



The Mediterranean Diet
Recipe Book
Sixth Edition

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Breakfast & Light Lunches

COUSCOUS VEGETABLE SALAD

Serves 2

1/2 cup couscous (3 ounces)
3/4 cup boiling water
1/2 cup 1/4-inch pieces zucchini
1/2 cup 1/4-inch pieces red bell pepper
1/4 cup finely chopped red onion
3/4 teaspoon ground cumin
1/4 cup extra-virgin olive oil

Place couscous in medium bowl. Pour boiling water over; stir to blend. Cover bowl; let stand until water is absorbed, about 10 minutes. Fluff with fork. Mix in zucchini, bell pepper, onion and cumin. Pour vinaigrette over; toss to combine. Season to taste with salt and pepper. *Can be prepared 3 hours ahead. Cover; let stand at room temperature.*



FISH CAKES WITH CAPER-PARSLEY SAUCE

Serves 6

1 pound 1-inch-thick halibut fillets
6 tablespoons extra-virgin olive oil
1 cup chopped green onions
3 drained canned sardines, chopped (about 2 tablespoons)
3 tablespoons chopped fresh parsley
2 tablespoons all purpose flour
2 large garlic cloves, chopped
1 1/2 teaspoons grated lemon peel
2 1/2 cups fresh breadcrumbs made from crustless French bread
1 large egg

Caper-Parsley Sauce:

Blend all ingredients in processor until coarse puree forms. Season sauce with salt and pepper. Transfer to bowl. *Can be made 1 day ahead. Cover and chill.*

Fish Cakes:

- Step 1.** Sprinkle halibut fillets with salt and pepper. Heat 2 tablespoons extra-virgin olive oil in heavy large skillet over medium-high heat. Add halibut fillets and sauté until just opaque in center, about 4 minutes per side. Transfer to plate; cool. Wipe skillet with paper towels.
- Step 2.** Flake halibut fillets into large bowl. Mix in green onions, sardines, chopped fresh parsley, flour, garlic, and lemon peel. Mix in 1 cup breadcrumbs. Season with salt and pepper; mix in egg. Shape into six 3-inch-diameter cakes. Transfer remaining 1 1/2 cups breadcrumbs to bowl.

Caper-Parsley Sauce:

2/3 cup extra-virgin olive oil
6 tablespoons drained capers
6 tablespoons chopped fresh parsley
6 anchovy fillets, chopped
1/4 cup fresh lemon juice
2 large garlic cloves, halved



Coat fish cakes with breadcrumbs, pressing to adhere.

Step 3. Heat remaining 4 tablespoons extra-virgin olive oil in reserved skillet over medium-high heat. Add fish cakes and cook until brown and crisp, about 6 minutes per side. Transfer to plates; serve fish cakes with Caper-Parsley Sauce.

GREEK PASTA SALAD WITH SHRIMP AND OLIVES

Serves 6

3/4 pound tomatoes, chopped	2 tablespoons dry vermouth or dry white wine
1 large red bell pepper, seeded, chopped	1 tablespoon dried thyme
1/4 pound feta cheese, crumbled	6 green onions, chopped
1/2 cup extra-virgin olive oil	3 large garlic cloves, chopped
1/2 cup chopped pitted black olives (preferably brine-cured)	3/4 pound linguine, freshly cooked
1/4 cup fresh lemon juice	3/4 pound cooked bay shrimp

Mix first 10 ingredients in large bowl. Add linguine and shrimp and toss to blend. Season salad to taste with salt and pepper. *Can be prepared 30 minutes ahead. Let stand at room temperature.*



GREEK SALAD SANDWICH

Serves 4

12 ounces small tomatoes, cored, halved, thinly sliced
6 cups small spinach leaves, stems trimmed
1 1/2 cups thinly sliced English hothouse cucumber
1 cup crumbled feta cheese (about 4 ounces)
1/3 cup coarsely chopped pitted black brine-cured olives (such as Kalamata)
16 large fresh basil leaves, thinly sliced
1/4 cup extra-virgin olive oil
5 teaspoons fresh lemon juice
1 large garlic clove, minced
4 5- to 6-inch-diameter pita bread rounds, toasted



- Step 1.** Place tomato slices in strainer; drain 15 minutes. Combine tomatoes, spinach, cucumber, feta cheese, olives and basil in large bowl.
- Step 2.** Whisk 1/4 cup extra-virgin olive oil, 5 teaspoons lemon juice and minced garlic in small bowl to blend. Season dressing to taste with salt and pepper. Pour dressing over salad and toss to coat.
- Step 3.** Cut pita bread rounds in half crosswise. Divide salad mixture among 8 pita halves and serve.

HERB-MARINATED SQUID

Serves 6

1 1/2 cups water
5 tablespoons extra-virgin olive oil
1 pound cleaned squid, bodies cut into 1/2-inch-wide rings, tentacles left intact
1 onion, halved, sliced
1/4 cup minced fresh parsley
2 large fresh rosemary sprigs or 1 tablespoon dried
1/2 cup white wine vinegar
2 garlic cloves, peeled
8 whole black peppercorns
1 bay leaf
12 baguette bread slices
Additional extra-virgin olive oil (optional)
Additional minced fresh parsley



- Step 1.** Bring 1 1/2 cups water and 3 tablespoons oil to simmer in heavy large skillet over medium heat. Add squid and onion. Cover and simmer 15 minutes. Add 1/4 cup minced parsley and rosemary. Cover and simmer until squid is tender, about 10 minutes. Transfer mixture to large jar. Add vinegar, garlic, peppercorns and bay leaf. Cover and refrigerate overnight. *Can be prepared 3 days ahead. Keep refrigerated.*
- Step 2.** Preheat broiler. Brush baguette slices with 2 tablespoons extra-virgin olive oil. Broil until golden, watching closely to avoid burning. Drain squid mixture. Discard rosemary sprigs, garlic and bay leaf. Transfer squid mixture to medium bowl. Season to taste with salt and pepper. Drizzle with additional extra-virgin olive oil, if desired, and sprinkle with parsley. Serve with

toasted baguette slices.

