

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

# The Mediterranean Diet Recipe Book

Fourth Edition

By Ray Darken

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# Breakfast & Light Lunches

# CHICKEN PICCATA WITH PASTA AND MUSHROOMS

*Serves 4*

6 ounces whole-wheat angel hair pasta  
1/3 cup all-purpose flour, divided  
2 cups reduced-sodium chicken broth  
1/2 teaspoon salt, divided  
1/4 teaspoon freshly ground pepper  
4 chicken cutlets, (3/4-1 pound total), trimmed  
3 teaspoons extra-virgin olive oil, divided

1 10-ounce package mushrooms, sliced  
3 large cloves garlic, minced  
1/2 cup white wine  
2 tablespoons lemon juice  
1/4 cup chopped fresh parsley  
2 tablespoons capers, rinsed  
2 teaspoons butter



- Step 1.** Bring a large pot of water to a boil. Add pasta and cook until just tender, 4 to 6 minutes or according to package directions. Drain and rinse.
- Step 2.** Meanwhile, whisk 5 teaspoons flour and broth in a small bowl until smooth. Place the remaining flour in a shallow dish. Season chicken with 1/4 teaspoon salt and pepper and dredge both sides in the flour. Heat 2 teaspoons oil in a large nonstick skillet over medium heat. Add the chicken and cook until browned and no longer pink in the middle, 2 to 3 minutes per side. Transfer to a plate; cover and keep warm.
- Step 3.** Heat the remaining 1 teaspoon oil in the pan over medium-high heat. Add mushrooms and cook, stirring, until they release their juices and begin to brown, about 5 minutes. Transfer to a plate. Add garlic and wine to the pan and cook until reduced by half, 1 to 2 minutes. Stir in the reserved broth-flour mixture, lemon juice and the remaining 1/4 teaspoon salt. Bring to a simmer and cook, stirring, until the sauce is thickened, about 5 minutes.
- Step 4.** Stir in parsley, capers, butter and the reserved mushrooms. Measure out 1/2 cup of the mushroom sauce. Toss the pasta in the pan with the remaining sauce. Serve the pasta topped with the chicken and the reserved sauce.

# FRIED MATZO (MATZO BRIE)

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*Serves 2*

2 eggs  
1/2 cup milk or water  
1/4 teaspoon salt  
Dash of cinnamon  
2 matzos  
3 tablespoons shortening

- Step 1.** Beat eggs. Add milk or water, salt and cinnamon. Break the matzo into this mixture. Stir well and turn into melted shortening in a well-heated skillet. Cover. Cook over moderate heat about 10 minutes or until browned on underside. Turn and brown, uncovered, for about 3 minutes.
- Step 2.** Serve hot, plain or with a sprinkling of sugar and cinnamon, applesauce or honey.



# JEWISH EGG BRAID (CHALLAH)

*Makes 1 loaf*

1 package dry yeast	2 teaspoons salt
1 teaspoon granulated sugar	4 to 4 1/2 cups all-purpose flour, divided
1/2 cup warm water (105 to 115 degrees F)	Vegetable cooking spray
1/2 cup extra-virgin olive oil	1 egg white
1/4 cup granulated sugar	1 teaspoon water
2 large eggs	1 teaspoon sesame or poppy seeds

- Step 1.** Dissolve yeast and 1 teaspoon sugar in 1/2 cup warm water; let mixture stand 5 minutes.
- Step 2.** Combine oil and next 4 ingredients in large mixing bowl; beat at medium speed with electric mixer until blended. Add yeast mixture and 2 cups of the flour; beat until smooth. Gradually stir in enough remaining flour to make a soft dough. (Dough should be sticky). Cover dough and let rest 10 minutes.
- Step 3.** Turn dough out onto well-floured surface, and knead 5 minutes. Place in well-greased bowl, turning to grease top. Cover and let rise in a warm place (85 degrees F), free from drafts, 1 to 1 1/2 hours or until doubled in bulk.
- Step 4.** Punch dough down; turn dough out onto well-floured surface, and knead several times. Divide dough into thirds. Shape each third into a 14-inch rope. Place ropes on a greased baking sheet (do not stretch); pinch rope ends together at one end to seal. Braid ropes; pinch loose ends to seal. Lightly spray with vegetable cooking spray. Cover and let rise in a warm place, free from drafts, 30 to 40 minutes or until doubled in bulk.
- Step 5.** Beat egg white and water; gently brush over bread. Sprinkle with seeds. Bake at 375 degrees F for 30 to 35 minutes or until golden.



