



The Mediterranean Diet  
**Recipe Book**  
Fifteenth Edition



By Ray Baker



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**Breakfast  
&  
Light Lunches**

# BLACK COD WITH PINE NUTS, TOMATOES AND OLIVES

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Serves 4

1 tablespoon extra-virgin olive oil  
3 medium cloves garlic, chopped  
½ cup dry white wine  
3 cups grape tomatoes, halved  
1-½ cups lower-salt chicken broth  
½ cup pitted, halved Niçoise olives  
4 skinless black cod (sablefish) or Pacific cod fillets  
Kosher salt and freshly ground black pepper  
1 tablespoon chopped fresh thyme  
2/3 cup pine nuts, toasted



**Step 1.** Heat the oil in a 12-inch nonstick skillet over medium-high heat. Add the garlic and cook, stirring, until fragrant, about 1 minute. Add the wine and let simmer until reduced by half, about 2 minutes. Add the tomatoes, broth, and olives. Bring to a simmer and cook, stirring occasionally, until the tomatoes begin to break down, about 8 minutes.

**Step 2.** Season the fish with salt and pepper. Stir the thyme into the sauce. Nestle the fish into the sauce, return to a simmer, cover, and reduce the heat to low. Cook until the fish is just cooked through, about 4 minutes. Transfer the fish to 4 shallow bowls. Add the pine nuts to the sauce and season to taste with salt and pepper. Spoon the sauce over the fish and serve.

**MAKE AHEAD TIPS:** Serve with a hunk of crusty bread to sop up the tomato sauce.

# CHICKEN WITH GARLIC AND OLIVES

Serves 4

- 2 tablespoons extra-virgin olive oil
- ¼ cup chopped onion
- 1 teaspoon chopped garlic
- 2 bone-in chicken breasts and 2 legs, trimmed of excess fat
- ½ cup dry white wine
- 2 tablespoons white-wine vinegar
- ½ cup homemade chicken stock
- ½ teaspoon dried oregano
- 1 bay leaf
- 2 tablespoons slivered black olives
- 3 anchovies, chopped and mashed
- ¼ cup chopped flat-leaf parsley
- Salt and freshly ground black pepper to taste



**Step 1.** In a large sauté pan over medium-high heat, heat the extra-virgin olive oil. Add the onion and garlic, cook for 1 min., and then add the chicken. Cook, turning frequently, until the chicken is browned on all sides. Add the wine, vinegar, stock, oregano, and bay leaf. Cover the pan, reduce the heat to medium low, and simmer until the chicken feels firm and its juices run clear when pierced, about 30 min. Remove the chicken from the pan.

**Step 2.** Bring the broth to a gentle boil, skim the surface, and cook until the sauce has reduced by one-third. Stir in the olives and anchovies. Add the parsley, salt, and pepper. To serve, pour the sauce over the chicken.

# EGGPLANT WITH TOMATO AND GARLIC SAUCE

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Serves 4

1 medium globe eggplant

Salt

Extra-virgin olive oil for frying

1-½ pounds sweet, ripe tomatoes, peeled and chopped

1 heaping teaspoon minced garlic

2-½ teaspoons red-wine vinegar; more as needed



## Fry the eggplant:

Partially peel the eggplant lengthwise, leaving ½ -inch stripes of skin. Remove the stem. For large eggplant, quarter it lengthwise first. Slice the eggplant just thicker than ¼ inch. Sprinkle generously with salt and let stand in a colander for about 1 hour. Rinse the eggplant thoroughly and firmly squeeze each slice dry, patting with paper towels. In a large skillet over high heat, warm about ½ cup extra-virgin olive oil until very hot. Fry the eggplant slices a single layer at a time until rich brown on both sides, 1 to 2 min. per side; use more oil if needed. Drain on paper towels.

## Make the sauce:

**Step 1.** Discard the oil from the pan and wipe it clean. Warm 1 tablespoon extra-virgin olive oil over medium heat. Add the tomatoes and sprinkle with a little salt; simmer, mashing the tomatoes with a fork, until they form a sauce and are no longer liquidy, about 15 min. Stir in the garlic and vinegar; remove from the heat.

**Step 2.** Fan the eggplant slices on a platter and coat with the tomato sauce. Let cool and then refrigerate for at least a day. Serve cold or at room temperature.

# GRILLED OLIVE-ORANGE FENNEL FLATBREAD

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Yields 6 breads

1 tablespoon honey

18 ounces (4 cups) unbleached all-purpose flour; more as needed

2 teaspoons active dry yeast

1-½ teaspoons kosher salt

2 tablespoons extra-virgin olive oil; more for the bowl and for brushing

1 medium orange

¾ cup extra-virgin olive oil; more for brushing

1 tablespoon fennel seeds, coarsely ground

½ cup coarsely chopped green olives

2 teaspoons coarse sea salt

¼ teaspoon fennel powder (finely ground fennel seeds)



**Step 1.** Dissolve the honey in 1-½ cups lukewarm water. Using a stand mixer fitted with the dough hook, mix the flour, yeast, and salt on low speed for 2 minutes. With the mixer running, gradually add the honey water and the extra-virgin olive oil. Increase the speed to medium and mix until the dough pulls away from the sides of the bowl and is smooth yet slightly tacky to the touch, about 5 minutes. If the dough seems too wet, add more flour, 1 teaspoon at a time. Return to low speed and mix for 2 minutes more.

**Step 2.** Let the dough rest in the mixer bowl for 5 minutes and then turn the mixer to medium-high speed and mix for 3 minutes more, as the dough vigorously slaps against the sides of the bowl.

**Step 3.** Lightly oil a large bowl. Transfer the dough to the bowl and turn



the dough to coat it with the oil. Cover with a damp cloth or plastic wrap and let the dough rise in a warm place until doubled in size, 1 to 1-½ hours.

**Step 4.** Using a vegetable peeler, peel four 1x4-inch strips of orange zest, avoiding as much of the white pith as possible. Juice the orange and reserve ¼ cup of the juice.

**Step 5.** Put the orange zest in an 8-inch skillet and cover with the extra-virgin olive oil. Bring to a gentle simmer over medium-low heat and simmer until the edges of the peel start to frizzle, about 4 minutes total. Remove from the heat and let cool for 5 minutes. Remove the orange zest from the oil and drain on paper towels. Reserve the orange-infused oil.

## GRILLED OLIVE-ORANGE FENNEL FLATBREAD (CONT.)

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- Step 6.** While the oil is cooling, soak the coarsely ground fennel in the orange juice for 15 minutes. Drain and discard the orange juice (or use to make vinaigrette with some of the orange-infused extra-virgin olive oil). Finely chop the strips of zest and, in a small bowl, combine with the olives and soaked fennel. In another small bowl, mix the sea salt with the fennel powder.
- Step 7.** With lightly floured hands, gently deflate the dough. Add the olive mixture to the top of the dough, and using a plastic bowl scraper, reach down to the bottom of the bowl and gently fold the dough onto itself 4 times, rotating the bowl with each fold, to incorporate the mixture. Turn the dough out onto a lightly floured surface, stretch slightly to form a log, and cut into 6 equal pieces. Shape each piece into a ball by gently stretching and tucking the dough underneath itself to form a “belly button” on the bottom. Gently roll in the palm of your hand to reshape into a uniform ball, then set each ball, belly button side down, on a well-floured baking sheet. Lightly brush each top with extra-virgin olive oil. Cover loosely with a towel or plastic wrap and let rise until doubled in size, about 1 hour.
- Step 8.** Meanwhile, prepare a medium gas grill fire or a charcoal fire with a hot zone and a cool zone (an oven thermometer placed over the hot zone should register about 450°F). Brush the grill grates with a stiff brush, then wipe with a lightly oiled wad of paper towels.
- Step 9.** On a lightly floured surface, roll out or press and stretch each piece of dough with your fingertips until about ¼ inch thick and about 8 inches in diameter. Put the flatbreads on 2 lightly floured

baking sheets and lightly brush the tops of the dough with the reserved orange-infused extra-virgin olive oil, being careful not to get oil on the baking sheet.

**Step 10.** Put the flatbreads oiled side down on the grill (over the hot zone of the charcoal fire), cover, and cook until puffed and golden brown, 3 to 5 minutes. Flip the flatbreads and turn the burners of a gas grill down to low (or move the breads over the cool zone of the charcoal grill), and brush the grill-marked side with more of the oil. Cover and finish cooking until the bottoms are golden and the breads are cooked through, about 3 minutes more. Transfer the breads to a cutting board, drizzle with more of the oil, and sprinkle with the sea salt mixture—you may not use it all. Cut each into halves or wedges and serve warm.

