 cup finely chopped fresh dill
1/3 cup finely chopped fresh flat-leaf parsley
1/4 teaspoon freshly grated nutmeg
Kosher or fine sea salt

For the assembly:

1/3 cup extra-virgin olive oil for brushing; more as needed
18 9x14-inch sheets frozen phyllo dough, thawed and at room temperature
2 teaspoons whole milk

Position a rack in the center of the oven and heat the oven to 375°F.

Make the filling:

- Step 1.** Heat a 10-inch straight-sided saute pan over medium-high heat. Add a few large handfuls of the spinach and cook, tossing gently with tongs. As the spinach starts to wilt, add the rest a few handfuls at a time. Cook until all the spinach is wilted and bright green, about 4 minutes. With a slotted spoon, transfer the spinach to a colander set in a sink. Let cool slightly and squeeze with your hands to extract as much of the remaining liquid as you can.
- Step 2.** Wipe the pan dry with a paper towel. Heat the oil in the pan over medium heat. Add the



scallions and cook until soft and fragrant, about 4 minutes. Stir in the spinach, turn off the heat, and let cool for 5 minutes. Then stir in the cheeses, eggs, dill, parsley, nutmeg, and 1/2 teaspoon salt and mix thoroughly.

GREEK SPINACH AND FETA PIE (CONT.)

Assemble the pie:

- Step 1.** With a pastry brush, lightly coat the bottom and sides of a 9x13x2-inch baking pan with some of the oil. Working quickly, lightly oil one side of a phyllo sheet and lay it in the pan oiled side up and off center so that it partially covers the bottom and reaches halfway up one long side of the pan (the edge on the bottom of the pan will be about 1 inch from the side). Lightly oil the top of another phyllo sheet and lay it oiled side up and off center so it reaches halfway up the other long side of the pan. (If your pan has sloped sides, the sheets may be slightly longer than the bottom of the pan; if so, let the excess go up one short side of the pan and then alternate with subsequent sheets.) Repeat this pattern with 4 more phyllo sheets.
- Step 2.** Next, lightly oil the tops of 3 phyllo sheets and layer them oiled side up and centered in the pan. Spread the filling evenly over the last layer.
- Step 3.** Repeat the oiling and layering of the remaining 9 phyllo sheets over the filling in the same way you layered the previous 9. With the oiled bristles of the pastry brush, push the edges of the phyllo down around the sides of the pan to enclose the filling completely.
- Step 4.** With a sharp knife, score the top phyllo layer into 24 rectangles, being careful not to cut all the way through to the filling. Using the same pastry brush, brush the milk along all the score marks (this will keep the phyllo from flaking up along the edges of the squares). Bake the spanakopita until the top crust is golden brown, 35 to 45 minutes. Let cool until just warm. Cut out the rectangles carefully along the score marks and serve.

TIP: Phyllo dries out very fast and becomes brittle when exposed to the air.

KUMUQUAT TAGINE

Serves 6

1 tablespoon extra-virgin olive oil	3/4 teaspoon ground cinnamon
2 onions, thinly sliced	1/2 teaspoon salt
4 cloves garlic, slivered	1/2 teaspoon freshly ground pepper
1 tablespoon minced fresh ginger	1/8 teaspoon ground cloves
2 pounds boneless, skinless chicken thighs, trimmed of fat, cut into 2-inch pieces	1 14-ounce can vegetable broth
1 teaspoon ground coriander	12 ounces kumquats, seeded and roughly chopped (2 cups)
1 teaspoon ground cumin	1 15-ounce can chickpeas, rinsed
	1 1/2 tablespoons honey

Step 1. Preheat oven to 375°F.

Step 2. Heat oil in an ovenproof casserole or Dutch oven over medium heat. Add onions; cook, stirring often, until softened, about 4 minutes. Add garlic and ginger; cook for 1 minute, stirring constantly.

Step 3. Add chicken; cook, stirring often, for 8 minutes. Stir in coriander, cumin, cinnamon, salt, pepper and cloves; cook until aromatic, about 20 seconds. Stir in broth, kumquats, chickpeas and honey. Bring to a simmer.