# MATZO DUMPLINGS

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2 egg yolks  
3 tablespoons chicken fat  
1/2 cup hot stock  
3/4 cup matzo meal  
1/2 teaspoon salt  
1/8 teaspoon ginger  
1/8 teaspoon nutmeg  
1 tablespoon chopped parsley  
1 tablespoon grated onion

- Step 1.** Beat until thick the egg yolks and chicken fat. Pour hot stock over egg yolk mixture and beat well. Mix remaining ingredients and stir into wet mixture. Beat 2 egg whites until stiff, but not dry. Fold into cracker mixture and chill, covered, 1/2 to 1 hour.
- Step 2.** About 1/2 hour before serving time, form lightly into small balls (wet hands with cold water). Drop into 6 cups boiling stock. Reduce heat at once to simmer and cook, covered, about 15 minutes.





# MATZO MEAL PANCAKES

*Yields 12 to 14 pancakes*

3 eggs  
1/2 cup cold water  
1/4 teaspoon salt  
1 cup matzo meal  
1 medium onion, grated  
Melted shortening or oil

- Step 1.** Beat eggs and combine with cold water, salt, two-thirds of the grated onion and enough matzo meal to make a stiff batter that will drop from the spoon.
- Step 2.** Heat shortening or oil in a heavy skillet and add remaining piece of onion for flavor. Drop batter from spoon to form round cakes and fry until brown before turning over to brown on underside. Lift out one at a time and drain thoroughly before serving with applesauce mixed with dried fruit compote, cranberry sauce or just plain with meat or cheese dishes.



## MEDITERRANEAN ONION TART

---

2 tablespoons extra-virgin olive oil for frying  
2 large onion halved and sliced thinly  
1 large clove of garlic crushed  
1 chicken or vegetable stock cube  
1 teaspoon mixed herbs  
4 large eggs  
1/2 liter of full fat milk or a mixture of milk and cream

A good pinch of cayenne pepper  
A good pinch of nutmeg  
1/2 teaspoon salt  
1 Level teaspoon sugar  
A good grind of black pepper  
100gms grated strong cheese



### Method:

- Step 1.** Roll out the pastry and line a 10 inch flan the dish, making sure that the pastry on the sides is about 1/2 inch above the rim of your dish (this allows for shrinkage during baking).
- Step 2.** Line the pastry case with the greaseproof paper and fill with the baking beans, evenly spread out over the whole surface.
- Step 3.** Place on a baking sheet into a pre heated oven at 400f / 200c and bake for 20 minutes.
- Step 4.** Remove the grease proof paper and baking beans and return to oven for a further 15 mins.
- Step 5.** Take it out of the oven and allow to cool.

### For the Filling:

- Step 1.** Heat the olive oil in a large frying pan and add the sliced onions and sugar (the sugar will help the onion to brown and caramelize).
- Step 2.** Cook over a medium heat, stirring all of the time, until the onion starts to color.
- Step 3.** Add the garlic and continue stirring until the mixture is golden brown.
- Step 4.** Crumble in the stock cube, and add the mixed herbs.
- Step 5.** Take it off the heat and allow to cool.
- Step 6.** In a bowl beat the eggs well and add the milk/cream mixture, cayenne, black pepper, and salt.
- Step 7.** Beat again until evenly mixed.
- Step 8.** Take the cooled pastry case, which has been placed on a baking sheet and spread the onion mixture over the base.
- Step 9.** Sprinkle the grated cheese on top, and carefully pour in the egg and milk mixture.
- Step 10.** Bake on the middle shelf of a pre-heated oven at 400f for 25 to 30 minutes until the top of the tart is golden brown and firm.

## PRAWNS IN GARLIC CHILLI AND LEMON (GAMBAS PILPIL)

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2lbs. Fresh Shrimp - Prawns

4 Cloves of garlic - finely chopped

2 Dried red chillis - broken up.

2 Small or 1 large lemon

1 Bunch of Flat leaf Parsley - Chopped

Good quality extra-virgin olive oil

Salt to taste

[Crusty spanish bread](#) for dipping

A good bottle of white wine for drinking

**Step 1.** Heat your oven up to 450°.

**Step 2.** Shell the Shrimp and arrange the meat in four 6" Earthenware Dishes.

**Step 3.** A good glug of the oil in each dish.

**Step 4.** Add all the rest of the ingredients and stir.

**Step 5.** Pop the dishes in the oven and leave for 10 to 15 Minutes until bubbling fiercely.

**Step 6.** Put the hot dishes onto 4 dinner plates and serve immediately.



## SPANISH MEATBALLS (ALBONDIGAS)

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*Makes 20*

1 lb. of ground or minced chicken  
1 Fresh egg  
1 Medium onion finely chopped  
1 Clove of garlic finely chopped  
1 heaped teaspoon of dried Thyme  
2 ozs. of fresh wholemeal breadcrumbs  
Salt and freshly ground black pepper to taste

- Step 1.** First put all the ingredients into a bowl and mix well.  
**Step 2.** Shape the meatballs with your hands. Roughly 20 for this recipe.  
**Step 3.** Arrange them on an oiled baking tray.  
**Step 4.** Bake in the oven for 15 minutes at 300° f.  
**Step 5.** Let the Meatballs cool and then add 1/2 a pint of: [Fresh Homemade Tomato Sauce](#)