MEDITERRANEAN CHICKPEA LATKES

Makes about 24

1 15-ounce can garbanzo beans (chickpeas), rinsed, drained
2 garlic cloves
1 tablespoon fresh rosemary
3 large eggs
6 tablespoons water
2 tablespoons extra-virgin olive oil
3 tablespoons all purpose flour
1 1/2 teaspoons ground cumin
1 teaspoon salt
1/2 teaspoon ground black pepper
1/2 teaspoon baking powder
6 tablespoons (or more) extra-virgin olive oil
Pomegranate seeds (optional)



- Step 1.** Blend garbanzo beans, garlic, and rosemary in processor to coarse paste. Add eggs, 6 tablespoons water and extra-virgin olive oil; blend until smooth. Add flour, cumin, salt, pepper, and baking powder and blend. Pour batter into bowl.
- Step 2.** Heat 6 tablespoons oil in heavy large skillet over medium-high heat until hot but not smoking. Working in batches, drop batter by heaping tablespoonfuls into hot oil. Cook until golden, about 1 minute per side. Using slotted spatula, transfer latkes to paper towels to drain. Add more oil to skillet as necessary and allow to get hot before adding more batter. Transfer latkes to plates. Sprinkle with pomegranate seeds, if desired, and serve.

SHRIMP WITH ROMESCO SAUCE

Serves 2

2 tablespoons slivered almonds
1 thin slice French bread (about 4x3x1/4 inches)
1 large garlic clove
1 7-ounce jar roasted red peppers, drained
2 tablespoons extra-virgin olive oil
1 tablespoon Sherry wine vinegar or red wine vinegar
1/4 teaspoon cayenne pepper
16 cooked shrimp, peeled, deveined

- Step 1.** Stir almonds in heavy small skillet over medium heat until golden, about 3 minutes. Transfer almonds to processor. Place bread in same skillet and cook until lightly toasted, about 1 minute per side. Tear bread into pieces and add to processor. With machine running, drop garlic through feed tube and process until almonds and garlic are finely chopped. Add red peppers, oil, vinegar and cayenne pepper and process until mixture is consistency of thick mayonnaise, scraping down sides of bowl occasionally. *Can be prepared 1 day ahead. Cover and refrigerate.*
- Step 2.** Arrange cooked shrimp on plates. Spoon romesco sauce over and serve.



TOMATO AND TAPENAD TARTLETS

Makes 6

1 17.3-ounce package frozen puff pastry (2 sheets), thawed	Extra-virgin olive oil
1/2 cup (about) green- or black-olive tapenade*	Balsamic vinegar
5 to 6 ripe medium tomatoes, preferably assorted colors, cut into 1/4-	18 small fresh basil leaves inch slices
12 ounces fresh mozzarella cheese, thinly sliced	6 green or black olives, pitted, sliced
Fleur de sel or coarse kosher salt	

* A thick paste or spread made from brine-cured olives, capers, anchovies, and various seasonings; available at some supermarkets and at specialty foods stores and Italian markets.

- Step 1.** Position racks in top third and bottom third of oven. Preheat oven to 400°F. Line 2 baking sheets with parchment paper. Working with 1 pastry sheet at a time, roll out on floured surface to 13-inch square. Using 6-inch-diameter plate, cut out 4 rounds from 1 sheet and 2 rounds from second sheet (reserve remaining pastry for another use). Transfer 3 rounds to each baking sheet. Pierce each round with fork. Top rounds with another sheet of parchment. Place another baking sheet atop parchment on each sheet.
- Step 2.** Place 1 baking sheet stack on each rack in oven and bake 10 minutes. Rotate baking sheets and bake until rounds are golden, about 10 minutes longer. Using oven mitts, carefully remove top baking sheets and top sheets of parchment. Continue baking pastries until deep golden, about 3 minutes longer. Transfer sheets to rack to cool. *DO AHEAD:* Can be made 1 day ahead. Store airtight at room temperature.
- Step 3.** Increase oven temperature to 450°F. Spread generous tablespoon tapenade over each pastry round, leaving 1/2-inch border around edges. Alternate 4 tomato slices with 4 mozzarella slices atop



each pastry in pinwheel pattern. Bake just until cheese begins to melt, about 2 minutes. Sprinkle with fleur de sel and pepper, then drizzle with olive oil and balsamic vinegar. Arrange a few basil leaves and olive slices atop each tartlet and serve immediately.

TUNA AND WHITE BEAN SALAD

Serves 2

1 6-ounce can solid white tuna packed in oil
Extra-virgin olive oil
2 tablespoons red wine vinegar
1/3 cup chopped red onion
3 tablespoons chopped fresh parsley
4 teaspoons chopped fresh sage or 1 teaspoon dried sage leaves
1 15- to 16-ounce can cannellini (white kidney beans), drained well

Drain oil from tuna into medium bowl. Add enough extra-virgin olive oil to measure 3 tablespoons total; whisk in vinegar. Add onion, parsley and sage. Mix in beans and tuna. Season with salt and pepper.



TUNA STEAK AND VEGETABLE SANDWICH

Serves 4

3/4 cup plus 2 tablespoons extra-virgin olive oil
3 tablespoons balsamic vinegar or red wine vinegar
3 tablespoons chopped fresh marjoram or 2 teaspoons dried
2 garlic cloves, minced
3 Japanese eggplants, trimmed, cut lengthwise into 1/3-inch-thick slices
2 zucchini, trimmed, cut lengthwise into 1/3-inch-thick slices
1 yellow bell pepper, cut into 1/3-inch-wide strips
8 1/2-inch-thick slices country bread or sourdough bread
1 1-pound tuna steak, cut crosswise into 1/4-inch-thick slices
Chopped fresh marjoram or pinch of dried
Arugula



- Step 1.** Preheat broiler. Combine 3/4 cup extra-virgin olive oil and next 3 ingredients in small bowl. Arrange eggplant slices, zucchini and bell pepper on broiler pan. Brush on both sides with oil mixture. Sprinkle with salt and pepper. Broil until brown, watching closely, about 2 minutes per side. Transfer to platter. Place bread on broiler pan. Brush top side with oil mixture and sprinkle with pepper. Broil until top side is brown. Transfer to work surface, browned side up.
- Step 2.** Meanwhile, heat 2 tablespoons oil in heavy large skillet over high heat. Season tuna with salt and pepper. Add to skillet and sauté until just cooked through, about 30 seconds per side. Place tuna on half of bread slices. Sprinkle with chopped marjoram. Top with vegetables and arugula, then remaining bread slices, browned side down.



