



The Mediterranean Diet
Recipe Book
Eighteenth Edition

By Ray Darken

TABLE OF CONTENTS

<i>Table of Contents</i>	<u>2</u>
BREAKFAST AND LIGHT LUNCHES	
<i>Carrot Skordalia</i>	<u>6</u>
<i>Cranberry Hummus</i>	<u>7</u>
<i>Creole Shrimp on Biscuits</i>	<u>8</u>
<i>Egyptian Nut and Seed Dip</i>	<u>9</u>
<i>Fig Olive Tapenade</i>	<u>10</u>
<i>Omelette aux Fines Herbs</i>	<u>11</u>
<i>Poached Peaches with Mint</i>	<u>12</u>
<i>Quinoa – Oatmeal Breakfast</i>	<u>13</u>
<i>Rosemary Bread</i>	<u>14</u>
<i>Swiss Chard with Olives</i>	<u>15</u>
<i>Whitefish and Potato Knish</i>	<u>16</u>
SALADS	
<i>Apples, Avocado and Balsamic Chicken Salad</i>	<u>18</u>
<i>Chopped Seafood Salad with Garlic Vinaigrette</i>	<u>19</u>
<i>Italian Bread Salad</i>	<u>20</u>
<i>Kashi, Mint and Almond Salad</i>	<u>21</u>
<i>Lettuce Salad with Orange</i>	<u>22</u>
<i>Moroccan Chickpea Salad</i>	<u>23</u>
<i>Paella Salad with Lemon-Herb Aioli</i>	<u>24</u>

<u>Spinach Salad with Sun-dried Tomatoes</u>	<u>26</u>
<u>White Bean Salad with Tarragon Vinaigrette</u>	<u>27</u>

SOUPS AND VEGETARIANS

<u>Carrot – Ginger Soup</u>	<u>29</u>
<u>Charred Eggplant Soup with a Red Pepper Swirl</u>	<u>30</u>
<u>Kabocha, Kale and Chickpea Soup</u>	<u>31</u>
<u>Mussel Bisque with Saffron</u>	<u>32</u>
<u>Polenta and Spinach Soup</u>	<u>33</u>
<u>Zucchini Blossoms Soup</u>	<u>34</u>

DINNER

<u>Chicken with Mustard Greens, Olives and Lemons</u>	<u>36</u>
<u>Garlic Braised Chicken with Olives and Mushrooms</u>	<u>37</u>
<u>Hummus bi Tahini</u>	<u>38</u>
<u>Italian Torta</u>	<u>39</u>
<u>Leek and Smoked Salmon Tart</u>	<u>40</u>
<u>Lemon Garlic Mussels</u>	<u>42</u>
<u>Roasted Chickpeas</u>	<u>43</u>
<u>Sea Bass en Papillote with Hoisin and Bok Choy</u>	<u>44</u>
<u>Spaghetti with Saffron, Red Pepper Sauce and Gruyère</u>	<u>45</u>
<u>Stuffed Baked Chicken</u>	<u>46</u>

SWEETS

<u>Buttermilk Sorbet with Strawberries</u>	<u>49</u>
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<u>Cherry – Almond Crisp</u>	<u>50</u>
<u>Mint Julep Granita</u>	<u>51</u>
<u>Nectrines Poached in Lavander – Honey Syrup</u>	<u>52</u>
<u>Peach Cobbler</u>	<u>53</u>
<u>Pumpkin Custard</u>	<u>54</u>
<u>Ricotta Granita</u>	<u>55</u>



Breakfast & Light Lunches

CARROT SKORDALIA

Yeilds 2 cups

5 medium carrots, peeled and chopped
Sea salt and freshly ground pepper
1/2 cup pecans
6 garlic cloves, peeled
1/2 cup extra-virgin olive oil
1 1/2 tablespoons red wine vinegar

Step 1. Place the carrots in a medium pot and cover with water. Cover the pot with a lid and cook the carrots over medium heat until very tender, 25 to 30 minutes.