## STUFFED PEPPERS

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*Serves 4*

2 Medium sized Red Bell Peppers  
4/6 fresh tomatoes  
2 large cloves of garlic  
1/2 a Moroccan preserved lemon - or the juice and zest of 1/2 a fresh one  
6 Fresh basil leaves or 1/2 teaspoon dried  
Plenty of extra-virgin olive oil  
A handful of wholemeal breadcrumbs  
Salt and freshly ground black pepper to taste



- Step 1.** Cut the Peppers lengthways through the stem and lay them out on a baking tray.
- Step 2.** Roughly chop the tomatoes, garlic, lemon and basil leaves and mix them in a bowl.
- Step 3.** Season with salt and black pepper.
- Step 4.** Fill the Peppers with the mixture.
- Step 5.** Top with a generous amount of breadcrumbs.
- Step 6.** Glug on some extra-virgin olive oil.
- Step 7.** Bake in a moderately hot oven at 400°F (200°C) gas mark 6 for about thirty minutes.

# TUNA POMODORO

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*Serves 4, about 1 cup each*

8 ounces whole-wheat spaghetti  
2 tablespoons extra-virgin olive oil  
1 tablespoon minced garlic  
2 anchovies, minced (optional)  
1/4 teaspoon crushed red pepper, or to taste  
1 28-ounce can diced tomatoes  
1 6-ounce can chunk light tuna, drained and flaked  
2 tablespoons thinly sliced fresh basil

**Step 1.** Bring a large pot of water to a boil. Cook spaghetti, stirring occasionally, until just tender, 9 to 11 minutes or according to package directions. Drain.

**Step 2.** Meanwhile, heat oil in a large nonstick skillet over medium-high heat. Add garlic and cook, stirring, until fragrant, about 1 minute. Add anchovies (if using) and crushed red pepper and cook for 30 seconds more. Add tomatoes, reduce heat to medium and cook, stirring occasionally, for 8 minutes. Stir in tuna and cook until it is incorporated into the sauce and heated through, 2 minutes more. Divide the spaghetti evenly among 4 plates, top with sauce and garnish with basil. Serve hot.





# Salads

## ALGERIAN SALAD

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*Serves 4*

2 sweet red peppers, seeded and chopped fine

4 medium ripe tomatoes, chopped

3/4 cup sliced cucumber

2 small onions, sliced thin

1/2 cup black olives, pitted and halved

6 anchovy fillets, chopped

2 hard boiled eggs, quartered

1 t chopped fresh basil or cilantro

3 tablespoon extra-virgin olive oil

1 tablespoon vinegar

salt and pepper to taste

Place all ingredients into a large salad bowl and toss gently. May be served with pita bread.





# FRESH HERB AND TOMATO SALAD

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*Serves 6*

3 large tomatoes, sliced  
1/3 cup flat-leaf parsley  
1/4 cup fresh cilantro leaves  
1/4 cup fresh mint leaves  
2 tablespoons fresh tarragon leaves  
2 scallions (with tops), sliced  
1/4 cup crumbled feta cheese  
Plain yogurt

Arrange tomatoes on serving platter. Mix remaining ingredients except cheese and yogurt; sprinkle over tomatoes. Sprinkle cheese over herbs. Serve with yogurt.



## ISRAELI EGGPLANT SALAD

---

*Makes 1 Cup*

1 medium eggplant (about 1 pound)  
1 small onion, coarsely grated  
2 hard-cooked eggs, coarsely grated  
1/8 teaspoon garlic powder or to taste  
1/2 teaspoon salt or to taste  
1/8 teaspoon black pepper or to taste  
2 tablespoons mayonnaise  
Crackers or raw vegetables

**Step 1.** Line rectangular baking pan with foil. Cut eggplant in half lengthwise and place, cut side down, on prepared pan. Bake at 350 degrees F until crispy and skin is slightly charred, about 30 minutes.

**Step 2.** Set sieve over a bowl and place cooked eggplant in sieve to drain 2 to 3 minutes.

**Step 3.** Meanwhile, place onion and eggs in large wooden bowl. Scoop out eggplant pulp from blackened shells and add to egg mixture. Coarsely chop them together. Stir in garlic powder, salt and pepper to taste, and mayonnaise. Serve as a dip with crackers or vegetables.



## ORANGE SALAD WITH ONIONS AND OLIVES

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*Serves 4*

2 large oranges, pared and thinly sliced  
2 cups shredded lettuce  
1 large onion, thinly sliced  
8 Greek olives, sliced  
2 tablespoons extra-virgin olive oil  
2 tablespoons lemon juice  
1/8 teaspoon salt  
Dash of ground red pepper

Arrange orange slices on lettuce; top with onion and olives. Shake remaining ingredients in tightly covered container; drizzle over salad.