# MOROCCAN SPICED SEARED SCALLOPS WITH GREEN GRAPE AND LEMON RELISH

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Serves 4

1 medium lemon  
Kosher salt  
¼ cup extra-virgin olive oil  
2 scallions, thinly sliced  
2 tablespoons chopped fresh cilantro  
2 tablespoons chopped fresh mint  
1 teaspoon ground cumin  
1-½ cups seedless green grapes, quartered lengthwise and at room temperature  
1-½ pounds large all-natural “dry” sea scallops, side muscles removed  
1 teaspoon sweet Hungarian paprika  
1 teaspoon ground turmeric  
¼ teaspoon ground cinnamon  
¼ teaspoon ground ginger  
Freshly ground black pepper



**Step 1.** Using a vegetable peeler, remove the zest from the lemon in strips (yellow part only). Reserve the lemon. In a small saucepan, combine the lemon zest with ½ cup water and 1 teaspoon salt. Bring to a simmer over medium-low heat and cook until the liquid reduces to about 1 tablespoon, about 10 minutes. Drain, rinse, drain again, and pat dry. Finely mince the lemon zest and combine it with the grapes, 2 tablespoons of the extra-virgin olive oil, scallions, cilantro, and mint in a medium bowl.



- Step 2.** In a small bowl, combine the cumin, paprika, turmeric, cinnamon, and ginger.
- Step 3.** Pat the scallops dry. Season them liberally with salt and pepper and coat them with the spice mixture.
- Step 4.** Heat 1 tablespoon of the extra-virgin olive oil in a 12-inch nonstick skillet over medium-high heat until shimmering. Add half of the scallops and cook, turning once, until seared on the outside but still translucent in the center, 1 to 2 minutes per side. Transfer to a warm plate. Repeat with the remaining 1 tablespoon oil and scallops.
- Step 5.** Divide the scallops among 4 plates and serve with the relish. Cut the reserved lemon into quarters and squeeze over the scallops and relish. Serve immediately.

# ROASTED RED PEPPER AND FETA DIP

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Serves 6

- 3 medium red bell peppers
- 1 medium clove garlic
- Fine sea salt
- ½ cup crumbled feta
- 2 tablespoons plain dry breadcrumbs
- 2 tablespoons fresh lemon juice
- 2 tablespoons extra-virgin olive oil
- 3 tablespoons chopped fresh dill



- Step 1.** Position a rack 5 to 6 inches from the broiler element and heat the broiler on high. Put the peppers on a heavy-duty rimmed baking sheet and broil, turning every 5 minutes, until the skin is charred all around and the peppers have softened, about 20 minutes. Put the peppers in a large bowl, cover tightly with plastic wrap, and let sit until cool enough to handle. Remove the skins, seeds, and stems.
- Step 2.** Peel and mince the garlic clove. With the side of a chef's knife, mash the garlic and ¼ teaspoon salt together to form a paste.
- Step 3.** Put the peppers, feta, breadcrumbs, lemon juice, and extra-virgin olive oil in a food processor and process until smooth. Transfer to a bowl and stir in the garlic paste and dill. Season to taste with salt and serve.

# SAUTÉED RATATOUILLE

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Serves 6 to 8

1 pound eggplant, peeled and cut into ½ -inch chunks

Kosher salt

9 tablespoons extra-virgin olive oil

8 ounces onion, thinly sliced

2 teaspoons chopped fresh thyme

2 teaspoons chopped fresh rosemary

¼ cup chopped garlic

1 tablespoon fresh lemon juice

1 teaspoon finely grated lemon zest

1 pound tomatoes, peeled, cored, and cut into 1-inch chunks

1 pound zucchini, halved lengthwise and cut into 1/8-inch-thick half-moons

1 pound red bell peppers, peeled, cored and cut into ¾-inch pieces

Few drops hot sauce

2 tablespoons thinly sliced fresh basil

2 tablespoons roughly chopped fresh flat-leaf parsley

1 tablespoon thinly sliced fresh mint (optional)



**Step 1.** Toss the eggplant with 1 teaspoon kosher salt in a colander and let sit in the sink or over a bowl while you prepare the other vegetables. Sauté the vegetables one at a time.

**Step 2.** In a large (12-inch) skillet, heat 1 tablespoon of the oil over medium heat. Add the onion, the thyme, and ¼ teaspoon kosher salt. Cook, stirring occasionally, until very soft and deep golden brown, 15 to 20 min. Scrape into a clean colander or large strainer that's set over a bowl to catch the juices.

**Step 3.** In the same skillet, heat another 3 tablespoons oil over medium-high heat. Add the bell peppers and ¼ teaspoon kosher salt. Cook, stirring occasionally, until they start to soften and get browned around the edges, about 5 min. Add the rosemary, lower the heat to medium, and cook, stirring occasionally, until they're extremely soft and sweet, another 10 to 15 min. Gently fold into the onions in the colander.

## SAUTÉED RATATOUILLE (CONT.)

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- Step 4.** Heat another 1 tablespoon oil over high heat, and as soon as you see the first hint of smoke, add the zucchini and  $\frac{1}{4}$  teaspoon kosher salt. Shake and stir to distribute the zucchini slices evenly in the pan so they all get browned. Cook over high heat until tender and nicely browned on both sides, 5 to 7 min. Add to the colander and gently fold with the onions and peppers.
- Step 5.** Dump the eggplant onto some paper towels, and pat to blot up surface water. Heat 3 tablespoons extra-virgin olive oil in the skillet over high heat, add the eggplant (no additional salt), and shake and stir to distribute the cubes evenly in the pan so they all get browned. Cook over high heat until lightly browned on several surfaces, about 5 min, and then lower the heat to medium. Cook until the eggplant is very tender--not at all al dente--another 13 to 15 min. Fold into the other vegetables.
- Step 6.** Add the remaining 1 tablespoon extra-virgin olive oil to the pan and heat over medium-high heat. Add the garlic and let sizzle for about 30 seconds, then add the tomatoes and all their juices and  $\frac{1}{4}$  teaspoon kosher salt. Cook until the tomatoes collapse slightly and the juices thicken and darken a bit, 3 to 5 min. As you're cooking, scrape the bottom of the pan to deglaze all the cooked-on vegetable juices. Add to the colander, scraping out all the juice from the skillet, and fold everything together. Let the vegetables rest, then reduce the juices.
- Step 7.** Now let the vegetables sit in the colander for 15 to 20 min. At that point, you should have around  $\frac{1}{2}$  cup liquid in the bowl. Pour it into a small saucepan, heat until gently boiling, and boil until the liquid is reduced to about  $\frac{1}{4}$  cup. The flavor should be very bright and intense. Add the lemon juice, lemon zest, and a few drops of the hot sauce to taste. Fold this glaze into the vegetables, along with the basil, parsley, and mint (if using). Taste for salt and add more if needed.
- Step 8.** Serve soon, if you want it to be warm, or let the ratatouille cool and serve at room temperature.



# SHELLFISH WITH FENNEL, SSCARDE, AND KALE

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Serves 4

2 tablespoons unsalted butter  
2 tablespoons extra-virgin olive oil  
12 grape tomatoes  
½ cup thinly sliced fennel  
3 medium cloves garlic, thinly sliced  
1 cup thinly sliced escarole leaves  
1 tablespoon amontillado sherry  
1 cup fish broth or bottled clam juice  
16 littleneck clams, scrubbed  
6-½ ounces medium shrimp, peeled and deveined, with tails left intact  
1 cup thinly sliced kale leaves  
1/8 teaspoon crushed red pepper flakes  
¼ cup fresh flat-leaf parsley; more for garnish  
½ teaspoon fresh rosemary, minced  
Finely grated zest of half a lemon (2 teaspoons)  
1 teaspoon fresh lemon juice  
Kosher salt and freshly ground black pepper  
16 mussels, debearded and scrubbed



**Step 1.** In a small saucepan, heat the butter over medium heat until it turns golden-brown, 2 to 3 minutes. Pour into a small bowl and set aside.

**Step 2.** In a 12-inch skillet, heat the extra-virgin olive oil over medium-high heat. Add the tomatoes and cook until they start to blister, 2 to 3 minutes. Add the fennel and garlic. Cook, shaking the pan,

until the garlic becomes golden-brown, 2 to 3 minutes. Add the escarole and stir for 1 minute. Add the sherry, raise the heat to high, and cook until it evaporates, about 30 seconds. Add the fish broth and boil until it reduces slightly, 3 to 4 minutes. Add the clams, cover, and cook for 2 minutes. Add the mussels, cover, and cook for 2 minutes. Add the shrimp, cover, and cook for 1 minute. With a slotted spoon, transfer the open shellfish and shrimp to a large bowl and cover loosely with foil. Toss any that do not open.

**Step 3.** Stir the kale and pepper flakes into the broth and cook until the kale wilts, about 1 minute. Remove from the heat and add the parsley and rosemary. Pour in the browned butter. Add the lemon zest and juice. Season to taste with salt and pepper.