Salads

AMANIDA SOLLERICA – SÓLLER-STYLE SALAD

Serves 4 as an appetizer; 5 to 6 as a side dish

1 head of Romaine lettuce - use only tender or heart leaves
3 oranges - peeled and cut into slices
Extra-virgin olive oil
Salt

- Step 1.** Separate the lettuce leaves. Select the most tender or heart leaves, and wash them with cold water. Don't soak the lettuce leaves for too long because they lose nutrients. Leave them in a colander for some moments, but if they still have too much water, pat them dry them with a clean kitchen towel.
- Step 2.** Tear the lettuce leaves with your hands, or cut them with a knife into 2-inch pieces give or take. It is said that using your hands preserves the natural lettuce taste better.
- Step 3.** Peel the oranges and cut them in slices of no more than half an inch thick.
- Step 4.** Take an oval or round serving dish and distribute the lettuce. Sprinkle salt and distribute the orange slices as a second layer. Dress it with a thin stream of extra virgin olive oil and serve. An olive oil dispenser works best.
- Step 5.** This refreshing lettuce salad recipe is great to accompany meat dishes.



ATHENIAN SALAD

Serves 8

1 medium head lettuce
1 bunch Romaine
10 radishes, sliced
1 medium cucumber, sliced
6 scallions (with tops), cut into 1/2-inch pieces
1/2 cup extra-virgin olive oil
1/3 cup wine vinegar
1 teaspoon salt
1 teaspoon dried oregano leaves
24 Greek or ripe green olives
1/4 cup crumbled feta cheese
1 (2 ounce) can rolled anchovies with capers, drained



- Step 1.** Tear lettuce and romaine into bite-size pieces. Place lettuce, Romaine, radishes, cucumber and scallions in large plastic bag. Close bag tightly and refrigerate. Shake extra-virgin olive oil, vinegar, salt and oregano in tightly covered jar; refrigerate.
- Step 2.** Just before serving, shake dressing. Add dressing and olives to vegetables in bag. Close bag tightly and shake until ingredients are well coated. Pour salad into large bowl; top with cheese and anchovies.

BULGUR SALAD WITH GARBANZO BEANS, FETA AND PLUM TOMATOES

Serves 4

2 cups water
1 cup bulgur*
1 teaspoon salt
1 15 1/2-ounce can garbanzo beans (chickpeas), rinsed, drained
1 cup diced plum tomatoes
1/2 cup crumbled feta cheese
1/2 cup chopped green onions
1/3 cup chopped fresh mint
1/3 cup chopped fresh Italian parsley
3 tablespoons fresh lemon juice
1 1/2 tablespoons extra-virgin olive oil
2 teaspoons grated lemon peel

** Also called cracked wheat; available at natural foods stores and supermarkets.*



Bring 2 cups water to boil in medium saucepan. Remove from heat; add bulgur and salt and stir to blend. Cover and let stand until bulgur is just tender, about 20 minutes. Drain well, pressing to extract excess water. Transfer bulgur to large bowl; cool. Mix in remaining ingredients. Season with salt and pepper and serve.

FENNEL, BEET AND ORANGE SALAD WITH OLIVES

Serves 30

12 medium beets, trimmed
2 tablespoons grated orange peel
1 tablespoon Dijon mustard
1 tablespoon fennel seeds, crushed
1/3 cup balsamic vinegar
1 cup extra-virgin olive oil
6 fennel bulbs, trimmed (fronds reserved), halved lengthwise, thinly sliced crosswise
12 large navel oranges
1 1/2 cups halved pitted Kalamata olives



- Step 1.** Preheat oven to 400°F. Wrap beets in foil. Place on baking sheet. Roast beets until tender, about 1 1/2 hours. Cool. Peel beets; cut into rounds.
- Step 2.** Mix orange peel, mustard and fennel seeds in bowl. Whisk in vinegar. Gradually whisk in oil. Season with salt and pepper. (Beets and dressing can be made 1 day ahead. Cover separately; chill. Bring dressing to room temperature before using.)
- Step 3.** Place fennel slices in bowl. Toss with enough dressing to coat. Cut peel and white pith from oranges. Cut oranges into rounds. Alternate beets and oranges along edge of platters, overlapping. Spoon fennel slices into center; sprinkle with olives. Drizzle remaining dressing over beets and oranges. Chop fronds; sprinkle over salad.

MEDITERRANEAN CHICKEN SALAD

Serves 4

- 6 tablespoons extra-virgin olive oil
2 tablespoons plus 2 teaspoons tarragon vinegar
1 tablespoon chopped fresh tarragon
1/2 tablespoon fresh lemon juice
1/2 tablespoon Dijon mustard
3 cups diced cooked chicken (from one 3-pound purchased cooked chicken)
- 1/2 cup orzo (rice-shaped pasta; about 3 ounces)
1 cup halved cherry tomatoes (about 10 ounces)
1 6-ounce jar marinated artichoke hearts, drained
1/2 cup coarsely chopped olives
1/3 cup dried currants
1 1/2 tablespoons capers
- Step 1.** Combine oil, vinegar, tarragon, lemon juice, and mustard in small bowl; whisk to blend. Season dressing to taste with salt and pepper. Place chicken in medium bowl. Mix in 1/4 cup dressing.
- Step 2.** Cook orzo in large pot of boiling salted water until just tender but still firm to bite. Drain. Rinse under cold water to cool; drain well. Transfer orzo to large bowl. Stir in remaining dressing and toss to coat. Add chicken mixture, tomatoes, artichoke hearts, olives, currants, and capers. Season salad to taste with salt and pepper and serve.