Step 2. Drain the carrots. Season them with salt and pepper to taste.



CRANBERRY HUMMUS

Serves 4 to 6

1 garlic clove, peeled
1 (15-ounce) can cannellini beans, rinsed and drained
2 tablespoons fresh lemon juice
2 tablespoons tahini (sesame paste)
2 tablespoons extra-virgin olive oil
1/2 cup cranberry sauce

For the cranberry sauce:

1 cup fresh cranberries
1/2 cup orange juice
1/4 cup water
2 tablespoons honey
1/4 teaspoon grated orange zest

To make the cranberry sauce:

Combine all of the ingredients in a small saucepan. Simmer over low heat, stirring occasionally and pressing the cranberries down, until you get a thick sauce, 10 to 15 minutes.

To make the hummus:

In the bowl of a food processor, pulse the garlic until finely minced. Add the cannellini beans, lemon juice, tahini and olive oil. Purée until you obtain a smooth paste. Transfer to a serving bowl. Stir in the cranberry sauce until the dip becomes pink. Serve with pita, flatbread, chips or crudités.



CREOLE SHRIMP ON BISCUITS

2 tablespoons. margarine
1 large onion, chopped
2 stalks of celery, thinly sliced
2 cans cream of shrimp soup
1 cup half and half
1 large can of ready-made biscuits
1 pound shrimp, deveined and chopped into pea-size pieces
Creole seasoning
Garlic powder

Step 1. In a large saucepan, heat margarine on medium heat. Add the chopped onions and and celery to the saucepan and cook them until very soft.

Step 2. Pour in soup (do not add water). Cook on low heat for about 5 minutes. Add half and half and cook another 5 minutes.

Step 3. While waiting, heat oven and cook biscuits as directed.

Step 4. When soup is done, add chopped shrimp and cook for another 15 minutes, saving a few shrimp for presentation.

Step 5. Season to taste with Creole seasoning and garlic powder.

Step 6. When biscuits are done, split in half and spoon shrimp mixture on top. Garnish with whole shrimp.



EGYPTIAN NUT AND SEED DIP

1/2 cup sunflower seeds

1/4 cup sesame seeds

1/2 teaspoon cumin seeds

1/4 teaspoon peppercorns

1/4 teaspoon sea salt

About 3/4 cup extra-virgin olive oil

Bread for dipping

Toast the sunflower seeds, sesame seeds, cumin seeds, and peppercorns in a skillet over medium heat for a few minutes until fragrant. Transfer to a coffee grinder, add the sea salt and grind to a fine powder. Transfer desired amount to a bowl and cover with enough olive oil. Serve with bread.



FIG OLIVE TAPENADE

Serves 6 to 8

1/2 cup dried Black Mission figs, stemmed and quartered
1 cup water
1 cup pitted Kalamata olives, rinsed and drained
1 1/2 tablespoons lemon juice
2 teaspoons whole-grain mustard
1 garlic clove, peeled
2 teaspoons capers, rinsed and drained
2 anchovy fillets
1 teaspoon finely chopped fresh rosemary
1/4 cup extra-virgin olive oil
Sea salt and freshly ground pepper, to taste



Step 1. In a small saucepan, simmer the figs in the water for about 15 minutes, until very tender. Drain.

Step 2. In the bowl of a food processor, pulse the pitted olives, drained figs, lemon juice, mustard, garlic, capers, anchovies, and rosemary to create a thick paste. Pulse in the olive oil until you've achieved a chunky-smooth paste. Season with salt and pepper, if necessary.

Step 3. Serve with slices of bread or crackers.

OMELETTE AUX FINES HERBS

Serves 1

2 large eggs

Sea salt and freshly ground pepper

1/2 tablespoon minced tarragon

1/2 tablespoon minced chives

1/2 tablespoon minced parsley

1 teaspoon unsalted butter

Step 1. Whisk the eggs well in a medium bowl. Season with salt and pepper. Add the tarragon, chives and parsley and whisk some more.