**Step 4.** Distribute the broth, vegetables, and seafood among 4 wide, deep bowls. Garnish with parsley.

# SMOKEY EGGPLANT AND WHITE BEAN DIP WITH PITA CRISPS

Serves 4 to 6

5 tablespoons extra-virgin olive oil; more for the pan  
1-½ pounds small eggplant, trimmed and cut in half lengthwise  
¾ teaspoon plus a generous pinch kosher salt  
¼ teaspoon freshly ground black pepper  
2 anchovy fillets (optional)  
1 small clove garlic  
3 pitas (preferably pocketless), each cut into eight wedges  
2 tablespoons fresh lemon juice; more to taste  
1 tablespoon chopped fresh mint, plus 1  
tablespoon small leaves for garnish  
2 teaspoons chopped fresh oregano  
2 tablespoons pine nuts, toasted  
1 cup canned cannellini beans, drained and rinsed



- Step 1.** Position a rack 4 inches from the broiler element and heat the broiler to high. Line a rimmed baking sheet with foil and grease lightly with oil. Rub the eggplant all over with 2 tablespoons of the oil and sprinkle the flesh side with ½ teaspoon of the salt and the ¼ teaspoon pepper. Arrange the eggplant, flesh side down, on the baking sheet and broil until the skin is charred and the eggplant flesh is very tender, 20 to 30 minutes.
- Step 2.** Meanwhile, if using anchovies, mash them into a paste with the side of a chef's knife. Roughly chop the garlic, sprinkle it with a generous pinch of kosher salt, and mash it into a paste with the side of a chef's knife. Transfer the anchovy and garlic pastes to a

food processor and add the beans, 2 tablespoons of the oil, and 1 tablespoon water. Purée until smooth.

**Step 3.** When the eggplant is done, set it aside to cool briefly. Meanwhile, in a medium bowl, toss the pita wedges with the remaining 1 tablespoon oil and  $\frac{1}{4}$  teaspoon salt. Arrange in a single layer on a baking sheet. Lower the rack so it's 6 inches from the broiler. Broil the pita wedges until golden brown on both sides, 1 to 2 minutes per side.

**Step 4.** Scrape the eggplant flesh from the skin and add the flesh to the puréed beans in the food processor, along with the lemon juice, chopped mint, and oregano. Pulse briefly to form a chunky dip. Adjust the seasoning with more salt, pepper, or lemon juice to taste. Serve sprinkled with the pine nuts and mint leaves, with the toasted pita crisps on the side for dipping.



# TOASTED PITA WITH BLACK SESAME SEEDS AND SUMAC

Yields 36 pieces

2 teaspoons black sesame seeds  
1 teaspoon ground sumac  
¼ teaspoon cayenne; more to taste  
Kosher salt  
6 whole wheat or white pita breads  
1/3 cup extra-virgin olive oil, approximately



- Step 1.** Position a rack in the center of the oven and heat the oven to 400°F.
- Step 2.** In a small bowl, combine the black sesame seeds, sumac, cayenne, and 1-½ teaspoon salt.
- Step 3.** Split each pita horizontally into 2 rounds and tear each round into 3 rustic pieces. Brush a large rimmed baking sheet with a generous amount of extra-virgin olive oil, and spread 12 of the pita pieces in a single layer, inner side down, on the sheet. Brush the outer side of the pita with additional extra-virgin olive oil and sprinkle evenly with about a third of the spice mixture. Toast the pita in the oven until golden brown and crisp, about 8 minutes. Repeat with the remaining pita and spice mixture in two more batches.



# Salads

# BROCCOLI SALAD WITH FETA, OLIVE OIL-FRIED ALMONDS CURRANTS

Serves 4 to 6

1 pound broccoli  
1-½ tablespoons dried currants  
1 medium clove garlic  
Kosher salt  
2 tablespoons red-wine vinegar  
Pinch cayenne  
5 tablespoons extra-virgin olive oil  
½ cup blanched, slivered almonds  
3 ounces feta, crumbled  
1/3 cup roughly chopped fresh cilantro (optional)



- Step 1.** Bring a large pot of generously salted water to a boil over high heat.
- Step 2.** Meanwhile, tear off any broccoli leaves and trim the bottoms of the stems. Cut the florets just above where they join the large stem, and then cut each floret lengthwise in half or in quarters through its stem (but not the buds). The top of each floret should be about the size of a quarter. Using a vegetable peeler or paring knife, peel the tough outer skin from the large stem, removing as little flesh as possible. Cut the stem into baton-shaped pieces about ¼ inch wide and 2 inches long.
- Step 3.** Boil the florets and stem pieces until they're tender (pierce with a paring knife or taste a piece) but still offer a bit of resistance, about 3 min. Drain the broccoli, spread it on a baking sheet in an even layer, and set aside to cool—it will continue to cook as it cools.

- Step 4.** Put the currants in a small bowl, add enough hot water to cover, and let sit until softened, about 10 min. Meanwhile, using a mortar and pestle or the flat side of a chef's knife, mash the garlic to a paste with a pinch of salt. Transfer the garlic to a small bowl and add the vinegar and cayenne. Let sit for about 10 minutes.
- Step 5.** Warm 1 tablespoon of the oil in a small sauté pan over medium heat. Add the slivered almonds and fry, stirring frequently, until golden brown, 2 to 3 min. Transfer to a plate lined with paper towels and season with salt.
- Step 6.** Drain the currants. Whisk the remaining 4 tablespoons oil into the vinegar mixture. Just before serving, combine the broccoli, currants, feta, and half of the almonds in a large bowl. Drizzle with the vinaigrette and toss gently to combine. Taste and season with a pinch more salt if necessary. Transfer to a serving platter and sprinkle with the remaining almonds and the cilantro, if using.

# GREEK SALAD PITAS WITH OLIVE-GARLIC TAPENADE

Serves 4

## For the sandwich:

- 1-½ cups seeded and finely diced English cucumber
- 1-¼ cups seeded and finely diced Roma tomatoes
- ¾ cup crumbled feta
- ½ cup finely diced radishes
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon red wine vinegar
- 1 teaspoon dried oregano
- Freshly ground black pepper
- 4 medium (6- to 7-inch) whole-wheat pitas, warmed
- 4 cups lightly packed baby spinach leaves

## For the tapenade:

- 1 medium clove garlic
- ½ cup pitted Kalamata olives
- 1 tablespoon extra-virgin olive oil
- 1-½ teaspoons red wine vinegar

## Make the tapenade:

Put the garlic in a food processor and process until chopped. Add the olives, extra-virgin olive oil, and vinegar and process until spreadable but not completely smooth.

## Assemble the sandwich:

In a large bowl, combine the cucumber, tomatoes, feta, and radishes. Add the extra-virgin olive oil, vinegar, oregano, and a few grinds of pepper and toss to combine. Slice the pitas in half and open the pockets. Divide the tapenade among the pitas, spreading it evenly inside each. Stuff each pita half with about ½ cup of the spinach and ½ cup of the salad mixture and serve.



# GREEK-STYLE SHRIMP SALAD

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Serves 4

1 pound large shrimp, peeled and deveined  
5 tablespoons extra-virgin olive oil  
Kosher salt and freshly ground black pepper  
1 heaping cup seeded and medium-diced plum tomatoes  
2-½ ounces crumbled feta cheese  
¼ cup pitted and coarsely chopped Kalamata or other black olives  
1 tablespoon drained and rinsed capers  
1 teaspoon dried oregano  
4 teaspoons red-wine vinegar  
2 teaspoons fresh lemon juice  
7 ounces baby greens, washed and spun dry



- Step 1.** Position an oven rack on the highest rung (4 inches from the element) and heat the broiler to high. Pat the shrimp completely dry with paper towels. In a medium bowl, toss the shrimp with 1 tablespoon of the oil, ¼ teaspoon salt, and several grinds of pepper. Arrange the shrimp in a single layer on a foil-covered rimmed baking sheet. Broil the shrimp until they're pink on the outside and opaque in the center, 3 to 4 minutes.
- Step 2.** Mix the tomatoes, feta, olives, capers, oregano, 2 tablespoons of the extra-virgin olive oil, 2 teaspoons of the vinegar, and 1 teaspoon of the lemon juice in a medium bowl. Add the shrimp; toss lightly to combine.
- Step 3.** In a small bowl, use a fork to whisk together the remaining 2 tablespoons oil, 2 teaspoons vinegar, and 1 teaspoon lemon juice. Toss the greens in a large bowl with the vinaigrette. Season generously with salt and pepper and toss again. Divide the greens among four large plates. Top each portion of greens with equal amounts of the shrimp mixture and serve.