Step 4. Cover the pan and transfer to the oven. Bake, stirring occasionally, until the chicken is cooked through and the broth is bubbling and somewhat reduced, about 1 hour.



TIP: To seed a kumquat, cut lengthwise, then remove the few seeds with the knife tip or your finger.

MEDITERRANEAN-STYLE ROAST CAULIFLOWER SOUP

Serves 4

4 tablespoons extra-virgin olive oil
1 whole cauliflower—cut into florets
1 potato—peeled and cut into small cubes
5 cups vegetable or chicken stock
2 cloves garlic—finely chopped
1 1/2 teaspoons salt
1/2 teaspoon freshly ground black pepper
1/2 teaspoon dried rosemary
Grated Parmesan cheese to serve

Preheat the oven to 250C/500F. Place the cauliflower and potato in a baking dish, toss with 2 tablespoons of the extra-virgin olive oil and roast for 15 minutes. During the final 5 minutes of roasting, heat 1 tablespoon of the extra-virgin olive oil in a large saucepan over a medium-low heat and cook the garlic and rosemary for 2 minutes. Add the salt, pepper and stock and bring to a boil. ADD the roast cauliflower and potato and simmer for 2 minutes. Transfer the soup to a blender and process until smooth. Return the soup to the saucepan to reheat and stir in the reserved tablespoon of extra-virgin olive oil. Serve in bowls topped with a small amount of grated Parmesan cheese.



MOROCCAN VEGETABLE ROGOÛT

Serves 3 to 4

1 tablespoon extra-virgin olive oil
1 medium yellow onion, thinly sliced
1 3- to 4-inch cinnamon stick
1-1/2 teaspoon ground cumin
2 cups peeled and medium diced (1/2-inch) sweet potatoes
1 14- to 16-oz. can chickpeas, drained and rinsed
1 14-1/2-oz. can diced tomatoes; with their juices
1/2 cup pitted green Greek or Italian olives
6 tablespoons orange juice, preferably fresh
1-1/2 teaspoon honey
2 cups lightly packed very coarsely chopped kale leaves
Kosher salt and freshly ground black pepper



Heat the oil in a 5- to 6-quart Dutch oven or other heavy pot over medium-high heat. Add the onion and cook, stirring frequently, until soft and lightly browned, about 5 min. Add the cinnamon stick and cumin and cook until very fragrant, about 1 minute. Add the sweet potatoes, chickpeas, tomatoes and their juices, olives, orange juice, honey, and 1 cup water; bring to a boil. Reduce the heat to medium low and simmer, covered, stirring occasionally, until the sweet potatoes are barely tender, about 15 min. Stir in the kale. Cover and continue cooking until wilted and softened, about another 10 min. Season with salt and pepper to taste.

TIP: If you don't have an olive-pitting tool, you can use a small skillet or saucepan. Apply pressure with

the bottom of the pan until the olives split, exposing the pits enough that they can be plucked away by hand.

SOUPE AU PISTOU

Serves 4

2 tablespoons extra-virgin olive oil
1 onion—cut in half, thinly sliced and separated into half-rings
1 carrot—quartered lengthways and thinly sliced
1 zucchini (courgette)—halved lengthways and sliced into ½-rounds
1 potato—peeled and cut into bite-size pieces
1 cup green beans—ends trimmed and cut into 1-inch pieces
6 cups chicken stock
1/2 teaspoon sea salt
1/4 teaspoon freshly ground black pepper
14 oz (420g) canned white beans (like cannellini)—rinsed and drained
3 tablespoons pesto—store-bought or homemade



Heat the oil in a large saucepan over a medium heat. Cook the onion and carrot for 3 minutes, then add the zucchini, potato and green beans and cook for 2 minutes more, stirring occasionally. Add the stock, salt and pepper, bring to the boil, then cover the pot, reduce the heat and simmer for 15 minutes. Add the white beans and pesto and cook for 5 minutes. Serve in bowls with crusty bread on the side.