# TABOULI SALAD

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1/3 cup bulgur wheat  
2 clove garlic crushed  
3 whole lemons juice  
1 bunch mint fresh  
8 bunch parsley large bunches, 8 cups chopped  
4 whole scallions both white and green parts sliced thin  
3 whole tomatoes ripe, diced  
salt to taste  
black pepper freshly ground , to taste  
1 tablespoon to 1 cup olive oil optional, highly recommended for taste



- Step 1.** Cover bulgur with warm water and soak for 15 minutes. Squeeze out excess water. Mix in the lemon juice, crushed garlic , salt and pepper. Allow this to rest until bulgur is soft, about 30 minutes.
- Step 2.** Wash the mint and parsley well and dry it. Chop parsley and mint finely using a knife or food processor (if using a food processor it helps to use the pulse in order to prevent chopping to fine and turning the herbs to a puree).
- Step 3.** Combine the mint, parsley, scallions and tomatoes and bulgur mixture . Toss with olive oil as desired. Add lemon juice,salt or pepper as desired to adjust the taste.
- Step 4.** Serve with small romaine lettuce leaves, use them as scoops.

# TOMATO AND CORIANDER SALAD

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*Serves 6*

1/2 cup of chopped fresh coriander leaves  
1 hot chili pepper, small, seeded and finely chopped  
5 medium ripe tomatoes, peeled  
4 Tablespoon fresh lemon juice  
1/4 cup virgin olive oil  
salt

Slice the peeled tomatoes and place in a bowl . Sprinkle the chopped coriander over the tomatoes. Mix the chopped chili pepper with the lemon juice and 1 teaspoon of salt. Beat the olive oil into the chili-lemon juice mixture. Pour over the tomatoes and coriander. Let rest 15 minutes before serving.



# TOMATO AND GREEN PEPPER SALAD

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*Serves 8 to 10*

- 3 large tomatoes, coarsely chopped
- 3 medium green bell peppers, coarsely chopped
- 1 medium cucumber, seeded and coarsely chopped
- 1 clove garlic, minced
- 1 jalapeño pepper, minced
- 1/4 cup minced parsley
- 3 tablespoons extra-virgin olive oil
- 1 tablespoon lemon juice
- 1/2 teaspoon salt
- 1/2 teaspoon ground cumin
- 1/8 teaspoon pepper

Mix all ingredients in nonreactive bowl. Cover and refrigerate at least 4 hours.





# Soups & Vegetarian

## DRIED APRICOT SOUP

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*Serves 6*

2 cups dried apricots  
3 cups cold water  
3 tablespoons granulated sugar or 1 tablespoon honey  
1/4 teaspoon cinnamon  
Dash of nutmeg  
1 teaspoon lemon juice  
Pinch of salt  
1 cup light cream and 1 1/2 cups milk or  
1 1/4 cups evaporated milk and  
1 1/4 cups water  
3 egg whites or grated lemon rind



- Step 1.** Simmer apricots in a covered pot 30 minutes. Put through a sieve or fruit press. This yields approximately 2 cups purée. Add sugar or honey, cinnamon, nutmeg, lemon juice and salt while hot.
- Step 2.** Just before serving, hot or cold, stir in cream and milk or diluted evaporated milk and heat, but do not boil. Top with a little grated lemon rind or float teaspoonful of beaten egg white on top of each serving, using 3 egg whites for this.



## EGG AND MEATBALL SOUP

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*Serves 6*

3 Tablespoons of oil  
1 large onion, chopped, separated  
1/2 cup of almonds  
3/4 teaspoon of ground cinnamon  
1/8 teaspoon saffron threads  
7 1/2 cup of boiling water  
1# of ground lamb  
2 Tablespoons of chopped fresh coriander  
2 eggs  
1 cup of fine vermicelli  
1 Tablespoon of parsley, finely chopped  
2 Tablespoons fresh lemon juice



- Step 1.** In a large saucepan heat the oil over low heat. Add half of the onions and sauté until golden brown. Add the almonds, butter, salt and pepper, cinnamon, saffron and 1 1/2 cups of the boiling water. Cook for 5 minutes over low heat.
- Step 2.** Mix the meat, coriander, one egg, remaining onions and salt and pepper. Form into balls about the size of a marble. Add the meatballs to the mixture in the saucepan. Add the remaining 6 cups of boiling water. Continue to cook over medium heat until the meatballs are done. Add the vermicelli and cook for 5 more minutes.
- Step 3.** Mix the other egg, the parsley and the lemon juice. Add this sauce to the saucepan with the meatballs one minute before the soup is to be served. Stir well and do not allow this to boil.

# FISH CHOWDER

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*Serves 6*

1 1/2 cups diced raw potatoes  
1 1/2 cups water  
1 1/2 cups milk  
2 cups flaked leftover fish\* (boiled, broiled or baked)  
Salt and pepper, to taste  
2 tablespoons butter  
1 tablespoon flour  
Minced parsley

Boil potatoes in water until tender. Add milk and fish, and season to taste. Blend flour in hot melted butter and thin into a smooth paste with 3 tablespoons of liquid from pot. Cook 5 minutes longer and serve. Garnish with minced parsley.