MIXED VEGETABLES WITH ANCHOVIES AND OLIVES

Serves 4 as a main course; 8 as a side dish

2 medium eggplants, trimmed, peeled, cut into 3/4-inch	3/4 cup chopped fresh Italian parsley	pieces
1 tablespoon salt	2 bay leaves	
2 medium-size red bell peppers	1 teaspoon coarsely ground black pepper	
8 tablespoons extra-virgin olive oil	1/2 teaspoon honey	
2 onions, thinly sliced	1/2 teaspoon ground cumin	
1 garlic clove, minced	2 anchovy fillets, drained, chopped	rounds
2 medium zucchini, trimmed, cut into 1/4-inch-thick	1 1/2 teaspoons dried oregano	
4 medium tomatoes, chopped	16 Niçois or Kalamata olives, pitted	

Step 1. Place eggplant pieces in large colander set over bowl. Sprinkle with 1 tablespoon salt. Let stand 1 hour. Pat eggplant dry with paper towels; set aside. Char peppers over gas flame or in broiler until blackened on all sides. Enclose in paper bag 10 minutes. Peel and seed peppers; cut into 1/2-inch-wide strips and set aside.

Step 2. Heat 6 tablespoons oil in heavy large pot over medium heat. Add onions and sauté until light golden, about 10 minutes. Mix in garlic. Add eggplant, zucchini, tomatoes, half of parsley, bay leaves, 1 teaspoon pepper, honey, and cumin. Reduce heat to medium-low, cover, and simmer until vegetables are tender, about 30 minutes. Add bell peppers; cook uncovered 10 minutes longer, stirring occasionally. (Can be made 6 hours ahead. Chill. Rewarm before continuing.)

Step 3. Heat remaining 2 tablespoons oil in small saucepan over low heat. Add anchovies, oregano, and remaining parsley; stir 1 minute. Add to vegetable mixture. Stir in olives. Season with salt



and pepper. Serve warm or at room temperature.

POTATO SALAD WITH OLIVES, TOMATOES AND CAPERS

Serves 6

2 1/2 pounds medium red-skinned potatoes, scrubbed
5 tablespoons extra-virgin olive oil
1 12-ounce cucumber, peeled, halved lengthwise, seeded, cubed
4 large plum tomatoes, quartered
1 red onion, very thinly sliced
24 black oil-cured olives, pitted, halved
1/4 cup very thinly sliced fresh basil
2 tablespoons drained capers
3 tablespoons white wine vinegar
1/2 teaspoon dried oregano
3 hard-boiled eggs, peeled, quartered



Cook potatoes in boiling salted water until tender, about 30 minutes. Drain; cool. Peel potatoes, cut into 1-inch pieces and place in bowl. Add oil; toss to coat. Add cucumber, tomatoes, onion, olives, basil, and capers. Whisk vinegar and oregano in bowl; mix into salad. Season with salt and pepper. Garnish with eggs and serve.

SPANISH ANCHOVY, FENNEL AND PRESERVED LEMON SALAD

Serves 8

9 tablespoons extra-virgin olive oil
3 tablespoons red wine vinegar
5 ounces mche or baby arugula
1 large fennel bulb, very thinly sliced, divided
1/2 small red onion, very thinly sliced, divided
1 tablespoon minced purchased or homemade preserved lemon*
8 ounces Spanish white anchovies in vinegar or smoked trout

** QUICK PRESERVED LEMONS: Combine 1 thinly sliced lemon, 1/2 cup lemon juice, and 4 teaspoons coarse sea salt in small skillet. Bring to boil; reduce heat and simmer, covered, until almost tender, about 10 minutes. Cool.*



- Step 1.** Whisk oil and vinegar in small bowl. Season dressing with salt and pepper.
- Step 2.** Combine mche, 1/2 cup fennel, 1/3 cup onion, and preserved lemon in large bowl. Toss with enough dressing to coat. Arrange on platter. Top with remaining fennel and onion, then anchovies. Drizzle with more dressing and serve.

SPINACH SALAD WITH LAMB AND BASIL

Serves 6

1 teaspoon plus 1 tablespoon extra-virgin olive oil, divided
4 very thin slices prosciutto (about 2 ounces)
1 bunch beets (about 12 ounces), preferably baby-size, stems and greens removed
1 medium sweet onion, sliced
1/4 teaspoon dried thyme
1/4 teaspoon salt

1/4 teaspoon freshly ground pepper
1/4 cup nonfat or low-fat buttermilk
2 tablespoons white-wine vinegar
2 tablespoons mayonnaise
1 tablespoon chopped fresh chives
14 cups mixed salad greens

- Step 1.** Preheat oven to 400°F. Brush 1/2 teaspoon oil over a large baking sheet. Cut prosciutto into 1- to 1 1/2-inch squares and place on the baking sheet. Brush the prosciutto with 1/2 teaspoon oil. Bake until crispy, 5 to 7 minutes. Carefully transfer the prosciutto “chips” to a wire rack with a spatula. (If you leave them on the baking sheet, they won’t be as crisp.)
- Step 2.** Meanwhile, place beets in a large saucepan with enough water to cover by at least 2 inches. Bring to a boil; reduce heat to maintain a gentle simmer and cook until tender when pierced with a fork, 20 to 30 minutes. (If using larger beets, they will take up to 40 minutes.) Drain and let stand until cool enough to handle. Trim both ends of the beets and rub off the skins. Cut into wedges.
- Step 3.** While the beets are cooking, combine onion with the remaining 1 tablespoon oil, thyme, salt and pepper in a small saucepan. Cover and cook over medium-low heat, stirring often, for 10 minutes. Uncover and continue cooking until the onion is very soft and caramelized, 8 to 10 minutes more. (If the onion begins to brown before it becomes very soft, add water 1 tablespoon at a time.) Remove from the heat, cover and let stand for 10 minutes.
- Step 4.** Stir the onion, scraping up any browned bits. Set aside 1/4 cup and transfer the remaining onion to a food processor or blender. Add buttermilk, vinegar, mayonnaise and chives; puree

until smooth.