Dinner

CRISPY SQUID WITH CAPONATA

Serves 4

800g cleaned squid tubes	For the Caponata:	3 garlic cloves , crushed	3 celery sticks, sliced
150g plain flour	1 large aubergine	1 tsp caster sugar	250g cherry tomatoes
1 tablespoon cayenne pepper or chilli powder	4 tablespoons extra-virgin olive oil	1 tablespoon balsamic vinegar	30g capers , rinsed if salted
Extra-virgin olive oil , for frying	1 onion , chopped	150g green olives , stoned	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.

CRISPY SQUID WITH CAPONATA (CONT.)

- 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.
- 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.



FISH COUSCOUS WITH ONION T'FAYA

Serves 8

1/2 cup raisins	1/2 teaspoon ground cinnamon
4 tablespoons extra-virgin olive oil, divided	1/2 teaspoon freshly ground pepper
2 tablespoons butter	3 large onions, (2-2 1/2 pounds), very thinly sliced
8 saffron threads, (see Ingredient Note)	1 tablespoon sugar
2 teaspoons salt	2 1/3 cups reduced-sodium chicken broth, fish broth or vegetable broth, divided
1 teaspoon ground ginger	2 1/2 pounds Pacific halibut, or other firm white fish, skinned and cut into 2-inch wide pieces
1 teaspoon ground turmeric	Freshly ground pepper, to taste
1/2 teaspoon ground allspice	1 tablespoon canola oil
1/2 teaspoon ground nutmeg	1/2 cup sliced or slivered almonds
1 cup whole-wheat couscous	

- Step 1.** Place raisins in a small bowl and cover with warm water; let soak for 10 minutes. Drain.
- Step 2.** Crush saffron and salt together in a mortar and pestle until a coarse powder forms. Combine with ginger, turmeric, allspice, nutmeg, cinnamon and pepper in a small bowl.
- Step 3.** Heat 2 tablespoons extra-virgin olive oil and butter in a Dutch oven over medium heat. Add the spice mixture and cook, stirring, until the mixture starts to foam. Add onions, sugar and the plumped raisins. Cook, stirring occasionally, until the onions turn light brown, 20 to 25 minutes. Add 1 cup broth and nestle fish into the onion mixture. Cover and cook until the fish is flaky, 8 to 10 minutes. Remove from the heat and season with pepper. Cover and set aside.
- Step 4.** Meanwhile, heat canola oil in a small skillet over medium-high heat. Add almonds and cook, stirring, until



just beginning to turn golden, about 1 minute. Drain on paper towels.

- Step 5.** Bring the remaining 1 1/3 cups broth and the remaining 2 tablespoons extra-virgin olive oil to a boil in a small saucepan. Add couscous in a stream. Stir once. Cover, remove from the heat and let stand for 5 minutes. Fluff with a fork.
- Step 6.** To serve, mound the couscous on a shallow platter. Top with the fish and onion t'faya and sprinkle the almonds on top.

GREEK FAVA WITH GRILLED SQUID

3/4 cup yellow split peas
3 tablespoons extra-virgin olive oil, divided
1 small red onion, finely chopped
2 cups vegetable broth, or water, plus more as
12 ounces squid, cleaned

3/4 teaspoon salt, divided
1/4 teaspoon freshly ground pepper, plus more
to taste
2 tablespoons lemon juice needed
2 tablespoons finely chopped fresh parsley
1 lemon, cut into wedges