Step 2. Melt the butter in a medium non-stick frying pan over medium heat until it sizzles. Add the eggs and spread them evenly by lightly twirling the pan. Cook until the omelet is set and all (or most) liquid is gone, about 1 minute.



POACHED PEACHES WITH MINT

10 peaches, peeled and cut in half
2 cups orange juice
2 cups wine
1/2 cup sugar
2 tablespoons balsamic vinegar
1/2 cup mint, chopped
parchment paper

Step 1. In a pot or skillet large enough to hold peaches without stacking, stir together orange juice, wine, sugar and vinegar. Bring to boil. When boiling, lower heat to lowest setting. Put in peaches, simmer over lowest heat with parchment paper cover until soft, about 45 minutes to one hour.

Step 2. Serve sprinkled with mint leaf.

Parchment cover: Cut a piece of parchment paper equal in size to pan. Fold in half, then in half again. Cut away the inside corner which will be the center of the lid to make a steam vent. Place over pan to steam the contents.



QUINOA – OATMEAL BREAKFAST

Serves 4

1/2 cup steel-cut oats

1/2 cup quinoa, rinsed

1 apple (unpeeled), cored and cut up

Generous amount of cinnamon

Dash of low-sodium salt

Optional: hand full of raisins

Optional: handful of dried blueberries

2 cups water

Step 1. Mix together in a 4-quart bowl and cook in the microwave on high for about 12 minutes, depending on the microwave and the desired consistency.

Step 2. Stir and serve. I like it with a little raw sugar or honey, some slivered almonds, and skim milk. My wife likes it plain or with slivered almonds. If you make too much, put the excess in the refrigerator and heat it up for breakfast the next morning -- or the morning after that.

Step 3. I keep several pounds of quinoa in the refrigerator along with the open can of McCann's steel-cut oats.



ROSEMARY BREAD

Yields 2 loafs

1 1/2 teaspoons active dry yeast
1/4 cup warm water
5 tablespoons extra-virgin olive oil, plus more for bowl
1 teaspoon sugar
1 teaspoon salt
2 tablespoons finely chopped rosemary, plus 1 tablespoon whole leaves
1 1/2 cups plus 1 teaspoon all-purpose flour, plus more for dusting
1 cup whole wheat flour

- Step 1.** Stir together yeast and the warm water in the bowl of an electric mixer. Let stand until foamy, about 7 minutes.
- Step 2.** Add 3/4 cup water, the olive oil, sugar, salt, chopped rosemary, 1 1/2 cups all-purpose flour, and the whole-wheat flour to bowl. Fit mixer with the dough hook; mix on low speed until dough comes together, about 1 minute. Raise speed to medium-high; mix until dough is smooth and elastic, 8 to 10 minutes.
- Step 3.** Lightly oil a large bowl. Shape dough into a ball, and transfer to oiled bowl. Loosely cover with plastic wrap. Let dough rise in a warm, draft-free spot until doubled in bulk, about 1 hour.
- Step 4.** Punch down the dough; let rest, covered, 15 minutes. Turn out dough onto a lightly floured surface, and divide in half.
- Step 5.** Roll one piece into an 11-inch-long loaf. Gently twist dough to create contours, then tuck ends underneath. Transfer to a baking sheet. Press half the rosemary leaves into loaf. Repeat with remaining piece of dough.



- Step 6.** Loosely cover baking sheet with plastic wrap, and let loaves rise slightly in a warm, draft-free spot 30 minutes. Meanwhile, preheat oven to 400 degrees.
- Step 7.** Dust loaves with remaining teaspoon all-purpose flour. Bake until golden, about 30 minutes. Let cool completely on a wire rack before slicing.