## LAMB AND BREAD SOUP (FATA)

*Serves 6*

1 1/2 pound lean lamb meat without bones  
2 medium onions, chopped fine  
Fresh ground black pepper  
6 c. plus 3/4 c. water, divided  
1/2 c. rice  
1/4 c. plus 2 T ghee or butter, separated  
3 large cloves garlic, crushed  
1/4 c. wine vinegar  
2 rounds Khoubiz, toasted



- Step 1.** Cut lamb into 1 inch cubes and place in a large pot with 6 cups of the water. Bring slowly to a boil, skimming occasionally. Add onion, salt and pepper. Reduce heat, cover and simmer 1 1/2 hours or until meat is tender yet not falling apart. Meanwhile wash and drain the rice. In a medium saucepan boil one cup of water add 1 Tablespoon of ghee and 1/2 teaspoon of salt, than the rice. Bring back to a boil, stirring occasionally. Cover and simmer over low heat 15-20 minutes until tender.
- Step 2.** Using a slotted spoon remove meat from cooking liquid. In a separate skillet melt 1 Tablespoon of ghee, add the meat and fry it a few minutes. Remove from heat. Set aside and keep it warm.
- Step 3.** In the same frying pan used for the meat melt 1/4 cup of ghee over medium high heat. Add the garlic and sauté until it begins to take on color. Remove skillet from heat. Stir vinegar into the skillet. Return to heat and boil a few seconds. Set this mixture aside.
- Step 4.** Place 1 round of toasted khoudiz in a large casserole or soup tureen. Spoon some of the garlic mixture over the bread then add half of the cooked rice. Pour some of the soup broth over top of this. Place second round of toasted bread then the remaining rice. Place fried lamb cubes on top the fried lamb. Top this off with the remaining garlic mixture.
- Step 5.** Pour the remaining soup broth over this. Garnish with fresh chopped parsley.

# ROASTED SPRING VEGETABLES WITH ARUGULA PESTO

*Serves 8*

## ROASTED VEGETABLES

4 cups baby or new potatoes, 1 to 2 inches in diameter, halved or quartered depending on size  
5 teaspoons extra-virgin olive oil, divided  
4 cups peeled baby carrots  
1 bunch asparagus, trimmed and cut into thirds  
1/2 teaspoon salt  
1/2 cup baby arugula for garnish

## ARUGULA PESTO

1 clove garlic, peeled  
5 cups baby arugula  
1/2 cup finely shredded Asiago cheese  
1/4 cup toasted pine nuts (see Tip)  
1/4 cup extra-virgin olive oil  
1/4 teaspoon salt

- Step 1.** To prepare vegetables: Position rack in upper and lower thirds of oven; preheat to 425°F.
- Step 2.** Toss potatoes with 2 teaspoons oil in a large bowl and spread on a large baking sheet. Roast in the lower third of the oven for 5 minutes.
- Step 3.** Meanwhile, toss carrots with 2 teaspoons oil in the bowl and spread on another large baking sheet. After the potatoes have roasted for 5 minutes, place the carrots in the upper third of the oven and roast potatoes and carrots for 15 minutes.
- Step 4.** Toss asparagus with the remaining 1 teaspoon oil in the bowl. Add to the pan with the potatoes, toss to combine and return to the oven. Continue roasting until all the vegetables are tender and starting to brown, 8 to 10 minutes more.
- Step 5.** To prepare pesto: Meanwhile, drop garlic through the feed tube of food processor with the motor running; process until minced. Stop the machine and add arugula, cheese, pine nuts, 1/4 cup oil and 1/4 teaspoon salt. Pulse and then process, scraping down the sides as necessary, until the mixture is a smooth paste.
- Step 6.** Toss the roasted vegetables with 1/3 cup pesto and 1/2 teaspoon salt in the large bowl (reserve the remaining pesto for another use: refrigerate for up to 1 week or freeze). Transfer to a serving dish and garnish with arugula, if desired.



# STUFFED CABBAGE ROLLS

*Yields 2 ½ dozens of cabbage rolls*

2 medium cabbages (about 5 pounds)	1 teaspoon salt
3 onions, chopped	1/2 teaspoon pepper
1/4 cup extra-virgin olive oil	1 (16 ounce) can sauerkraut, drained and divided
1 cup brown rice, uncooked	3/4 cup firmly packed brown sugar, divided
2 pounds ground beef	1 (46 ounce) can tomato juice

- Step 1.** Freeze cabbages 8 hours; thaw. Separate leaves, and set aside.
- Step 2.** Cook onion in oil in a large skillet over medium-high heat, stirring constantly, until crisp-tender. Add rice, and cook 3 to 5 minutes over medium heat, stirring constantly. Cool rice mixture slightly.
- Step 3.** Combine rice mixture, ground **beef**, salt and pepper. Reserving smaller cabbage leaves, spoon about 1/4 cup beef mixture in center of each large cabbage leaf. Fold left and right sides of leaf over, and roll up, beginning at bottom. Repeat procedure with remaining large cabbage leaves. Chill rolls overnight, if desired, or proceed immediately.
- Step 4.** Arrange reserved small cabbage leaves in bottom of a large Dutch oven or stockpot. Spoon half of sauerkraut and half of brown sugar over small cabbage leaves. Top with half of cabbage rolls, seam side down. repeat layers with remaining sauerkraut, brown sugar and cabbage rolls. Pour tomato juice over assembled layers; bring to a boil, and simmer, covered, 2 hours or until rice is done. Serve immediately.