- Step 1.** Rinse split peas under running water to remove any grit; pick out any small pebbles.
- Step 2.** Heat 1 tablespoon oil in a large saucepan over medium heat. Add onion and cook until softened, about 5 minutes. Add the split peas and toss to coat. Add broth (or water) and bring to a boil over high heat. Reduce the heat to a simmer and cover. Cook, stirring occasionally to prevent sticking and skimming any foam off the surface, until most of the liquid has been absorbed and the split peas are very tender, 45 minutes to 1 hour; they should disintegrate easily. If the liquid is gone before the peas are done, add a little more liquid and continue cooking.
- Step 3.** Meanwhile, cut squid body (or tubes) into 1/2-inch rings; leave the tentacles whole. Combine rings and tentacles with 1 1/2 teaspoons oil, 1/2 teaspoon salt and 1/4 teaspoon pepper in a medium bowl. Set aside.
- Step 4.** Transfer the peas to a food processor; add 1 1/2 teaspoons oil, lemon juice and the remaining 1/4 teaspoon salt and process until creamy, with a consistency similar to mashed potatoes. Spread the puree (fava) onto a serving platter.
- Step 5.** Preheat grill to medium-high.



Step 6. Thread the squid rings and tentacles on skewers. Oil the grill rack. Grill the squid, turning once, until firm but tender, about 4 minutes total. Remove the grilled squid from the skewers and arrange on top of the fava. Drizzle with the remaining 1 tablespoon oil, season with pepper and sprinkle with parsley. Serve with lemon wedges.

MEDITERRANEAN FISH STEW WITH GARLIC TOASTS

Serves 8

3 tablespoons extra-virgin olive oil	1kg skinless halibut fillets, cut into large oil chunks
1 large onion , sliced	500g clams
2 garlic cloves , sliced	400g large raw prawns
1 red chilli , finely chopped	Handful flat-leaf parsley
2 tablespoons tomato purée	
1kg tomatoes , roughly chopped	
200ml white wine	For the Garlic Toasts:
350ml fish stock	1 large ciabatta loaf, cut into 1cm slices
3 strips orange zest	5 tablespoons extra-virgin olive oil
	2 garlic cloves , halved



Step 1. To make the garlic toasts, drizzle the bread with oil, then griddle or grill until golden all over. While the toasts are still hot, rub them with garlic and set aside.

Step 2. Heat the oil in a wide, deep frying pan. Add the onion and cook over a gentle heat for 5 mins until softened. Stir through the garlic and chilli and cook a couple of mins more. Add the tomato purée and tomatoes. Turn up the heat and cook for 10-15 mins, stirring until the tomatoes are pulpy. Pour over the wine and cook for 10 mins more until most of it has boiled away.

Step 3. Add the fish stock and orange zest and heat until gently simmering. Nestle the halibut chunks into the liquid and cook for 5 mins. Add the clams and prawns and cook for 5 mins more until the fish is cooked through and the clams have opened (discard any that haven't). Sprinkle the parsley over the stew and serve with the garlic toasts.

MUSTARD-CRUSTED SALMON

Serves 4

1 1/4 pounds center-cut salmon fillets, cut into 4 portions
1/4 teaspoon salt, or to taste
Freshly ground pepper, to taste
1/4 cup reduced-fat sour cream
2 tablespoons stone-ground mustard
2 teaspoons lemon juice
Lemon wedges

- Step 1.** Preheat broiler. Line a broiler pan or baking sheet with foil, then coat it with cooking spray.
- Step 2.** Place salmon pieces, skin-side down, on the prepared pan. Season with salt and pepper. Combine sour cream, mustard and lemon juice in a small bowl. Spread evenly over the salmon.
- Step 3.** Broil the salmon 5 inches from the heat source until it is opaque in the center, 10 to 12 minutes. Serve with lemon wedges.



ROASTED CHICKEN WITH SALSA AND GARLIC MESH

Serves 6

6 chicken legs or 12 thighs, or a mixture of both
8 unpeeled garlic cloves
5 tablespoons extra-virgin olive oil
few bay leaves , plus extra for decorating, if you like
200g large, stoned green olives
2 small bunches flat-leaf parsley , finely chopped
zest 2 oranges , juice 1½ oranges
juice ½ lemon
2 red chillies , deseeded, finely chopped
3 tubs ready-made mashed potato from a supermarket, about 450g per pack