Step 5. Toss salad greens, the reserved 1/4 cup onion and the dressing in a large bowl. Divide among 6 plates. Top with the beets and prosciutto chips.



& Soups Vegetarian

AVGOLEMONO SOUP

5 cups strong chicken stock
2 to 3 tablespoons rice
1 large or 2 small lemons
2 eggs or 3 egg yolks
4 to 6 tablespoons heavy cream
Chopped parsley

- Step 1.** Heat stock in pan. When boiling, add rice; cook 12 minutes or until rice is cooked.
- Step 2.** Grate rind from lemon; squeeze out juice. Beat eggs well with lemon juice, until frothy.
- Step 3.** Take soup pan off heat; let cool slightly before adding 4 to 5 tablespoons hot stock to egg mixture. Stir in well.
- Step 4.** Pour stock and rice into top of double boiler. Strain egg mixture into stock; stir in well. Stir over gentle heat while soup thickens; do not boil, or eggs will curdle. When soup is creamy, add lemon rind; adjust seasoning.
- Step 5.** If serving hot, pour into soup cups and put a spoonful of cream into each then sprinkle with parsley.
- Step 6.** If serving cold, let soup cool then add slightly whipped cream; chill before serving.



CHILLED BEET SOUP (KYRA PANTZAROSOUPA)

Yields 6 bowls

1 1/2 pounds of beets, boiled, chopped
1 small cucumber, peeled, chopped
4 tablespoons of capers
2 small pickles (gerkins or other)
1 tablespoon of finely chopped fresh dill
1 tablespoon of red wine vinegar
1/4 cup of orange juice
1/2 teaspoon of salt
1/4 teaspoon of pepper
Greek yogurt (or sour cream)



Step 1. Purée all ingredients except the yogurt (or sour cream) and refrigerate for at least 4 hours.

Step 2. To serve, stir 1 tablespoon of yogurt (or sour cream) into each bowl, or 1 teaspoon into each cup of soup.

CORFIOT VEGETABLE AND PASTA SOUP

9 ounces of spaghetti noodles, broken into 1 1/2 inch pieces
1 ripe tomato, cut into chunks
1 medium potato, peeled and cut into cubes
1 green pepper, cut in chunks
3 carrots, peeled and cut in half
1 bunch wild celery or cutting celery (or one bunch celery cut in chunks)
1 1/2 tablespoons of tomato paste
1/2 teaspoon of hot red pepper flakes
1/2 teaspoon of sea salt
1/2 teaspoon of freshly ground black pepper
2 tablespoons of extra-virgin olive oil



Put all the vegetables in a large pot and add water to cover well. Bring to a boil over medium heat and cook until vegetables are tender and the potato is soft (about 20 minutes). Stir in tomato paste and continue to boil for another 5 minutes. Add freshly ground black pepper, hot red pepper, salt, and olive oil. Add pasta and cook per manufacturer's directions.

GREEK-STYLE PENNE WITH FRESH TOMATOES, FETA AND DILL

Serves 4 to 6

2 pounds tomatoes, halved, seeded, chopped
1 cup chopped green onions (white and pale green parts only)
7 ounces feta cheese, crumbled
6 tablespoons chopped fresh parsley
1/4 cup chopped fresh dill
1/4 cup extra-virgin olive oil
12 ounces penne pasta

- Step 1.** Mix first 6 ingredients in large bowl. Set tomato mixture aside.
- Step 2.** Cook pasta in large pot of boiling salted water until just tender but still firm to bite, stirring occasionally. Drain. Add hot pasta to tomato mixture and toss to coat. Season to taste with salt and pepper and serve.



MEDITERRANEAN-STYLE LENTIL SOUP

1 cup red Lentils
2 tablespoon salt
1 pinch of Safflower spice (Saffron alternative)
1/2 cup of chopped white onion
2 tablespoons extra-virgin olive oil
1 teaspoon of cumin
1/2 cup of very thin noodles (can omit if on protein diet)
1 lemon

- Step 1.** In a 4qt pot, add 5 cups of water - add salt, extra-virgin olive oil, safflower, chopped onions and the lentils. Set the stove to high until boil then reduce to medium.
- Step 2.** After 15 to 20 min or so, you should see the lentil starting to get mushy. Once lentil is no longer hard you then add the cumin and noodles. Continue to cook for 5 minutes until noodles are done. Add lemon to soup for extra flavor!



SPINACH WITH LEMON DRESSING

Serves 6

1 1/2 pounds fresh spinach
2 tablespoons extra-virgin olive oil
1 tablespoon lemon juice
1/4 teaspoon salt
Freshly-ground black pepper

Wash spinach very thoroughly to remove all of the grit and remove stems; drain. Place spinach leaves and just the water that clings to them in Dutch oven. Cover and cook until tender, 7 to 8 minutes; drain thoroughly. Shake oil, lemon juice and salt in tightly covered jar; toss with spinach. Sprinkle with pepper.



TRAHANAS SOUP WITH MILK (SOUPA TRAHANA)

Serves 4

1 cup of sweet or sour trahanas pasta (or peperini or acini pasta for sweeter taste)
5 cups of water
1 beef bouillon cube
6 ounces of feta cheese, crumbled
1/2 cup of whole milk
2 slices of bread, trimmed and cut into cubes
1 tablespoon of butter



- Step 1.** Add the pasta, water, and bouillon cube to a pot and bring to a boil. As soon as it starts to boil, reduce heat and simmer for 17 minutes, stirring occasionally with a wooden spoon to prevent from sticking to the pot.
- Step 2.** While simmering, lightly fry the bread in butter to make croutons.
- Step 3.** Add the milk and crumbled cheese to the soup, and stir. Cook 3 minutes more and remove from heat. Allow to rest for 5 minutes.
- Step 4.** Serve with croutons.