## WHITE BEAN SOUP

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*Serves 2 to 3*

2 pounds White beans (great northern), soaked overnight  
1 pinch baking soda  
4 spring onions  
2 tablespoons of butter  
1 basic meat broth recipe  
1 teaspoon of salt

Boil the soaked beans for 30 minutes, drain. Sauté the spring onions in butter and add broth along with the cooked, drained beans and salt. Bring the soup to a boil cover and simmer until all ingredients are soft, approximately 30 minutes. Sieve or blend into a puree or leave as is according to preference. Adjust salt to taste. Reheat before serving.





Dinner

## CHICKEN KABAB

*Makes 8 skewers*

1 pound boneless and skinless chicken breasts  
1/4 cup extra-virgin olive oil  
1 cup fresh lemon juice  
1/8 teaspoon cinnamon  
2 clove of garlic, minced  
Salt  
Ground black pepper  
1 chopped green pepper, 1 inch  
3 par-boiled onions, chopped in 1 inch pieces  
Skewers for grilling

**Step 1.** Combine oil, lemon, cinnamon, garlic, salt and pepper. Remove all fat and membrane from chicken, cut into 1 inch cubes and combine with marinade. (Refrigerate 2-3 hours )

**Step 2.** Let stand at room temp 30 min before grilling. Thread skewers with chicken, onions and peppers. Grill or broil until golden, do not overcook, serve with pita.





## FISH WITH CUCUMBER SAUCE

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*Serves 4*

2/3 cup cucumber, chopped and seeded  
1/2 cup radishes, chopped  
1 teaspoon extra-virgin olive oil  
2 tablespoons tarragon vinegar  
1/4 teaspoon dried tarragon  
salt and pepper, to taste  
4 tilapia fillets ( 6 ounces each )  
2 tablespoons butter

Combine first six ingredients in a small bowl; mix well. Let stand at room temperature while preparing fish. Sauté tilapia (also known as St. Peters Fish) in butter in a large skillet over medium heat for two to three minutes on each side or until fish flakes easily. Transfer to serving plate. Spoon cucumber mixture over each serving.



# GEFILTE FISH

*Serves 4 to 6*

3 pounds fish (any firm-fleshed fish: yellow pike, carp, buffalo or a combination thereof)  
Salt, as needed  
2 large onions, diced  
2 eggs  
Pepper, to taste (optional)  
1 large carrot, sliced  
2 stalks celery, diced  
2 slices white bread, soaked and squeezed  
Parsley  
Cold water to cover



- Step 1.** Skin and bone the fish, leaving skin attached to bones of each part or cut. After the whole fish has been dressed and sectioned, salt evenly skin-bone cuts to be stuffed. Let stand in a covered glass bowl in the refrigerator while chopping the filleted parts or flesh. Grate in one onion, add eggs, salt and pepper to taste, and soaked bread if desired as a "stretcher." If no bread is used, add 2 tablespoons cold water and combine thoroughly. Wet hands and return pulp to bones, covering with the attached skin. Place the head bones and diced vegetables in the bottom of a deep pot. Place filled fish sections neatly on top; add cold water to cover. Cover pot. Bring to a quick boil, remove cover and turn down heat, keeping the fish at a slow boil for 1 1/2 to 2 hours. The liquid should be reduced by half.
- Step 2.** When cool, remove to a platter carefully, to retain shape of each section. Strain the liquid over the fish or into a separate bowl. Chill thoroughly before serving, using the carrot for garnish. The jelled sauce may be cut and served separately or as an additional garnish.

# HONEY – SPICED CHICKEN WITH ORANGE SAUCE

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*Serves 6 to 8*

2 tablespoons chicken fat or extra-virgin olive oil  
1 (2 1/2 to 3 pound) broiler-fryer chicken, cut up  
2 medium onions, sliced  
1 teaspoon salt  
1 teaspoon paprika  
1/8 teaspoon pepper  
1 cup orange juice  
1/4 cup honey

2 tablespoons lemon juice  
1/2 teaspoon ground ginger  
1/4 teaspoon ground nutmeg  
1/2 cup pitted ripe olives  
1 tablespoon cold water  
2 teaspoons cornstarch  
Orange slices

**Step 1.** Heat oil in skillet until hot. Cook chicken over medium heat until brown on all sides, about 15 minutes. Place chicken in ungreased 11 x 7-inch baking dish; top with onions. Sprinkle with salt, paprika and pepper. Mix orange juice, honey, lemon juice, ginger and nutmeg; pour over chicken. Add olives. Cover and bake at 350 degrees F until thickest pieces of chicken are done, 45 to 60 minutes.