- Step 1.** Heat oven to 180C/160C fan/gas 4. Mix the chicken and garlic with 1 tablespoon oil in a shallow roasting tin, then poke around a few bay leaves. Sprinkle 1/2 tsp black pepper and ½ tsp sea salt over the chicken pieces and roast for 30 mins. After 30 mins, fish out the garlic, increase the oven temperature to 220C/200C fan/gas 7 and roast the chicken for 15-20 mins more until golden, crispy and cooked through.
- Step 2.** While the chicken is cooking, pulse the olives in a food processor to roughly chop, then scrape into a serving bowl. Add the flat-leaf parsley, chillies, orange zest, orange juice, lemon juice, remaining extra-virgin olive oil and some seasoning. Set aside at room temperature until ready to serve.
- Step 3.** Squeeze the roasted garlic cloves out of their skins and mash with a fork. About 10 mins before you want to serve, heat the mash in a pan or microwave - 3 packs will take about 8-10 mins on High. When hot, empty into a serving dish, stir in the mashed garlic and serve with the

roast chicken, olive salsa and some salad leaves, dressed with the juice of the remaining half lemon.

SHRIMP SAGANAKI

Serves 4

12 jumbo shrimp, (6-8 per pound), peeled and deveined, tails left on
2 tablespoons lemon juice, divided
1/4 teaspoon salt
1 tablespoon extra-virgin olive oil
1 medium bulb fennel, cored and finely chopped
5 scallions, thinly sliced
1 small chile pepper, such as jalapeño or serrano, seeded and minced
1/2 cup Chardonnay, preferably Greek
1/2 cup crumbled feta cheese, preferably Greek
Freshly ground pepper, to taste



- Step 1.** Toss shrimp with 1 tablespoon lemon juice in a medium bowl and sprinkle with salt.
- Step 2.** Heat oil in a large skillet (or “saganaki” pan) over medium heat. Add fennel, scallions and chile pepper and cook, stirring, until soft and beginning to brown, 3 to 5 minutes. Pour in wine. Cook, stirring, for 1 minute. Place the shrimp on top of the fennel mixture, cover and cook until the shrimp are pink and just cooked through, 3 to 4 minutes. Remove from the heat.
- Step 3.** Transfer the shrimp to a plate. Add the remaining 1 tablespoon lemon juice, feta and pepper to the pan and stir until the cheese begins to melt, about 1 minute. Serve the shrimp atop the fennel mixture.

SPANISH POTATO TORTILLA (TORTILLA ESPAÑOLA)

Serves 4

1-3/4 cups vegetable oil for frying
1-3/4 lb. low- to medium-starch potatoes, peeled
2-1/4 teaspoons coarse salt
12 to 14 oz. onions (2 to 3 medium), diced
5 medium cloves garlic, very coarsely chopped (optional)
6 large eggs
1/8 teaspoon freshly ground black pepper (optional)

Step 4. In a 10-1/2-inch nonstick skillet that's at least 1-1/2 inches deep, heat the oil on medium high. While the oil is heating, slice the potatoes thinly, about 1/8 inch. Transfer to a bowl and sprinkle on 2 teaspoons of the salt, tossing to distribute it well.

Step 5. When the oil is very hot, gently slip the potatoes into the oil with a skimmer or slotted spoon. Fry the potatoes, turning occasionally and adjusting the heat so they sizzle but don't crisp or brown. Set a sieve over a bowl or else line a plate with paper towels. When the potatoes are tender, after 10 to 12 min., transfer them with the skimmer to the sieve or lined plate.

Step 6. Add the onions and garlic (if using) to the pan. Fry, stirring occasionally, until the onions are very soft and translucent but not browned, 7 to 9 min. Remove the pan from the heat and, using the skimmer, transfer the onions and garlic to the sieve or plate with the potatoes. Drain the oil from the skillet, reserving at least 1 tablespoon and wipe out the pan with a paper towel so it's clean. Scrape out any stuck-on bits, if necessary.

Step 7. In a large bowl, beat the eggs, 1/4 teaspoon salt, and the pepper with a fork until blended. Add



the drained potatoes, onions, and garlic and mix gently to combine with the egg, trying not to break the potatoes.