SWISS CHARD WITH OLIVES

Serves 4

2 small bunches (about 1 1/4 pounds) Swiss chard, trimmed and washed
1 teaspoon extra-virgin olive oil
1 small yellow onion, sliced 1/4 inch thick
1 jalapeno pepper, finely chopped
1/3 cup pitted and roughly chopped brine-cured olives, such as Kalamata (about 16)
1/2 cup water

Step 1. Separate leaves from the stems of the Swiss chard. Roughly chop leaves, and set aside. Cut stems into 1-inch pieces.

Step 2. In a large skillet or Dutch oven, heat olive oil over medium heat. Add onion, garlic, and jalapeno, and saute until onion is translucent, about 6 minutes. Add Swiss chard stems, olives, and the water; cover, and cook 3 minutes. Stir in Swiss chard leaves; cover, and continue cooking until stems and leaves are tender, about 4 minutes. Serve immediately.



WHITEFISH AND POTATO KNISH

Serves 8

This recipe was a finalist in the First SIMPLY MANISCHEWITZ Cookoff, held in New York City on February 1, 2007 from finalist Michaela Rosenthal from Woodland Hills, CA

- 1 (17.3 ounce) package frozen puff pastry
- 2/3 cup instant mashed potatoes
- 2/3 cup boiling water
- 4 tablespoons unsalted butter, melted
- 1 can (2.8 oz) french fried onions
- 1 (24 ounce) jar of Manischewitz® Whitefish, drained and patted dry (salt and pepper to taste)
- 2 teaspoons Manischewitz® Fish Seasoning
- 8 teaspoons Manischewitz® Creamy Horseradish Sauce with Lemon
- 1/4 cup chopped flat leaf parsley, plus more for garnish



- Step 1.** Line a large, rimless baking sheet with parchment paper or grease with butter. Place instant potatoes in a medium bowl. Add boiling water and stir to combine. Measure 2 teaspoons melted butter and set aside. Add remaining butter to potatoes and mix well. Stir in fried onions and 1/4 cup parsley. Mash fish and add to potato mixture. Add salt and pepper to taste. Mix well.
- Step 2.** Remove both pieces of puff pastry to a floured board. Unfold and cut along natural folds to form a total 6 equal rectangular pieces (from both sheets of puff pastry). Remove 2 pieces of pastry and set aside for another use. With a floured rolling pin, roll remaining 4 pieces slightly to flatten.
- Step 3.** Spoon 1/4 of potato-fish mixture onto each of the 4 puff pastry pieces and make a log of the fish mixture down the center. Roll each puff pastry piece into a log (around fish mixture) from longest side (like a jelly roll). Pinch seam lightly to seal. Trim off 1-inch of unfilled dough ends. Place logs seam side down on prepared baking sheet and brush with reserved melted butter. Sprinkle with Fish Seasoning. Using a serrated knife, cut each log into 8 equal pieces and separate and place them 1/2 inch-

apart on the baking sheet. Bake in a preheated 375 degree F oven 30 to 35 minutes until golden brown. To serve, arrange knishes on a serving platter. Garnish each piece a small dollop of Creamy Horseradish Sauce with Lemon. Sprinkle with chopped parsley and serve as an appetizer.



Salads

APPLES, AVOCADO AND BALSAMIC CHICKEN SALAD

Serves 4

For the Balsamic Vinaigrette:

1/4 cup balsamic vinegar
2 teaspoons dark brown sugar (optional)
1 tablespoon chopped garlic
1/2 teaspoon salt
1/2 teaspoon freshly ground black pepper
3/4 cup extra-virgin olive oil

For the chicken:

4 boneless, skinless chicken breasts
3 teaspoons extra-virgin olive oil
1/3 cup balsamic vinegar
1/2 cup chicken stock
2 tablespoons sugar
1 clove garlic, crushed
1 teaspoon dried italian seasoning

For the salad:

4 cups baby spinach leaves
2 tablespoons dried cranberries
1 tablespoon chopped salted pecans
1/2 apple, cored and diced
1 tablespoon diced red onion
2 tablespoons grated carrot
1/2 avocado, peeled and diced

- Step 1.** Set chicken in a shallow bowl. Add the combined vinegar, chicken stock, sugar, garlic and seasoning. Allow chicken to marinate 10 minutes on each side. Remove chicken and set marinade aside.
- Step 2.** Mix balsamic vinaigrette ingredients in small bowl and chill.
- Step 3.** Place marinade in small saucepan and bring to a boil. Reduce heat to low and simmer
- Step 4.** Meanwhile, assemble spinach, cranberries, pecans, apple, onion, carrot, and avocado onto two salad plates and chill.
- Step 5.** Briefly heat the olive oil in a large skillet over medium-high heat. Add the marinated chicken breasts. Cook each chicken breast 4 minutes each side (or until browned). Add the marinade to the skillet and continue cooking for an



additional 3-4 minutes while turning the chicken breasts until they are cooked through

Step 6. Pour desired amount of balsamic vinaigrette on salad then top with warm chicken. Serve.

CHOPPED SEAFOOD SALAD WITH GARLIC VINAIGRETTE

Serves 4

10 ounces romaine, chopped
8 ounces imitation crab meat, chopped
8 ounces smoked salmon, chopped
4 ounces smoked mozzarella, diced
1/2 cup canned chickpeas, rinsed and drained
1/2 cup chopped basil leaves
1 garlic clove, finely minced
1/4 cup extra-virgin olive oil
3 tablespoons balsamic vinegar
Salt and freshly ground pepper



Place the romaine, crab, salmon, mozzarella, chickpeas and basil in a large bowl and toss gently to mix. In a smaller bowl, combine the garlic, olive oil and balsamic vinegar. Season with salt and pepper and whisk well to combine. Pour over the salad, toss and serve immediately.

ITALIAN BREAD SALAD

Serves 4

1/4 cup extra-virgin olive oil
3 tablespoons fresh lemon juice
Coarse salt and ground pepper
1 1/2 pounds mixed heirloom tomatoes, cored and cut into thick wedges
1 English cucumber, peeled in strips, halved lengthwise, and sliced 1/2 inch thick
1 small bulb fennel, stalks removed, bulb halved lengthwise and thinly sliced
1 small red onion, halved and thinly sliced
1/3 cup pitted Kalamata olives, halved
4 1/2-inch-thick slices whole-wheat country bread
1 garlic clove, peeled and halved
1/2 cup fresh basil leaves
4 ounces ricotta salata cheese, shaved



- Step 1.** In a large bowl, whisk together oil and lemon juice; season with salt and pepper. Add tomatoes, cucumber, fennel, onion, and olives. Toss to combine. Refrigerate for at least 1 hour and up to 4 hours.
- Step 2.** Heat broiler with rack set 4 inches from heat. On a baking sheet, toast bread until light brown on both sides, 1 to 2 minutes a side. Place the bread on a work surface and rub cut side of garlic against bread. Discard garlic. Cut bread into 2-inch pieces.
- Step 3.** Place bread in four shallow bowls. Top with tomato salad and scatter basil and cheese over top.

KASHI, MINT AND ALMOND SALAD

Serves 4

4 tablespoons extra-virgin olive oil, plus additional for drizzling
1 small onion, finely chopped
Coarse salt and freshly ground black pepper
2 teaspoons ground cumin
2 garlic cloves, minced
1 cup uncooked Kashi 7 Whole Grain Pilaf
2 bay leaves
3 tablespoons fresh lemon juice
8 cherry tomatoes, quartered
5 tablespoons sliced natural almonds
1/4 cup chopped fresh mint
1/4 cup chopped parsley
4 large romaine leaves



Step 1. In a large saucepan, heat 2 tablespoons oil over medium heat. Add onion and season with salt and pepper. Cook until tender and lightly browned, stirring occasionally, about 5 minutes. Add cumin and garlic and cook until fragrant, about 1 minute.