**Step 2.** Arrange chicken, onions and olives on platter. Pour pan juices into saucepan; heat to boiling. Mix water and cornstarch; stir into juices. Cook and stir until slightly thickened, 1 to 2 minutes. Garnish chicken with orange slices; serve with orange sauce.



## PORTUGUESE TOMATO RICE

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*Serves 4 to 6*

1/4 cup extra-virgin olive oil  
2 tablespoons butter or bacon drippings  
1 large yellow onion, peeled and chopped  
2 cloves garlic, peeled and chopped  
2 to 3 large tomatoes, peeled, seeded, and chopped  
3 cups beef or chicken broth  
2 cups long-grain rice  
Salt and freshly-ground pepper, to taste  
Chopped cilantro for garnish (optional)

- Step 1.** Heat the oil and butter in a large saucepan over moderate heat. Add the onion and garlic and cook 5 minutes, until soft but not brown.
- Step 2.** Add the tomatoes, cover and simmer for 15 minutes.
- Step 3.** Add the broth and bring to a boil. Stir in the rice, salt, and pepper, and cover. Reduce the heat to a simmer and cook covered until the rice is done, about 20 minutes.
- Step 4.** Fluff with a fork and garnish with chopped cilantro if desired.



## RICE WITH MEAT AND FAVA BEANS

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*Serves 4 to 6*

1/2 cup butter  
1 pound ground beef (or ground lamb)  
1/2 cup chopped onions  
salt and pepper to taste  
1/4 teaspoon ground allspice  
1 19 ounce can of fava beans, drained  
1 cup long grain white rice, washed and drained  
3 cup water (Must be boiling)  
2 tablespoons fresh cilantro (coriander) finely chopped



- Step 1.** Melt the butter in a large skillet over medium heat. When the butter begins to turn brown add the onions, allspice, salt and pepper. Sauté until the onions turn golden brown. Then add the meat and brown it too.
- Step 2.** Add the drained fava beans, rice and the water, stir. Cover and cook for 30 minutes or until rice is tender but not mushy and water has evaporated. Place in serving dish and garnish with the coriander. Serve with plain yogurt and pita bread.

**Best way to eat:** Serve with plain yogurt and pita bread.

## SALMON BALLS

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*Serves 4 to 6*

1 can salmon  
2 tablespoons horseradish (mounded, squeezed)  
8 ounces cream cheese, softened  
Salt to taste  
1/2 cup nuts, chopped  
Crackers

Blend all ingredients except nuts (use a food processor if you want a smoother texture); chill. Roll in nuts before serving. Nuts can be omitted if preferred. The ball keeps 2 to 3 days.

*Note: Red or pink salmon lends an attractive color.*



## SEAFOOD PASTA

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*Serves 4*

400g. of dried Tagliatelli

500g. of live Clams (vognole, almejas)

500g. of good quality Prawns (shrimp, gambas)

1 medium sized onion sliced

2 plump cloves of garlic - finely chopped

4 small vine tomatoes - quartered

10 Basil leaves - shredded

1 cup of dry white wine

4 tablespoons of extra-virgin olive oil

1 teaspoon of corn starch (cornflour) slaked in a little cold water

- Step 1.** Cook the onion slowly in half the extra-virgin olive oil.
- Step 2.** Add the garlic and carry on cooking - the onions and garlic should be soft but not browned.
- Step 3.** Now add the wine and reduce by two thirds.
- Step 4.** Add the tomatoes and cook for two minutes.
- Step 5.** Throw in the Prawns and stir until they begin to change color.
- Step 6.** Add the clams (vognole, almejas) and stir until opening up.
- Step 7.** Meanwhile cook the pasta in a large pan of boiling water for about 2 minutes - or follow the instructions on your dried pasta packet.
- Step 8.** Depending on how much liquid you have left, either: toss the pasta with the sauce and serve into warm bowls or thicken the sauce with the corn flour first.





Sweets



# APPLE CRUMBLE

*Serves 4*

250g Plain flour

125g Demerara sugar

125g Butter

1kg Apples, peeled, cored and thinly sliced

The juice and zest of a large lemon

125g Caster sugar

1/2 teaspoon Cinnamon

30g Toasted, flaked almonds

1 tablespoon cornstarch/cornflour

9 inches round baking dish approx 3 inches deep, greased well with butter

**Step 1.** Preheat your oven to 175°C.

**Step 2.** Into a food processor fitted with a pastry blade add the flour, demerara sugar and butter.

**Step 3.** Pulse the mixture in short sharp bursts until it resembles fine breadcrumbs.

**Step 4.** Put the sliced apple into a large bowl, add the lemon juice, zest, caster sugar, flaked almonds and cornflour.