SPANISH POTATO TORTILLA (CONT.)

- Step 8.** Heat the skillet on medium high. Add the 1 tablespoon reserved oil. Let the pan and oil get very hot, and then pour in the potato and egg mixture, spreading it evenly. Cook for 1 min. and then lower the heat to medium low, cooking until the eggs are completely set at the edges, halfway set in the center, and the tortilla easily slips around in the pan when you give it a shake, 8 to 10 min. You may need to nudge the tortilla loose with a knife or spatula.
- Step 9.** Set a flat, rimless plate that's at least as wide as the skillet upside down over the pan. Lift the skillet off the burner and, with one hand against the plate and the other holding the skillet's handle, invert the skillet so the tortilla lands on the plate. Set the pan back on the heat and slide the tortilla into it, using the skimmer to push any stray potatoes back in under the eggs as the tortilla slides off the plate. Once the tortilla is back in the pan, tuck the edges in and under itself. Cook until a skewer inserted into the center comes out clean, hot, and with no uncooked egg on it, another 5 to 6 min.
- Step 10.** Transfer the tortilla to a serving platter and let cool at least 10 min. Serve warm, at room temperature, or slightly cool. Cut into wedges or small squares, sticking a toothpick in each square if serving as an appetizer.

SPANISH RICE WITH SHRIMP

Serves 2 to 4

1/2 lb. unpeeled, uncooked shrimp
1/2 ripe tomato, coarsely chopped
2 cups water
1 cup clam juice
Pinch crushed red chile flakes (or cayenne)
1/8 teaspoon sweet paprika
1 teaspoon kosher salt

3 tablespoons extra-virgin olive oil
1/2 medium onion, chopped
4 large cloves garlic, coarsely chopped
1 cup medium-grain rice
2 tablespoons chopped fresh flat-leaf parsley (optional)
Lemon wedges for serving



- Step 1.** Peel the shrimp. Put the shells in a small saucepan with the tomato, water, clam juice, chile flakes, paprika, and salt. Bring to a boil, reduce to a simmer, cover, and cook for 10 minutes.
- Step 2.** Meanwhile, heat a 10-inch skillet with the oil on medium-low heat. Add the onion and cook, stirring frequently, until softened, about 6 minutes. Add the garlic and cook until softened, 2 to 3 minutes.
- Step 3.** Remove the shrimp-shell broth from the heat and strain through a sieve into a 4-cup measure. You should have 2-3/4 cups liquid; if there is less, add water to compensate.
- Step 4.** Increase the heat under the skillet to medium high. Stir in the rice, and cook, stirring frequently, until it becomes somewhat translucent, about 1 minute. Add the strained broth, spread the rice into an even layer, and bring to a boil. Reduce the heat to medium and simmer vigorously for 5 minutes. Arrange the shrimp on top of the rice and simmer until the rice and liquid are at the same level, about another 5 minutes. Reduce the heat to medium low and

simmer gently until the rice is just tender and the liquid is absorbed, about another 10 minutes. (It's all right if the rice starts to stick to the bottom of the pan—it can be brown— but don't let it burn.) Remove from the heat, cover, and let rest for 10 minutes. Sprinkle with the parsley, if using, and serve with the lemon wedges.

VEGETABLE LASAGNA

Serves 10 to 12

- 2 cups Green Olives Stuffed with Garlic
- 2 cups Green Olives Stuffed with Almond
- 1/4 cup Caperberries
- 1/4 cup extra-virgin olive oil
- 1 teaspoon Oregano, dried
- 1/2 teaspoon Black Pepper, cracked
- 1 box Lasagna
- 6 cups Mediterranean Grilled Vegetables
- 1 1/2 lbs. Fontina Cheese, thinly sliced or cubed
- Basil, chiffonade (finely sliced strips)



Step 1. Preheat oven to 400°F.

Step 2. To create tapenade, blend the first six ingredients together in a food processor until smooth. Set aside.