# GRILLED TOFU WITH A MEDITERRANEAN CHOPPED SALAD

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Serves 4

## For the Mediterranean Chopped Salad:

2 medium tomatoes, seeded and diced  
1 cups diced seedless cucumber (¼ medium)  
¼ cups chopped scallions  
¼ cups coarsely chopped fresh parsley  
¼ cups Kalamata olives, pitted and coarsely chopped  
2 tablespoons extra-virgin olive oil  
1 tablespoon white-wine vinegar  
¼ teaspoon salt, or to taste  
Freshly ground pepper, to taste  
14 ounces extra-firm tofu, preferably water-packed  
¼ cups lemon juice  
1 tablespoon extra-virgin olive oil  
3 cloves garlic, minced  
2 teaspoons dried oregano  
½ teaspoon salt, or to taste  
Freshly ground pepper to taste



## Make the Mediterranean Chopped Salad:

Combine tomatoes, cucumber, scallions, parsley, olives, oil, vinegar, salt and pepper in a medium bowl; toss gently to mix. Serve within 1 hour.

## Make the Grilled Tofu:

**Step 1.** Preheat grill.

**Step 2.** Whisk lemon juice, oil, garlic, oregano, salt, and pepper in a small

bowl. Reserve 2 tablespoons of this mixture for basting.

- Step 3.** Drain and rinse tofu; pat dry. Cut the block crosswise into eight ½ -inch-thick slices and place in a shallow glass dish. Add remaining marinade and turn to coat. Cover and refrigerate for at least 30 minutes or for up to 8 hours.
- Step 4.** Lightly oil the grill rack (hold a piece of oil-soaked paper towel with tongs and rub it over the grate). Drain the tofu, discarding marinade. Grill the tofu over medium-high heat, basting occasionally with reserved lemon juice mixture, until lightly browned, 3 to 4 minutes per side. Serve immediately, topped with the salad.

# GRILLED VEGETABLE SALAD WITH FETA

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Serves 4

¼ cup extra-virgin olive oil

Kosher salt

3 tablespoons red wine vinegar

Freshly ground black pepper

1-½ cups grape tomatoes, halved

½ cup crumbled feta cheese

1 small or ½ medium fennel bulb with fronds attached

1 medium orange bell pepper, stemmed, seeded, and cut lengthwise into 4 or 5 pieces

1 medium red onion, cut into ¼-inch-thick slices

1 medium zucchini, cut lengthwise into ¼-inch-thick slices

1 medium yellow squash, cut lengthwise into ¼-inch-thick slices

3 tablespoons loosely packed thinly sliced fresh basil



**Step 1.** Cut the stalks off the fennel bulb. Remove about ¼ cup of the fronds from the stalks, chop the fronds, and reserve. Cut the fennel in quarters lengthwise and trim away most of the core, leaving just enough intact to keep the layers together. Slice the quarters lengthwise ¼ inch thick.

**Step 2.** Prepare a medium gas or charcoal grill fire (alternatively, use an indoor grill pan over medium-high heat). Arrange the vegetables in a single layer on a tray or work surface. Brush both sides of the

vegetables with 2 tablespoons of the extra-virgin olive oil and season with  $\frac{1}{4}$  teaspoon salt.

**Step 3.** Grill the vegetables in batches, flipping once, until both sides are nicely charred and the vegetables are just tender, about 12 minutes total for the fennel, 10 minutes total for the pepper, and 6 minutes total for the onion and squash. When the vegetables are cool enough to handle, cut them into  $\frac{1}{2}$  -inch dice and transfer to a large bowl.

**Step 4.** In a small bowl, whisk the remaining 2 tablespoons extra-virgin olive oil, the vinegar,  $\frac{1}{4}$  teaspoon salt, and  $\frac{1}{4}$  teaspoon pepper. Toss the vegetables with the dressing. Gently stir in the tomatoes and fennel fronds. Season to taste with more salt and pepper. Divide the salad among 4 plates and sprinkle with the feta and basil.

# SPINACH WITH PINE NUTS AND RAISINS

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Serves 6

2-½ pounds fresh spinach, stems trimmed, leaves rinsed

½ teaspoon coarse salt or sea salt

½ cup water

¼ cup fruity extra-virgin olive oil; more to taste

½ medium onion, finely chopped

3 tablespoons golden raisins

3 tablespoons pine nuts

Salt and freshly ground black pepper to taste



**Step 1.** Put the spinach leaves in a large pot with a tight-fitting lid (if all the spinach doesn't fit, add the rest once it starts cooking and collapsing). Add the salt and water and cook, covered, on medium heat, stirring occasionally, until the spinach is wilted, 2 or 3 min. Drain in a colander, let cool, and squeeze out the liquid with your hands. You'll end up with about 2 cups cooked spinach.

**Step 2.** Heat 3 tablespoons of the extra-virgin olive oil in a large sauté pan set over medium heat. Add the onion and sauté until it begins to turn golden, about 5 min. Stir in the raisins and cook for another 3 to 4 min. Stir in the pine nuts and sauté until they're lightly toasted, about 3 min. Add the spinach and cook until any excess liquid has evaporated. Season generously with salt and pepper and drizzle each serving (or the whole serving platter) with the remaining 1 tablespoon extra-virgin olive oil.

# WARM COUSCOUS AND GRILLED ZUCCHINI SALAD

Serves 4

3 small or 2 medium zucchini

Kosher salt

2 teaspoons ground cumin

2 teaspoons packed light brown sugar

1/8 teaspoon ground cinnamon

Pinch cayenne

Freshly ground black pepper

1 large red onion, sliced into 1/3-inch-thick rounds

1/4 cup extra-virgin olive oil

7-1/2 ounces couscous

1/4 cup chopped fresh cilantro

1 tablespoon finely grated orange zest

2 tablespoons fresh orange juice; more to taste



**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 1-½ cups water to a boil in a large saucepan. Stir in the couscous, 2 tablespoons of the extra-virgin olive oil, and ¾ 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

# ANDALUSIAN GAZPACHO

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Serves 4

2 cloves garlic, sliced

1 large green bell pepper, seeded and coarsely chopped

1-½ pounds very red, ripe tomatoes, cut into large pieces

3-inch-long piece of baguette, sliced and dried overnight or until hard

½ cup good-quality extra-virgin olive oil

2 tablespoons sherry vinegar or red-wine vinegar; more to taste

2 teaspoons coarse salt; more to taste

Freshly ground black pepper (optional)

1 cup peeled, diced cucumber, for garnish

1 cup diced onion, for garnish (optional)



- Step 1.** Put the garlic, green pepper, tomatoes, bread, extra-virgin olive oil, vinegar, and salt in a food processor. Pulse until the ingredients begin to purée (if the bread is hard, it may bounce about and take a while to break down); continue processing until the mixture is as fine a purée as possible, 3 to 5 min.
- Step 2.** Pass the soup through a large fine sieve set over a large bowl, pressing until only solids remain in the sieve; discard the solids. Stir in ¼ to ½ cup water, or enough to give the soup the consistency of a thin milkshake. If you want a thicker soup, add less water, or none at all. Add more salt or vinegar to taste. Cover and refrigerate until well chilled (or serve it immediately with a few ice cubes in each bowl).
- Step 3.** Ladle the gazpacho into chilled bowls or cups. Grind fresh pepper on top, if you want, and pass bowls of diced cucumber and onion, if using, so people can garnish their own.

# CHILLED RED PEPPER SOUP WITH SAUTÉED SHRIMP

Serves 6

1 seedless English cucumber, peeled and roughly chopped  
3 jarred roasted red peppers, cut into ½ -inch dice  
3 cups tomato juice  
2 slices baguette, toasted and cut into 1-inch cubes  
½ cup extra-virgin olive oil  
¾ pound medium shrimp, peeled and deveined  
2 tablespoons plus 1 teaspoon sherry vinegar or cider vinegar  
1 medium clove garlic, minced and mashed to a paste  
½ teaspoon ground cumin  
Kosher salt and freshly ground black pepper  
1 teaspoon chopped fresh thyme



- Step 1.** Cut three-quarters of the cucumber into 1-inch pieces and purée in a blender with the red peppers, tomato juice, toasted bread, 6 tablespoons extra-virgin olive oil, 2 tablespoons vinegar, garlic, cumin, and ½ teaspoon each salt and pepper (you may have to purée the soup in batches, depending on the size of your blender). Taste and season with more salt and pepper if needed, and refrigerate until cold, at least 30 minutes and up to 1 day.
- Step 2.** Heat 1 tablespoon of the extra-virgin olive oil in a large (12-inch) skillet over high heat until it's shimmering. Add the shrimp and cook, tossing, until it starts to brown and lose its raw color, about 2 minutes. Stir in the thyme, ½ teaspoon pepper, and ¼ teaspoon salt, and cook until the shrimp are just cooked through, about 1 minute. Transfer to a plate to cool.
- Step 3.** Just before serving, cut the remainder of the cucumber into ¼-inch dice (about ½ cup) and toss with the remaining tablespoon extra-virgin olive oil, the remaining 1 teaspoon sherry vinegar, and ½ teaspoon salt. Serve the soup cold in individual bowls, garnished with the cucumber and shrimp.