Dinner

BAKED COD WITH ORANGE, CAPER AND OLIVE SAUCE

Serves 4

1 orange
1/2 cup finely chopped seeded plum
1/4 cup fresh orange juice
3 tablespoons minced red onion
1 1/2 tablespoons fresh lemon juice
4 teaspoons extra-virgin olive oil

1 tablespoon minced pitted Kalamata olives or other brine-cured black olives
1 tablespoon chopped drained capers
1 teaspoon chopped fresh rosemary
Nonstick vegetable oil spray
4 6-ounce cod fillet pieces

tomato

Preheat oven to 500°F. Using vegetable peeler, remove peel and white pith from orange. Cut twenty 2-inch-long, 1/8-inch-wide strips from orange peel and reserve. Chop orange; place in small bowl. Add tomato and next 7 ingredients to chopped orange; stir to blend. Season sauce to taste with salt and pepper. Spray 13 x 9 x 2-inch glass baking dish with nonstick spray. Arrange cod in prepared dish. Sprinkle orange strips evenly over fish. Sprinkle with salt and pepper. Bake until fish is opaque in center, about 10 minutes. Spoon sauce over fish.



BAKED FISH WITH RATATOUILLE

Serves 6

5 tablespoons extra-virgin olive oil
2 tablespoons chopped garlic
1 1-pound eggplant, cut into 3/4-inch pieces
1 large red bell pepper, cut into 1/2-inch pieces
1 small onion, chopped
1 tablespoon dried oregano
1 14 1/2-ounce can (1 3/4 cups) crushed tomatoes with added puree
3 tablespoons red wine vinegar
6 6- to 7-ounce sea bass fillets



- Step 1.** Heat oil in heavy large pot over medium-high heat. Add garlic; stir 30 seconds. Add eggplant, zucchini, bell pepper, onion and oregano. Cover and cook until vegetables begin to soften, stirring occasionally, about 10 minutes. Mix in tomatoes and vinegar. Reduce heat to medium. Cover; cook until vegetables are very tender, about 25 minutes longer. Season with salt and pepper.
- Step 2.** Meanwhile, preheat oven to 375°F. Lightly oil 13 x 9 x 2-inch glass baking dish. Sprinkle fish with salt and pepper; arrange in prepared dish.
- Step 3.** Spoon ratatouille over fish. Bake uncovered until fish is just opaque in center, about 20 minutes.

GRILLED POMPANO AND SHRIMP WITH LEMON, OLIVES AND BAY LEAVES

Serves 4

four 10-inch wooden skewers	1 pound spinach (about 2 bunches)
four 1/4-pound pieces pompano fillet with skin	1/3 cup Ligurian or Niçoise olives*
16 large shrimp (about 1 pound)	1/3 cup extra-virgin olive oil
1 tablespoon olive oil plus additional for brushing seafood	16 small fresh bay leaves
2 lemons	

** Available at specialty foods shops*

- Step 1.** Prepare grill. Soak skewers in warm water 30 minutes.
- Step 2.** With a sharp knife slit skin of pompano along center of each piece to keep skin from curling when grilling. Shell shrimp, leaving tail and connecting shell segment intact, and thread 4 shrimp onto each skewer. Brush shrimp and pompano all over with additional olive oil.
- Step 3.** With a sharp knife cut ends from lemons. Standing each lemon on a cut side, cut rind and pith from lemon, exposing flesh. Cut lemon segments free from membranes. Discard coarse stems from spinach. Flatten olives, a few at a time, with flat side of a large heavy knife to loosen pit from flesh and discard pits. In a small saucepan stir together olives, extra-virgin olive oil, bay leaves, and a pinch salt.
- Step 4.** Season shrimp and pompano with salt and pepper and grill on a lightly oiled rack set 5 to 6 inches over glowing coals until just cooked through, about 3 minutes on each side. (Alternatively, grill seafood in a hot well-seasoned ridged grill pan over moderately high heat.) Transfer seafood with tongs to a platter and keep warm, covered. Heat olive mixture over low heat until warm.



- Step 5.** In a 12-inch skillet heat remaining tablespoon olive oil over moderately high heat until hot but not smoking and sauté spinach, stirring and turning it with tongs, until wilted, 1 to 2 minutes. Season spinach with salt and pepper.
- Step 6.** Serve seafood over spinach, topped with lemon segments and olive mixture.

MOROCCAN FISH TAGINE WITH PEPPERS AND OLIVES

Serves 4

1/2 cup extra-virgin olive oil	1 pound carrots, peeled, thinly sliced
1/4 cup chopped fresh Italian parsley	1 1/2 pounds tomatoes, thinly sliced
3 large garlic cloves, chopped	1 large onion, thinly sliced
3 tablespoons chopped fresh cilantro	1 lemon, thinly sliced
1 tablespoon Hungarian sweet paprika	1 teaspoon salt
2 teaspoons ground turmeric	3/4 teaspoon ground pepper
1/8 teaspoon crushed saffron threads	1 medium-size red bell pepper, seeded, cut into 1/4-inch-wide strips
4 6-ounce white fish fillets (such as halibut or orange roughy)	24 brine-cured olives (such as Kalamata)
Additional Chopped fresh Italian parsley	

- Step 1.** Mix first 7 ingredients in medium bowl. Add fish and turn to coat. Refrigerate 2 hours, turning fish occasionally.
- Step 2.** Preheat oven to 350°F. Arrange carrot slices over bottom of 13x9x2-inch glass baking dish. Layer half of tomatoes, half of onion and half of lemon over. Season with half of salt and pepper.
- Step 3.** Drain marinade from fish; reserve marinade. Arrange fish atop lemon slices. Top fish with remaining tomato, onion and lemon slices. Season with remaining salt and pepper. Top decoratively with red pepper strips and olives. Pour reserved marinade over. Cover dish with foil. Bake 40 minutes.
- Step 4.** Increase oven temperature to 400°F. and bake until fish flakes easily and vegetables are tender, about 25 minutes. Garnish with



additionally parsley.