Step 3. Prepare pasta according to package directions; drain. Lay flat on foil or plastic wrap to cool.

Step 4. Spread a thin layer of tapenade in bottom of 13" x 9" x 2" glass baking dish.

Step 5. Arrange 4 Lasagna sheets lengthwise over tapenade, overlapping edges.

Step 6. Spread a little less than 1/3 of remaining tapenade over pasta followed by 1/3 of vegetables, then a little less than 1/3 of cheese.

Step 7. Repeat steps 5 and 6 two more times, beginning and ending with pasta.

Step 8. Top with remaining layer of tapenade followed by cheese.

Step 9. Cover with foil and bake for 40 minutes.

Step 10. Remove foil and bake another 10 minutes.

- Step 11.** Remove Lasagna from oven and let cool for 10 minutes before slicing.
- Step 12.** Slice, garnish with basil, and enjoy!



Sweets

APRICOT-BULGUR PUDDING CAKE WITH CUSTARD SAUCE

1/2 cup chopped dried apricots
1/3 cup granulated sugar
1 teaspoon finely slivered orange zest
1 cup freshly squeezed orange juice
1 cup water
1/2 cup bulgur
2 large eggs, separated
2/3 cup low-fat milk
2 tablespoons brown sugar
1/2 cup finely chopped toasted pistachios, preferably salted

For Custard Sauce:

- Step 1.** Place a fine-mesh sieve over a small bowl and have it ready by the stove.
- Step 2.** Bring about 1 inch of water to a simmer in the bottom of a double boiler.
- Step 3.** Whisk milk, egg yolk and sugar in the top of the double boiler to combine. Place over the simmering water and cook, stirring constantly and adjusting the heat as necessary to maintain a gentle simmer, until the sauce steams, registers at least 160°F on an instant-read thermometer and thickens enough to coat the back of a spoon, 4 to 8 minutes.
- Step 4.** Immediately pour the custard through the sieve into the clean bowl. Whisk in kirsch (or

For Custard Sauce:

1/2 cup low-fat milk
1 large egg yolk, lightly beaten
1 tablespoon sugar
1 teaspoon kirsch, or Grand Marnier (optional)



Grand Marnier), if using. Press plastic wrap directly onto the surface of the sauce and refrigerate until chilled, at least 1 1/2 hours.

APRICOT-BULGUR PUDDING CAKE WITH CUSTARD SAUCE (CONT.)

For Apricot-Bulgur Pudding Cake:

- Step 1.** Combine apricots, sugar, orange zest, orange juice and water in a medium saucepan. Bring to a boil; reduce heat to a simmer and cook, stirring occasionally, until the apricots are very tender, about 10 minutes. Stir in bulgur and increase heat to high. Return to a boil; reduce heat to a low simmer and cook, stirring occasionally, until the bulgur is tender, about 20 minutes. (The mixture will be the consistency of cooked oatmeal.) Remove from the heat and let cool, uncovered, for 10 minutes.
- Step 2.** Position a rack in the center of the oven; preheat to 350 °F.
- Step 3.** Whisk egg yolks and milk in a large bowl until well combined. Slowly whisk in the bulgur mixture.
- Step 4.** Beat egg whites in a medium bowl with a mixer on medium-high speed until stiff peaks form. Fold into the bulgur mixture using a rubber spatula.
- Step 5.** Transfer the batter to an 8-inch-square baking dish. Push brown sugar through a sieve evenly over the batter. Place the baking dish in a roasting pan and transfer to the oven. Pour very hot tap water into the roasting pan until it comes about halfway up the sides of the baking dish. Bake until the cake is puffed and golden, 30 to 40 minutes.
- Step 6.** Carefully remove the baking dish from the hot water, transfer to a wire rack and let cool to room temperature before serving. Top each serving with some Custard Sauce and a sprinkling of pistachios.