# MIDDLE EASTERN CHICKPEA AND STEW RICE

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Serves 6

- 1 tablespoon extra-virgin olive oil
- 3 medium onions, halved and thinly sliced
- 2 teaspoons ground cumin
- 2 teaspoons ground coriander
- 1 cup orange juice
- 4 cups reduced-sodium chicken broth, or vegetable broth
- 2 15-ounce cans chickpeas, rinsed
- 3 cups peeled and diced sweet potato
- 2/3 cup brown basmati rice
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 1/2 cup chopped fresh cilantro



Heat oil in a large saucepan over medium heat; add onions and cook, stirring often, until tender and well browned, 10 to 12 minutes. Add cumin and coriander and stir for about 15 seconds. Add orange juice and broth. Stir in chickpeas, sweet potato, rice and salt. Bring to a boil; reduce heat to a gentle simmer and cover. Cook, stirring occasionally, until the rice is tender and the sweet potatoes are breaking down to thicken the liquid, about 45 minutes. Season with pepper. (The stew will be thick and will thicken further upon standing. Add more broth to thin, if desired, or when reheating.) Serve topped with cilantro.

# ROASTED ROOT VEGETABLES WITH CHERMOULA

Serves 6

¼ cup extra-virgin olive oil

3 cloves garlic, minced

2 teaspoons paprika, preferably sweet Hungarian

2 teaspoons ground cumin

1 teaspoon salt

1 medium baking potato, peeled and cut into 1-inch chunks

1 medium sweet potato, peeled and cut into 1-inch chunks

1 medium turnip, peeled and cut into 1-inch chunks

1 medium rutabaga, peeled and cut into 1-inch chunks

2 medium carrots, cut into ½ -inch slices

8 ounces peeled and seeded butternut squash, cut into 1-inch chunks



**Step 1.** Preheat oven to 425°F.

**Step 2.** Place oil, garlic, paprika, cumin and salt in a food processor or blender and pulse or blend until smooth.

**Step 3.** Place potato, sweet potato, turnip, rutabaga, carrots and squash in a roasting pan large enough to accommodate the pieces in a single layer. Toss with the spiced oil mixture until well combined.

**Step 4.** Roast the vegetables, stirring once or twice, until tender, 45 to 50 minutes.



# SAUTÉED MUSHROOMS WITH GARLIC AND PARSLEY

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Serves 8

5 tablespoons extra-virgin olive oil

1 pound white or cremini mushrooms, washed well, trimmed, and cut into quarters

Kosher salt

5 to 6 medium cloves garlic, minced

1 tablespoon sherry vinegar

2 tablespoons chopped fresh parsley

**Step 1.** Heat the oil in a 12-inch skillet over high heat until it's hot and shimmering. Add the mushrooms, season with  $\frac{3}{4}$  teaspoon kosher salt, stir to coat in the oil, then let the mushrooms cook undisturbed until the liquid released by the mushrooms evaporates and they're deep golden brown, 5 to 7 min. Stir and continue sautéing, stirring occasionally, until most sides are nicely browned, 3 to 5 min. more.



**Step 2.** Reduce the heat to medium, add the garlic, and cook just to soften it, 15 to 30 seconds. Add the vinegar and stir, scraping the bottom of the pan, until the vinegar evaporates, about 15 seconds. Remove the pan from the heat and toss in the parsley. Season to taste with more salt, if you like. Transfer to a dish and serve with toothpicks for spearing the mushrooms or a serving spoon for putting on individual plates.

# WHITE GRAPE AND CUCUMBER GAZPACHO

Serves 4

½ pound seedless white grapes, well rinsed  
2 slices white sandwich bread  
1/3 cup sliced almonds  
1 seedless cucumber  
2 scallions (white and light green parts)  
1 clove garlic  
3 tablespoons fresh dill  
2 tablespoons cream cheese  
¼ cup milk  
1 to 2 tablespoons white-wine vinegar  
2 tablespoons extra-virgin olive oil  
Salt and freshly ground pepper (preferably white)



- Step 1.** Put all but 4 of the grapes in a metal bowl and put it in the freezer. Tear the bread into chunks and chop it in a food processor until it's reduced to fine crumbs. Put the crumbs in a small bowl, stir in 1/3 cup cool water, and set aside. Toast the almonds in a dry skillet over medium-low heat, stirring frequently, until deep golden brown, 10 to 12 minutes. Transfer to a plate to cool.
- Step 2.** Meanwhile, prepare the other ingredients: Slice the 4 grapes in half. Cut off and discard the cucumber ends. Thickly slice the cucumber. Slice the scallions. Slice the garlic. Chop the dill.
- Step 3.** In a food processor, chop the garlic and ¼ cup of the almonds until very fine. Add the breadcrumbs and cream cheese and process until well blended. Add the cucumber, scallions, dill, milk, vinegar, and the grapes from the freezer. Process until puréed as finely as possible, 1 to 2 minutes. With the machine running, pour in the oil. Taste and season with salt and pepper. Serve garnished with the grape halves and the remaining almonds.



Dinner

# BRAISED CHICKEN LOGO WITH CARROT JUICE, DATES AND SPICES

Serves 4

4 bone-in, skin-on medium chicken thighs  
4 chicken drumsticks  
Kosher salt and freshly ground black pepper  
2 tablespoons extra-virgin olive oil  
1 large red onion, peeled and thinly sliced  
1 teaspoon ground ginger  
2 tablespoons chopped fresh cilantro  
3/4 cup homemade or low-salt canned chicken broth  
1/2 pound Medjool dates, pitted and halved lengthwise  
1 teaspoon ground cinnamon  
1/2 teaspoon ground cumin  
1-1/4 cups carrot juice  
2 tablespoons fresh lemon juice



**Step 1.** Position a rack in the center of the oven and heat the oven to 350°F.

**Step 2.** Season the chicken pieces generously with salt and pepper. In a straight-sided 10- or 11- inch ovenproof sauté pan with a lid, heat the oil over medium-high heat until very hot. Arrange the chicken pieces skin side down in the pan (it'll be crowded), cover with a splatter screen, if you have one, and cook until deeply browned, about 5 minutes. Turn the pieces over and cook until the other sides are deeply browned, 3 to 5 minutes more. Transfer to a plate. Pour out and discard all but 1 tablespoon of the fat in the pan.

- Step 3.** Put the pan over medium heat. Add the onion and cook, stirring frequently, until it's soft and begins to color, 6 to 8 minutes. Add the ginger, cinnamon, and cumin and stir into the onions for about 1 minute. Pour in the carrot juice and broth and bring to a boil, scraping the browned bits from the bottom of the pan with a wooden spoon. Return the chicken pieces to the pan, along with any accumulated juices. If using prunes or apricots, add them now. Cover, transfer to the oven, and braise for 15 minutes. Add the dates, if using, and continue to braise until the chicken is fork-tender and the drumstick meat starts to come away from the bone, 30 to 35 minutes more.
- Step 4.** With a slotted spoon, transfer the chicken and dried fruit to a serving dish and keep warm by covering the dish loosely with foil. Tilt the sauté pan and skim off as much fat as possible from the sauce. Bring the sauce to a boil over medium-high heat, reduce the heat to medium-low, and simmer until the sauce is slightly thickened, about 5 minutes. Add the lemon juice and season to taste with salt and pepper. Pour the sauce over the chicken, sprinkle with the chopped cilantro, and serve.

# CEDAR-PLANKED SALMON WITH RED PEPPER AND CAPER SAUCE

Serves 4

## For the sauce:

½ cup jarred piquillo peppers or roasted red peppers  
1-½ tablespoons sherry vinegar or red-wine vinegar  
½ teaspoon Dijon mustard  
1 medium clove garlic, minced  
¼ cup extra-virgin olive oil  
1-½ tablespoons brine-packed capers, rinsed and chopped  
1-½ tablespoons finely chopped fresh flat-leaf parsley  
Kosher salt and freshly ground black pepper

## For the salmon:

1 teaspoon granulated sugar  
½ teaspoon ground cumin  
½ teaspoon hot pimentón de la Vera (Spanish smoked paprika)  
Kosher salt and freshly ground black pepper  
4 6- to 8-ounces skinless salmon fillets  
2 teaspoons extra-virgin olive oil

## Make the sauce:

Put the peppers, vinegar, mustard, and garlic in a blender and begin to puree. With the blender running, add the oil in a thin, steady stream. Transfer to a small bowl, stir in the capers, parsley, ½ teaspoon salt, and 1/8 teaspoon pepper. Season to taste with more salt and pepper if needed.



## Prepare the salmon:

**Step 1.** Soak a cedar plank in cold water for at least 1 hour and up to 12 hours. In a small bowl, mix the sugar, cumin, pimentón, 1-½ teaspoons salt, and ½ teaspoon pepper. Sprinkle the mixture over the salmon and let sit at room temperature for 30 minutes, or cover and refrigerate for up to 12 hours.