OLIVE-STUFFED CHICKEN WITH ALMONDS

Serves 4

4 boneless chicken breast halves with skin (2 1/4 pounds total)
1 cup brine-cured green olives such as picholine, pitted and chopped
2 tablespoons unsalted butter
1/4 cup whole almonds with skins
2 tablespoons chopped fresh flat-leaf parsley



- Step 1.** Pat chicken breasts dry, then cut a 2-inch-long horizontal slit in thickest part of each. Stuff each chicken breast with 1 1/2 teaspoons olives, then season with salt and pepper.
- Step 2.** Heat 1 tablespoon butter in a 12-inch nonstick skillet over moderate heat until foam subsides, then toast almonds, stirring often, until a few shades darker, 5 to 8 minutes. Transfer with a slotted spoon to a cutting board to cool (do not clean skillet).
- Step 3.** Increase heat to moderately high, then add chicken breasts, skin sides down, to butter remaining in skillet and sprinkle with remaining olives. Sauté chicken breasts until skins are golden brown, 8 to 10 minutes. Turn chicken breasts over and cook, covered, over moderate heat until just cooked through, 5 to 7 minutes more, then transfer with tongs to plates.
- Step 4.** While chicken is cooking, chop almonds.
- Step 5.** Add remaining tablespoon butter and 3 tablespoons water to skillet and heat, stirring, until butter is melted. Stir in almonds, parsley, and pepper to taste. Spoon sauce over chicken.

ORECCHIETTE WITH BROCCOLI RABE

Serves 6

1/4 cup extra-virgin olive oil
4 garlic cloves, minced
12 ounces orecchiette or shell pasta
1 pound broccoli rabe, trimmed, chopped
2/3 cup freshly grated Pecorino Romano cheese
1/3 cup freshly grated Parmesan cheese

- Step 1.** Heat oil in heavy small saucepan over medium heat. Add garlic and sauté until beginning to color, about 1 minute. Remove from heat.
- Step 2.** Cook pasta in large pot of boiling salted water until beginning to soften, stirring occasionally, about 8 minutes. Add broccoli rabe and cook until pasta is just tender, but still firm to bite, about 3 minutes. Drain. Transfer pasta and broccoli rabe to large bowl. Pour garlic oil over. Sprinkle with cheeses and toss to coat. Season to taste with salt and pepper.



PENNE WITH ARUGULA AND TOMATOES

Serves 6

2 tablespoons extra-virgin olive oil
1 medium onion, chopped
4 garlic cloves, minced
3 1/2 pounds tomatoes, peeled, seeded, chopped, or 3 cups diced canned tomatoes with juices
1 teaspoon dried oregano
1 teaspoon dried thyme
1/4 teaspoon sugar
12 ounces penne, rigatoni or fusilli pasta
6 ounces arugula (about 6 bunches), tough stems trimmed, leaves scoarsely chopped
3/4 cup freshly grated Pecorino Romano cheese



- Step 1.** Heat oil in large nonstick skillet over medium heat. Add onion and sauté until tender, about 5 minutes. Add garlic and sauté 1 minute. Add tomatoes, herbs and sugar. Reduce heat and simmer until mixture thickens, stirring frequently, about 20 minutes. Season to taste with salt and pepper. (Sauce can be prepared 1 day ahead. Cover and refrigerate. Bring to simmer before using.)
- Step 2.** Cook pasta in large pot of boiling salted water until just tender but still firm to bite, stirring occasionally. Add arugula and cook until wilted, about 1 minute. Drain. Return pasta and arugula to pot. Add sauce and toss to coat. Season to taste with salt and pepper. Divide pasta among plates. Sprinkle with cheese and serve.

SHRIMP PROVENÇALE

Serves 6

3 tablespoons extra-virgin olive oil
1 1/2 pounds uncooked large shrimp, peeled, deveined
2 cups chopped red bell peppers
1 cup chopped onion
2 tablespoons chopped fresh thyme or 2 teaspoons dried
3 large garlic cloves, chopped
1/2 teaspoon fennel seeds
1 14 1/2-ounce can diced tomatoes in juice
3/4 cup Kalamata olives or other brine-cured black olives, pitted
1/2 cup dry white wine
2 tablespoons tomato paste
1/2 cup chopped fresh basil



Heat oil in heavy large skillet over medium-high heat. Add shrimp and sauté just until pink, about 1 minute. Using slotted spoon, transfer shrimp to bowl. Add bell peppers, onion, thyme, garlic and fennel seeds to skillet. Sauté until onion softens, about 8 minutes. Add tomatoes with juices, olives, wine and tomato paste; bring to boil. Reduce heat to medium-low, cover and simmer until flavors blend, about 10 minutes. Add shrimp; simmer uncovered until shrimp are just opaque in center, about 3 minutes. Mix in basil; season with salt and pepper.

TRENETTE WITH PESTO, POTATOES AND GREEN BEANS

Serves 4

1 cup packed fresh basil leaves	1 1/2 teaspoons minced garlic	
1/2 cup extra-virgin olive oil	2 medium russet potatoes, peeled, cut into 1/2-inch cubes	
6 tablespoons freshly grated Pecorino Romano	6 ounces green beans, trimmed, cut into 3-inch lengths	cheese
6 tablespoons freshly grated Parmesan cheese	1 pound trenette	
1/4 cup pine nuts, toasted		

Step 1. Finely grind basil, oil, 6 tablespoons each Romano and Parmesan cheeses, toasted pine nuts and minced garlic in processor. Season pesto to taste with salt and pepper. (Pesto can be prepared 2 days ahead. Press plastic wrap onto surface of pesto and refrigerate.)