**Step 5.** Mix these ingredients thoroughly together and then pile into your baking dish (the cornflour will slightly thicken the juices that run out during cooking so that it is not watery).

**Step 6.** Pile the crumble mixture on top of the apples (there may seem a lot of the apple mix but it shrinks during cooking), spreading it over evenly.

**Step 7.** Before you put it into the oven take a fork and rough the surface up a little, so it looks more crumbly than smooth.

**Step 8.** Bake for approximately 30 minutes until golden brown. Serve immediately with cream, creme fraiche or custard.



# CHOCOLATE COINTREAU TRUFFLES

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*Makes 40 Truffles*

5 oz. dark chocolate  
7 oz./200g. condensed milk  
1 large glug of cointreau  
13 oz. cake crumbs  
1 orange - grated zest  
9 oz. icing sugar (sifted)  
Paper truffle cups for serving

**For the Coating:**

1 Packet of Chocolate Vermicelli



- Step 1.** Melt the Chocolate in a bowl over a pan of hot - not boiling water.
- Step 2.** Add the condensed milk, Cointreau and Orange Zest - mix well.
- Step 3.** Now - add the Cake crumbs and icing sugar - mix until all incorporated.
- Step 4.** Refrigerate for two hours until well chilled.
- Step 5.** Pour the Vermicelli onto a large plate.
- Step 6.** Then shape your mixture into balls of roughly 3/4 of an ounce/20g.
- Step 7.** Roll the balls in the Vermicelli until evenly coated and then place them in the paper cups.
- Step 8.** Refrigerate until required.

## DATE WITH BANANAS

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1 cup heavy whipping cream  
1 1/2 tablespoons of sugar  
1 cup whole dates  
4 medium bananas or 3 large  
1 1/4 teaspoons of cinnamon

- Step 1.** Remove the pits and slice the dates thin.
- Step 2.** Slice the bananas in half lengthwise then slice into pieces 1/2 inch thick.
- Step 3.** Mix together the cream and the sugar with an electric mixer until stiff peaks are formed.
- Step 4.** Gently stir in the bananas and the dates. Separate into individual serving dishes. Sprinkle with cinnamon. Chill 30 minutes before serving.



# PAVLOVA

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7ozs. Caster sugar  
4 egg whites  
2 Tsp. vinegar  
1 tablespoon cornstarch

## For the Topping:

1 cup whipping cream (whipped until thick)  
1 orange (segmented)  
1 sliced Kiwi  
6-8 large Strawberries

- Step 1.** Pre-heat your oven to 300°f/150°c.
- Step 2.** Whip the Egg whites until they form stiff peaks.
- Step 3.** Gradually whip in the Sugar - then the Vinegar and then the Cornstarch.
- Step 4.** Line a flat baking sheet with greaseproof paper and grease with extra-virgin olive oil.
- Step 5.** Pile the Meringue mixture on the greased surface in a circle of 10"/25cm. in Diameter and about 3-1/2"/8cms. deep
- Step 6.** Place the baking sheet in the center of the oven and when you close the door - turn it down to 245°f./120°c.
- Step 7.** Bake for 2-1/2 Hours - the meringue should look cream in color and feel crisp to the touch.
- Step 8.** Turn the oven off and leave it to cool down completely.
- Step 9.** When the Pavlova is cold - carefully remove the greaseproof paper.
- Step 10.** Place it on a serving dish and pile the cream in the middle, spreading it almost to the edges.
- Step 11.** Decorate your Pavlova with fruits.



# TIRAMISU

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3 Medium eggs  
4 tablespoons caster sugar  
8 1/2 oz Mascarpone cheese  
9fl oz Cold strong black coffee  
5 tablespoons Brandy or Rum  
7oz Sponge fingers  
Unsweetened cocoa powder or grated chocolate, to decorate

- Step 1.** Separate the eggs in a bowl. Beat the yolks and sugar, until thick and creamy. Beat the whites separately until stiff.
- Step 2.** Add the Mascarpone to the yolk mixture, a spoonful at a time. Stir until smooth.
- Step 3.** Fold in the egg whites.
- Step 4.** Mix the coffee with the Brandy or Rum, in a shallow bowl.
- Step 5.** Dip half the sponge fingers in the liquid, soaking both sides, and use them to line each individual glass dish.
- Step 6.** Divide half the Mascarpone mixture between each dish, and smooth over.
- Step 7.** Dip the remaining fingers in the liquid and arrange on top of the Marscapone mix in each dish.
- Step 8.** Divide the remaining half of Mascarpone between each dish and smooth the surface.
- Step 9.** Chill for about 2 hours.
- Step 10.** Sprinkle each one generously with cocoa powder (using a small sieve), or grated chocolate, before serving.