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

- Step 2.** Prepare a two-zone fire on a gas or charcoal grill: On a gas grill, set two of the burners to high (one if your grill only has two burners) and leave one burner off. On a charcoal grill, push all of the lit coals to one side of the grill.
- Step 3.** Set the cedar plank on the grill over the hot zone, cover the grill, and wait until the plank starts to smoke, 2 to 3 minutes. Meanwhile, rub the skinned sides of the salmon fillets with the oil. Slide the plank to the cooler zone and arrange the salmon on top, oiled side down and thicker ends closest to the hot zone. Cover the grill (vents open on a charcoal grill) and cook until the fish is almost cooked through with just a touch of pink in the center—make a nick with a paring knife in the thicker part of a fillet to check—or an instant-read thermometer inserted in a thick part registers 135°F, 10 to 14 minutes. Transfer the fish (still on the plank) to a serving platter and serve with the sauce.

# CRISP STRIPED BASS WITH PRESERVED LEMON, CHICKPEAS AND COUSCOUS

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Serves 8

4 skin-on striped bass fillets (5 ounces each), scaled  
Kosher salt and freshly ground black pepper  
 $\frac{3}{4}$  cup all-purpose unbleached flour  
3 tablespoons extra-virgin olive oil; more for drizzling  
 $\frac{1}{4}$  teaspoon cumin seeds  
1 cup couscous, cooked according to package directions  
Harissa  
 $\frac{1}{2}$  cup chopped fresh cilantro, plus whole leaves for garnish  
1 19-ounces can chickpeas, drained and rinsed  
2 tablespoons chopped Moroccan preserved lemon  
2 cups seeded, diced fresh tomatoes



**Step 1.** Heat the oven to 200°F. Pat the fish fillets dry and season all over with  $\frac{1}{2}$  teaspoon salt and  $\frac{1}{4}$  teaspoon pepper. Put the flour in a wide, shallow dish and lightly dredge the fish in the flour, shaking off any excess.

**Step 2.** Heat the oil in a 12-inch nonstick skillet over medium-high heat until shimmering hot. Arrange the fish skin side down in the pan so the fillets fit without touching. Cook undisturbed for 4 minutes. With a spatula, peek under a fillet to see if the skin is golden-brown and crisp. If not, cook 1 minute more. Flip the fillets and cook until lightly golden-brown and just cooked through, an additional 1 to 2 minutes. Transfer to a wire rack set over a baking

sheet and keep warm in the oven.

- Step 3.** Reduce the heat to medium, add the cumin seeds to the skillet, and cook, stirring, until fragrant, about 10 seconds. Add the tomatoes,  $\frac{1}{2}$  teaspoon salt, and 3 tablespoons water and cook until they become saucy, 3 to 4 minutes. Stir in the chickpeas and cook until heated through, about 3 minutes. Add the preserved lemon (or lemon zest) and chopped cilantro. Season to taste with salt and pepper.
- Step 4.** Scrape a fork through the couscous to fluff it, and then divide it among 4 dinner plates. Place the fish skin side up on the couscous. Spoon on the chickpea mixture and garnish with the harissa and a scattering of cilantro leaves. If desired, drizzle extra-virgin olive oil over the fish at the table.

# GRILLED EGGPLANT STACKS WITH PESTO AND MOZZARELLA

Serves 12

2 small (Italian) eggplant, trimmed and cut into 3/8-inch round slices, grilled

½ cup prepared basil pesto

3 to 4 ounces thinly sliced fresh mozzarella, drained well on paper towels

Kosher salt

2 tablespoons freshly grated parmigiano reggiano



Lay the grilled eggplant slices in one layer on a parchment- or foil-lined baking sheet (put similar-size slices next to each other). Spread each slice with a little pesto (about ¼ teaspoon) and top every other slice with a piece of mozzarella. Sprinkle salt on the cheese and top with the other eggplant slice. Refrigerate if not serving right away. Heat the oven to 350°F. Sprinkle the sandwiches with the grated parmigiano and heat until warmed through, 4 to 5 minutes.

# PENNE WITH ARTICHOKE AND FETA

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Serves 4

10 oz dried penne rigate  
Coarse salt  
8 slices bacon  
1 small onion, thinly sliced  
1 package frozen quartered artichoke hearts,  
thawed, drained and cut in half  
1 cup low-salt chicken broth  
1/3 cup pitted kalamata olives, roughly chopped  
1 roasted red bell pepper, roughly chopped  
4 ounces crumbled feta cheese  
Freshly ground black pepper  
3 tablespoons chopped fresh flat-leaf parsley



- Step 1.** Bring a large pot of water to a full boil and add the pasta and 1 tablespoon coarse salt. Cook until just tender, about 10 minutes. Drain and reserve.
- Step 2.** While the pasta is cooking, heat a large skillet (not nonstick) over medium-low heat. Add the bacon and cook, turning occasionally, until browned and crisp, about 5 minutes. With tongs, transfer the bacon to a plate lined with paper towels. When cool, crumble into small pieces.
- Step 3.** Add the sliced onion to the bacon drippings in the pan and cook over medium heat, stirring often, until wilted, about 3 minutes. Add the artichokes and cook, stirring occasionally, until the vegetables are tender and lightly browned on the edges, about another 4 minutes. Pour in the broth. Increase the heat to high

and bring to a boil, scraping up all the browned bits in the pan. Boil for 30 seconds to reduce the liquid slightly. Reduce the heat to medium and add the drained pasta, olives, and red pepper. Toss until well blended and warmed.

**Step 4.** Remove the pan from the heat. Add the crumbled feta and salt and pepper to taste and give the pasta a few stirs. Cover and set aside, stirring occasionally, until the cheese melts a bit (but not completely) and the pasta is coated in creamy, clingy sauce, about 2 minutes. Taste and adjust the seasonings. Serve immediately with the crumbled bacon and chopped parsley.



# RED-WINE RISOTTO

Serves 8

4 ½ cups reduced-sodium beef broth  
2 tablespoons extra-virgin olive oil  
1 medium onion, finely chopped  
2 cloves garlic, minced  
1 ½ cups arborio, carnaroli or other Italian “risotto” rice  
¼ teaspoon salt  
1 ¾ cups dry red wine, such as Barbera, Barbaresco or Pinot Noir  
2 teaspoons tomato paste  
1 cup finely shredded Parmigiano-Reggiano cheese, divided  
Freshly ground pepper, to taste



- Step 1.** Place broth in a medium saucepan; bring to a simmer over medium-high heat. Reduce the heat so the broth remains steaming, but is not simmering.
- Step 2.** Heat oil in a Dutch oven over medium-low heat. Add onion and cook, stirring occasionally, for 5 minutes. Add garlic and cook, stirring, until the onion is very soft and translucent, about 2 minutes. Add rice and salt and stir to coat.
- Step 3.** Stir ½ cup of the hot broth and a generous splash of wine into the rice; reduce heat to a gentle simmer and cook, stirring constantly, until the liquid has been absorbed. Add more broth, ½ cup at a time along with some wine, stirring after each addition until most of the liquid has been absorbed. After about 10 minutes, stir in tomato paste. Continue to cook, adding broth and wine and stirring after each addition until most of the liquid is absorbed; the risotto is done when you’ve used all the broth and wine and the rice is creamy and just tender, 20 to 30 minutes more.
- Step 4.** Remove the risotto from the heat; stir in ¾ cup cheese and pepper. Serve sprinkled with the remaining ¼ cup cheese.

# SAFFRON RICE PILAF WITH RED PEPPER AND TOASTED ALMONDS

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Serves 6 to 8

2-½ cups low-salt chicken broth or water  
Pinch saffron  
1 tablespoon extra-virgin olive oil  
1 medium onion, small diced  
1 red bell pepper, cored, seeded, and small diced  
1-½ cups long-grain white rice  
Pinch ground cayenne  
¼ cup roughly chopped fresh Italian parsley  
1 large clove garlic, minced  
¼ cup slivered almonds, toasted  
1 tablespoon roughly chopped fresh oregano  
1 teaspoon kosher salt; more as needed



- Step 1.** On the stovetop or in the microwave, heat the broth until hot. Add the saffron, cover, and let sit for 15 to 20 min.
- Step 2.** In a heavy-based 3-qt. saucepan with a tight lid, heat the oil over medium heat. Reduce the heat to medium low and add the diced onion and bell pepper. Cook, stirring occasionally, until soft but not browned, about 5 min. Add the rice, salt, and cayenne, and stir well to coat each grain with oil. Toast for a full 5 min., stirring regularly to keep the grains separated and to prevent them from sticking to the bottom of the pan (the rice may turn opaque before 5 min. is up, but keep going). Reduce the heat to low if there are any signs of scorching. Stir in 2 tablespoons of the parsley and the garlic.
- Step 3.** Add the saffron broth, stir once, and bring to a boil over medium

heat. Cover, reduce the heat to low, and cook for 18 min. Remove from the heat, and let the pilaf sit, still covered, for 5 min.