CHERRY CLAFOUTIS

Serves 4

1 pound tart cherries, pitted
1/3 cup plus 1/4 cup sugar, divided
2 large eggs
2 tablespoons all-purpose flour
1 1/2 teaspoons vanilla extract
1/3 cup evaporated nonfat milk
Confectioners' sugar for dusting

Step 1. Place rack in upper third of oven; preheat to 375°F. Coat a 9-inch glass quiche dish or other small shallow baking dish with cooking spray. Combine cherries and 1/3 cup sugar in the prepared dish. Bake until the cherries are tender and very juicy, about 20 minutes.

Step 2. Meanwhile, whisk eggs, flour, vanilla and the remaining 1/4 cup sugar in a mixing bowl until smooth. Whisk in evaporated milk.

Step 3. Drain the juices from the cherries into a small bowl, holding back the fruit with a metal spatula. Reserve the juices. Redistribute the cherries over the bottom of the dish and pour in the egg mixture. Bake until puffed and set, 12 to 15 minutes. Dust with confectioners' sugar and serve immediately, with the reserved cherry juices spooned over the top.



GREEK YOGURT CHEESECAKE WITH OUZO-POACHED FIGS

For the Crust:

15 plain Melba toasts
1/3 cup walnut halves
2 tablespoons extra-virgin olive oil
2 tablespoons sugar

For the Cheesecake:

14 ounces reduced-fat cream cheese
1 cup sugar
2 1/2 cups low-fat or nonfat plain Greek yogurt
7 large egg whites
1 teaspoon cinnamon

For the Topping:

16 whole dried figs
2 cups warm water
1/2 cup ouzo, Mavrodaphne or po
2 rose geranium leaves, plus mor
garnish
1 cinnamon stick
1 3-inch strip orange zest
1/2 cup sugar



To prepare crust:

Step 1. Preheat oven to 325°F. Put a kettle of water on to heat for the water bath. Coat a 10-inch springform pan with cooking spray; tightly wrap the bottom and outside with a double layer of foil.

Step 2. Process Melba toasts and walnuts in a food processor until fine crumbs form. Transfer to a medium bowl. Add oil and 2 tablespoons sugar and toss until evenly moist. Press the crumb mixture into the bottom of the pan. Bake until lightly browned, about 10 minutes. Transfer to a wire rack and let cool to room temperature, about 30 minutes.

To prepare cheesecake:

Step 1. When the crust is almost cool, beat cream cheese and 1 cup sugar in a large mixing bowl

with an electric mixer until smooth. Add yogurt, egg whites and cinnamon; beat until well blended. Pour the batter over the cooled crust.

GREEK YOGURT CHEESECAKE WITH OUZO-POACHED FIGS (CONT.)

Step 2. Place the cheesecake in a roasting pan and pour in enough boiling water to come 1 inch up the outside of the springform pan. Bake the cheesecake in the center of the oven until set around the edges but the center still jiggles, about 45 minutes. Turn off the oven and let the cheesecake sit in the oven with the door ajar for 1 hour. Let cool on a wire rack for 1 hour more.

To prepare topping:

Step 1. Meanwhile, place figs in a small bowl, cover with warm water and let soak for 1 hour.

Step 2. Strain the figs, reserving the soaking water. Strain the soaking water into a medium saucepan. Add ouzo (or wine); bring to a boil over high heat. Add geranium leaves (if using), cinnamon stick, orange zest and the figs. Reduce the heat to medium and cook until the figs are plump and the liquid is the consistency of a thin syrup, 10 to 15 minutes. Remove the figs with a slotted spoon and set aside to cool. Stir 1/2 cup sugar into the liquid, adjust the heat to maintain a gentle simmer, and cook until the liquid is reduced by half, 15 to 25 minutes. Discard the geranium leaves, cinnamon stick and orange zest. Chop the figs and return them to the syrup.

Step 3. Remove the pan sides from the cheesecake. Serve each slice topped with some of the fig sauce and a rose geranium leaf, if desired.

MANGO WITH LIME SYRUP AND TOASTED COCONUT

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.



POMEGRANATE POACHED PEARS

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.