Step 2. Cook potatoes in large pot of boiling salted water until just tender, about 5 minutes. Using slotted spoon, transfer potatoes to large bowl. Add green beans to same pot and cook until crisp-tender, about 3 minutes. Using slotted spoon, transfer to bowl with potatoes. Cook pasta in same pot until tender but still firm to bite. Drain, reserving 1/2 cup cooking liquid. Transfer pasta to bowl with potatoes and green beans.

Step 3. Whisk reserved 1/2 cup cooking liquid into pesto. Add pesto to pasta mixture and toss thoroughly to coat. Transfer pasta to large platter. Serve, passing additional Pecorino Romano separately.





Sweets

ALMOND PASTE COOKIES

1/2 pound almond paste
2 egg whites
1/2 cup granulated sugar
1/2 cup confectioners' sugar
1/4 cup all-purpose flour
Pinch of salt
2 ounces slivered almonds
Maraschino cherries



Mix almond paste and egg whites with hands. Add dry ingredients and mix well. Roll into balls; roll into slivered almonds. Place on foil lined cookie sheet. Press thumbprint into ball. Place 1/2 or 1/4 maraschino cherry in indentation. Bake at 300 degrees F for 15 to 20 minutes.

FLAN-FLAN

Serves 6

2 cups milk
4 eggs - beaten
7 tablespoons sugar
5 tablespoons sugar for the syrup
1/2 stick cinnamon
1/4 of the peel of a lemon

- Step 1.** Bring the the milk, 7 tablespoons of sugar, the stick cinnamon and the lemon peel to a boil. Cook for 10 minutes over low heat stirring often. Afterwards, allow to cool to room temperature.
- Step 2.** In the meantime, beat the eggs.
- Step 3.** Discard the cinnamon and the lemon peel. Sift the milk, and add the beaten eggs to the cooled milk. Mix well.
- Step 4.** While the milk is cooling, prepare the burnt-sugar syrup, which is essential for the success of this flan recipe. Add 5 tablespoons of sugar and 1 tablespoon water to a saucepan. Cook it over medium-low heat for a few minutes until it turns a golden-brownish color. Coat the bottoms of the single serving flan pans, or large flan mold, with the caramelized sugar.
- Step 5.** Pour the milk mixture into the flan pans. Put the molds in another pan with some water. Bake in a bain-marie in the oven for an hour at 350°F (180°C). To know if the flan is done, prick it with a fine knitting needle. If the needle comes out clean, the flan recipe is done.
- Step 6.** Allow to cool. Un-mold the flan. Serve cold or cool.



MUSICIAN DESSERT (POSTRES DE MUSIC)

Serves 4

1 1/2 ounce toasted almonds
1 1/2 ounce toasted hazelnuts
1 1/2 ounce shelled walnuts
1 ounce pine nuts - fewer than almonds or hazelnuts
1 1/2 ounce raisins
4 to 8 dried figs
4 cookies (optional)
4 small glasses sweet dessert wine like moscatell, muskatel, vi ranci or matured wine, garnatxa (optional)



Step 1. Shell the walnuts, if they are unshelled.

Step 2. Mix the nuts and dry fruits in a platter or individual plates. Serve by itself or with a glass of sweet dessert wine.

PEACHES IN DESSERT WINE

- 4 yellow medium-sized firm-fleshed peaches - use pressecs de vinya, peches de vigne or a similar variety
- 1 quarter sweet dessert wine - use moscatell, muscat, muscatel or a similar sweet wine
- 4 tablespoons sugar - brown or white sugar
- 1/2 cinnamon stick
- 2 small pieces of lemon rind
- 1 clove
- 3 mace blades - substitute for 1/4 teaspoon nutmeg, fresh grated, if a mace is not available

Step 1. Peel the whole peaches. Do not cut them.

Step 2. Add the sweet wine, the peeled whole peaches, the cinnamon, the lemon rind, the sugar, the clove and the mace (or the nutmeg) to a saucepan. Stir briefly with a wooden spoon and bring to a boil over medium heat.

Step 3. When the mixture boils, turn the heat to medium-low and cook partially covered for 80 to 90 minutes. When the peaches are tender, they are done.

Step 4. Serve with the sweet cooking syrup. These peach dessert recipes can be served in different ways. You have one example at the top right picture, and another way of serving fruit dessert recipes in the picture at the bottom left of this page.



PERSIAN APPLE DESSERT

Serves 3

3 medium apples, pared and cut up
2 to 3 tablespoons granulated sugar
2 tablespoons lemon juice
1 tablespoon rose or orange flower water
Dash of salt

Place half the apples and the remaining ingredients in blender container. Cover and blend until coarsely chopped, 20 to 30 seconds.



TORTOSA CREAM CAKE (SOPA DE LA REINA)

2 pounds sponge cake (biscuits)
1 1/2 quart milk
1 3/4 cups sugar
8 egg yolks
1 cinnamon stick
1 small piece of lemon peel
5 tablespoons fine cornflour
Some more sugar for caramelizing
A small piece of vanilla or 1 teaspoon natural vanilla powder
1/2 cup whipped cream



- Step 1.** Soak the sponge cake in 2 cups of milk.
- Step 2.** In the meantime, make the confectioner's crème with 1 quart milk. It's like the [creme brûlée](#) recipe but thicker. The crème used for this includes 5 tablespoons of fine cornflour instead of 2. Additionally, you add the vanilla together with the cinnamon stick and the lemon peel.
- Step 3.** Cover the bottom of a cake pan with the soaked sponge cake. A glass or Pyrex pan works fine, but any will do.
- Step 4.** As soon as the creme brûlée is ready, pour it over the soaked sponge cake. Let it cool. Sprinkle it with a thin layer of sugar and burn or caramelize it with a branding iron, creme brûlée torch or similar.
- Step 5.** Using a decorating syringe or similar, decorate the cake with the whipped cream by drawing a grid over the creme brûlée surface. Let it rest in the fridge for a few hours and it's ready to be served.