**Step 4.** Once the pilaf has rested, remove the lid and fluff the rice with a fork. Using the fork, gently fold in the almonds, the remaining 2 tablespoons parsley, and the oregano. Taste for seasoning and adjust as needed.

# SALT COD AND CRAB FRITTERS

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Yields 36 Fritters

8 ounces dried salt cod

Kosher salt

3 tablespoons extra-virgin olive oil

1 medium yellow onion, minced

3 medium cloves garlic, minced

Extra-virgin olive oil, for frying

1 pound medium Yukon Gold potatoes, peeled and cut into 1-inch pieces

3 tablespoons finely chopped fresh cilantro

1 teaspoon hot pepper sauce; more to taste

1 large egg, separated

8 ounces jumbo lump crabmeat, drained well and picked over



- Step 1.** The day before you plan to serve the fritters, rinse the salt cod well under cool running water to remove any surface salt. Put it in a large bowl and cover with cold water. Cover the bowl and refrigerate for 24 hours, changing the water several times.
- Step 2.** Bring a 4-quart saucepan filled with enough water to accommodate the cod (about 3 quarts) to a boil over high heat. Reduce the heat to low, add the soaked cod, and simmer gently until it flakes easily with a fork, 10 to 20 minutes. Drain well and let cool. Remove and discard any bits of skin, bone, or spongy ends.
- Step 3.** Meanwhile, put the potatoes in a 4-quart saucepan and add enough cold water to cover by 2 inches. Add 1 tablespoon salt, cover, and bring to a boil over high heat. Simmer until tender, 10 to 12 minutes. Drain, transfer to a bowl, and mash well. Set aside.
- Step 4.** In a 10-inch skillet, heat the extra-virgin olive oil over medium heat. Add the onion and cook, stirring often, until golden brown, 4 to 7 minutes. Add the garlic and cook for 1 minute more. Add to the mashed potatoes.

## SALT COD AND CRAB FRITTERS (CONT.)

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- Step 5.** Pulse the cooked cod in a food processor until finely shredded. Add the cod to the potatoes, along with the cilantro and hot sauce. Mix well and season to taste with salt and more hot pepper sauce. Stir in the egg yolk and then gently fold in the crab. In a small bowl, whisk the egg white to soft peaks and gently fold it into the cod mixture.
- Step 6.** Pinch off walnut-size pieces of the cod mixture, roll them into balls, and set aside on a tray.
- Step 7.** Heat 1-½ inches of extra-virgin olive oil in a 4-quart saucepan over medium-high heat until it reaches 360°F on a deep fat/candy thermometer. Fry the fritters in batches of 4 or 5 until golden-brown, 2 to 3 minutes. Transfer to a baking sheet lined with paper towels to drain. Sprinkle with salt while still sizzling. Serve warm or at room temperature.

# SALT-CRUSTED SALMON WITH FENNEL AND GREEN OLIVE RELISH

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Serves 4

## For the Fennel and Green Olive Relish:

1/3 cup pitted green olives, coarsely chopped

1/4 cup finely diced red onion

1 tablespoon nonpareil capers, rinsed and chopped

Kosher salt and freshly ground black pepper

3 tablespoons extra-virgin olive oil

2 tablespoons red wine vinegar

2 tablespoons chopped fresh mint

1 medium fennel bulb, tough outer layers removed, cut into 1/8-inch dice



## For the Salt-Crusted Salmon:

1 whole 2-1/2 to 3 pounds salmon

2 teaspoons extra-virgin olive oil

6 cups kosher salt

4 large egg whites

Fennel fronds, thin slices of shallots, thin slices of lemon or orange (optional)

## For the Fennel and Green Olive Relish:

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

## For the Salt-Crusted Salmon:

**Step 1.** Position a rack in the center of the oven and heat the oven to 400°F.



- Step 2.** Rinse the salmon well, inside and out. Make sure there are no loose scales on the skin. Pat the salmon completely dry with paper towels and put it on a large rimmed baking sheet or cutting board.
- Step 3.** Stuff the cavity of the salmon with your choice of aromatics, if using. Rub the skin of the fish all over with the extra-virgin olive oil.

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

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- Step 4.** In a large bowl with a rubber spatula, mix the salt with the egg whites and  $\frac{1}{2}$  cup water. Spread enough of the salt mixture on the bottom of a large rimmed baking sheet to make a bed about  $\frac{1}{4}$  inch thick and roughly the same size as the salmon. Put the fish on top of the salt bed. Using your hands, coat the fish with the remaining salt mixture to make a  $\frac{1}{4}$ -inch-thick crust, molding it around the contours of the fish.
- Step 5.** If using a remote probe thermometer, insert the probe near the spine behind the head (the thickest part of the fish). If using an instant-read thermometer, apply a marker (such as a piece of garlic or shallot) to the crust at this spot so you know where to check the temperature later.
- Step 6.** Roast until the thermometer registers between 135°F and 140°F, about 35 to 45 minutes (start checking at 35 minutes). Let the fish rest in its crust for 5 to 10 minutes before serving.
- Step 7.** Tap the salt crust with the back of a large metal spoon to break it.
- Step 8.** Using a large fork and the spoon, push the crust to the side so the fish is exposed. Then use a pastry brush to flick away any salt that's sticking to the skin.
- Step 9.** With the spoon, gently scrape the skin off the top of the fillet and push it to the side.
- Step 10.** Run the spoon along the spine to separate the flesh from the bones. Use the fork to help move the flesh to serving plates.
- Step 11.** Once you've removed all of the top fillet, grip the tail end of the bones and pull them away to expose the bottom fillet. Push aside any aromatics stuffed into the cavity. Use the spoon to separate the bottom fillet from the skin.
- Step 12.** Spoon some of the fennel relish onto each portion and serve.

# SAUTÉED SHRIMP AND HAZELNUT ROMESCO

Serves 4

8 dried Nyora or Ancho chiles  
2 large red bell peppers  
¾ cup extra-virgin olive oil plus 2 tablespoons  
½ cup raw hazelnuts  
2 tablespoons fine breadcrumbs  
2 cloves garlic, coarsely chopped  
1 medium tomato, peeled and seeded  
2 tablespoons sherry vinegar  
Coarse salt and freshly ground black pepper  
16 extra-large shrimp, shelled, deveined, and rinsed  
¼ cup fresh flat-leaf parsley, finely chopped, for garnish



- Step 1.** Snap the stems from the chiles. Shake out and discard the seeds. Put the chiles in a heatproof bowl and cover with 2 cups boiling water. Set a small plate on top to keep the peppers submerged and let sit until softened, about 20 minutes. Discard the soaking liquid. Set the peppers aside.
- Step 2.** Roast the red bell peppers: On the stovetop, hold the peppers with tongs over an open burner, turning them until they're blackened uniformly, about 3 to 5 minutes. (Alternatively, put the peppers on a baking sheet and roast in the oven at 450°F until the skins become brown and loosen, about 30 minutes.) Transfer to a bowl and cover tightly with plastic wrap for 15 minutes, allowing them to steam and cool slightly. Peel the skins from the peppers, remove the seeds, and set the peppers aside.
- Step 3.** Heat 2 tablespoons of the extra-virgin olive oil in a small skillet over medium heat, then add the hazelnuts and cook, shaking the pan a few times, until lightly browned, about 4 minutes. Drain the hazelnuts and let cool slightly. Remove as much paper coating on the nuts as possible. Discard the oil.

# SAUTÉED SHRIMP AND HAZELNUT ROMESCO (CONT.)

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## Make the romesco sauce:

- Step 1.** Combine the chiles, roasted red bell peppers, hazelnuts, breadcrumbs, garlic, tomatoes, sherry vinegar, and ½ cup extra-virgin olive oil in the bowl of a food processor. Season generously with salt and pepper and pulse until completely puréed. Transfer to a small plastic container, cover, and refrigerate until needed. The romesco can be made a day ahead and kept covered in the refrigerator.
- Step 2.** Heat the remaining ¼ cup extra-virgin olive oil in a large straight-sided skillet over high heat. Add the shrimp, season with salt and pepper, and cook until the shrimp turn pink and become firm, about 1 to 2 minutes per side.
- Step 3.** Warm the cold romesco sauce. Transfer the shrimp to a serving platter and serve the romesco sauce on the side. Garnish with the chopped parsley and serve immediately.

# SWORDFISH WITH BLACK OLIVE AND MINT TAPENADE

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Serves 4

## For the tapenade:

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



## For the swordfish:

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

## For serving:

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

## Make the tapenade:

Put the olives, sun-dried tomatoes, and oil in a food processor and pulse until the mixture forms a coarse paste. Pulse in the basil, mint, garlic, and red pepper flakes until combined and transfer to a medium bowl.

## **Make the swordfish:**

Heat a gas grill to medium high, or prepare a medium-hot charcoal fire. Clean and oil the grates to prevent sticking. Sprinkle the fish with 1 teaspoon pepper and ½ teaspoon salt and drizzle with oil. Grill the fish until it has good grill marks, about 4 minutes. Using both tongs and a spatula, carefully turn the fish. Continue cooking until the other side has good grill marks and the fish is just cooked through, about 8 minutes.

## **To serve:**

Toss the tomatoes with the mint, oil, and ½ teaspoon salt. Transfer the fish to a platter, spread generously with the tapenade, and top with a spoonful of the tomatoes (and their juices). Serve immediately.



# YOGURT-MARINATED ROAST CHICKEN

Serves 4

- 1 4-lb. chicken
- 2 cups plain full-fat or low-fat yogurt
- 3 medium cloves garlic, chopped
- 1 large shallot, chopped
- 1/3 cup chopped fresh flat-leaf parsley
- 1/4 cup chopped fresh dill
- 1 tablespoon cracked black peppercorns
- 1 teaspoon finely grated lemon zest
- Kosher salt and freshly ground black pepper



- Step 1.** Put the chicken on a cutting board breast side down. Use poultry shears to cut along both sides of the backbone; remove and discard the backbone. Flip the chicken over and press down gently to break the breastbone and flatten the breast slightly.
- Step 2.** In a gallon-size resealable plastic bag, combine the yogurt, garlic, shallot, parsley, dill, cracked peppercorns, lemon zest, and 2 teaspoons salt. Add the chicken to the bag and turn to coat well. Set in a bowl and refrigerate overnight.
- Step 3.** Position a rack in the center of the oven and heat the oven to 450°F. Remove the chicken from the marinade and put it skin side up on a broiler pan or on a rack set inside a rimmed baking sheet. Season both sides well with salt and pepper. Roast the chicken, uncovered, until an instant-read thermometer inserted in the thigh reads 170°F, 45 to 50 minutes. Transfer the chicken to a carving board and loosely tent it with foil; let rest for 10 minutes before carving.



# Sweets

# APRICOT AND PISTACHIO BAKLAVA WITH ORANGE-CARDAMOM SYRUP

1-lb. “twin pack” phyllo dough

## For the filling:

12 ounces (2-½ cups) unsalted, shelled raw pistachios

12 ounces (2 cups, packed) dried apricots

½ cup granulated sugar

10 ounces (1-¼ cups) unsalted butter

## For the syrup:

1- ½ cups granulated sugar

2/3 cup orange juice

1- ½ teaspoons ground cardamom



Thaw the phyllo overnight in the refrigerator. Then put the phyllo box on the counter to come to room temperature, 1-½ to 2 hours.

## Make the filling:

Put the pistachios, apricots, and sugar in a food processor. Process until the nuts and apricots are finely chopped, 30 to 45 seconds. Set aside.

## Assemble the baklava:

Unfold one pack of the phyllo sheets and stack them so that they lie flat on your work surface. Cover the top with plastic wrap, letting some excess plastic fall over all four edges. Dampen and wring out a kitchen towel and drape it on top of the plastic wrap; this will hold the plastic in place and prevent the phyllo from drying out.

# APRICOT AND PISTACHIO BAKLAVA WITH ORANGE-CARDAMOM SYRUP (CONT.)

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- Step 4.** Melt the butter in a small saucepan. Brush the bottom of a 9x13-inch metal pan with some of the butter. Remove a sheet of phyllo from the stack, re-cover the rest (be sure to cover the remaining sheets each time you remove a new one), and put the sheet in the bottom of the pan. Brush the sheet with some of the melted butter but don't soak the phyllo. Repeat until you have layered and buttered about half the sheets from the first pack—about 10 sheets in all. If your pan has slightly angled sides, arrange the sheets so the excess falls on the same side of the pan and cut the extra off every few layers with a paring knife. Sprinkle about one-third of the filling evenly over the phyllo.
- Step 5.** Repeat layering and buttering the remaining sheets from the first pack and sprinkle on another third of the filling. Open, unfold, and cover the second pack of phyllo. Layer and butter it as described above, sprinkling the remaining filling after layering about half the phyllo, and ending with a final layer of phyllo (you may not need all of the butter). Cover loosely and put the pan of baklava in the freezer for 30 minute.
- Step 6.** Position an oven rack in the center of the oven and heat the oven to 350°F.
- Step 7.** Before baking, use a thin, sharp knife (I prefer serrated) and a gentle sawing motion to cut the baklava on the diagonal at 1-½ - inch intervals in a diamond pattern. Try not to compress the pastry by pressing down on it with one hand while cutting with the other. Not only are you cutting serving portions, you are also cutting pathways for the flavored syrup to permeate the pastry,

so be sure to cut the pastry all the way to the bottom of the pan. If you have an electric carving knife, this is the perfect time to use it. Bake the baklava until golden, 40 to 45 minutes. Transfer to a rack and let cool completely. Run a knife along the cut lines to help the syrup absorb evenly.

### **Make the syrup:**

Put the sugar and orange juice in a small saucepan and bring to a simmer over medium heat, stirring occasionally, until the sugar is dissolved and the liquid is clear, about 5 minutes. Remove the pan from the heat and stir in the cardamom. Pour the syrup evenly over the entire surface of the baklava, allowing it to run down into the cut marks and along the sides of the pan. Allow the baklava to cool to room temperature before serving.

# ORANGE-HAZELNUT OLIVE OIL COOKIES

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



## For the Topping:

16 whole dried figs  
2 cups warm water  
 $\frac{1}{2}$  cup ouzo, Mavrodaphne or port wine  
2 rose geranium leaves, plus more for garnish  
1 cinnamon stick  
1 3-inch strip orange zest  
 $\frac{1}{2}$  cup sugar

**Step 1.** Finely grind the hazelnuts in a food processor. In a medium bowl, whisk the hazelnuts, flour, baking powder, and salt to blend. With a hand mixer or a stand mixer fitted with the paddle attachment, beat the sugar, oil, eggs, zest, and vanilla on low speed until the sugar is moistened, about 15 seconds. Increase the speed to high and mix until well combined, about 15 seconds more. Add the dry ingredients and mix on low speed until the dough has just pulled together, 30 to 60 seconds.



- Step 2.** Divide the dough in half. Pile one half of the dough onto a piece of parchment. Using the parchment to help shape the dough, form it into a log 11 inches long and 2 inches in diameter. Wrap the parchment around the log and twist the ends to secure. Repeat with the remaining dough. Chill in the freezer until firm, about 1 hour.
- Step 3.** Position racks in the upper and lower thirds of the oven and heat the oven to 350°F. Line four cookie sheets with parchment or nonstick baking liners.
- Step 4.** Unwrap one log of dough at a time and cut the dough into ¼-inch slices; set them 1 inch apart on the prepared sheets. Bake two sheets at a time until light golden on the bottoms and around the edges, about 10 minutes, rotating and swapping the sheets halfway through for even baking. Let cool completely on racks. The cookies will keep in an airtight container at room temperature for up to 1 week.

# PROVENÇAL VEGETABLE TART

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1 9-½ x9-½ -inch sheet puff pastry, fully thawed if frozen (thaw overnight in the fridge if possible)

Flour, for rolling

8 oil-packed anchovy fillets, drained and chopped

1 to 1-¾ cups Sautéed Ratatouille

1/3 cup crumbled feta

2 tablespoons roughly chopped fresh flat-leaf parsley (optional)



**Step 1.** Heat the oven to 425°F. Lightly flour a work surface, lay the sheet of pastry out, and gently roll until it measures about 11 x 15 inches. Slide the pastry onto a baking sheet. Prick the pastry all over with a fork, at about 1-inch intervals.

**Step 2.** Gently stir the anchovies into the ratatouille. Spread the ratatouille over the pastry, to within an inch of the the borders. Distribute the feta over the tart.

**Step 3.**

**Step 4.** Bake in the heated oven until the pastry is puffed and browned (including on the bottom), 18 to 25 min. Slide onto a cutting board, sprinkle with the parsley, and cut into squares or strips. Serve warm or at room temperature.

# RED GRAPE, POLENTA AND OLIVE OIL CAKE

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Serves 8 to 10

1 cup unbleached all-purpose flour  
½ cup yellow cornmeal  
1-½ teaspoons baking powder  
¼ teaspoon table salt  
2 large eggs  
⅔ cup granulated sugar  
½ cup extra-virgin olive oil  
⅓ cup milk  
1 teaspoon pure vanilla extract  
1 teaspoon grated lemon zest  
1-¾ cups red seedless grapes, washed and dried  
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, ½ cup at a time, until just incorporated. Stir in ½ 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.