Step 2. Add Kashi, 2 cups water, and bay leaves; season with salt and pepper. Bring to a boil, reduce heat to a bare simmer, cover, and cook until Kashi is tender, about 40 minutes (check occasionally to make sure Kashi isn't sticking; add water if needed). Transfer to bowl; remove and discard bay leaves. Add lemon juice and remaining oil and cool to room temperature, about 20 minutes.

- Step 3.** Taste and adjust seasonings if necessary. Add tomatoes, 4 tablespoons almonds, mint, and parsley. Toss well.
- Step 4.** Place a romaine leaf on each of four plates. Spoon mixture into center of the leaves. Drizzle with oil and sprinkle with remaining tablespoon of almonds.

LETTUCE SALAD WITH ORANGE

Serves 4

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 for vegetarian menus or to accompany meat dishes.



MOROCCAN CHICKPEA SALAD

Serves 3 to 4

For the Salad:

1 stalk celery, diced
1 green pepper, diced
1 medium tomato, diced
1 medium onion or 6 green onions, diced
1 can chickpeas, drained (19oz)
1/2 cup feta cheese

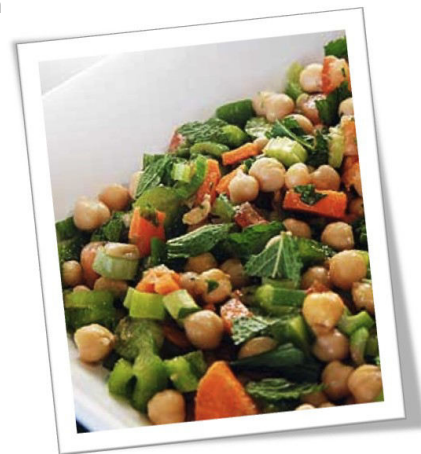
For the dressing:

2 tablespoons extra-virgin olive oil
3 tablespoons red wine vinegar
2 tablespoons fresh lemon juice (about 1/2 lemon)
1 tablespoon fresh parsley
1 teaspoon fresh mint
1 tablespoon & 1 teaspoon dried ground cumin
salt & pepper to taste

Step 1. Toss diced vegetables & drained chickpeas.

Step 2. Stir dressing ingredients together.

Step 3. Pour over veggies and toss.



PAELLA SALAD WITH LEMON-HERB AIOLI

Serves 16 to 20

4 pounds chicken bones	4 tablespoons extra-virgin olive oil
4 quarts of water	4 tablespoons butter
4 tablespoons extra-virgin olive oil	cayenne pepper and salt to taste
2 tablespoons freshly squeezed lemon juice	1/2 pound cooked diced chicken and/or cooked diced spicy sausage
2 cloves garlic, crushed	1 cup chopped fresh cilantro
1 pound scallops	4 large egg yolks
2 cup parboiled rice	1 teaspoon salt
3 cup strong chicken stock	1/4 teaspoon freshly ground black pepper
4 large tomatoes, coarsely chopped	1 teaspoon dry mustard
8 green onions, chopped	3 tablespoons white wine vinegar
1/2 teaspoon crushed saffron	3 1/4 cups extra-virgin olive oil
4 cloves garlic, minced	Lemon juice to taste
1 tablespoon ground cumin	1/4 cup finely chopped flat-leaf parsley

Step 1. Strong Chicken Stock: Place chicken bones in a large pot and cover with water. Bring to boil on high heat, then immediately reduce the heat to medium-low, cover and simmer for 4–6 hours. Remove and discard the bones. Pour stock into a clean bowl. Rinse the pot to remove any coagulated protein. Return stock to the pot, and simmer uncovered on medium-low heat until reduced to 4 cups. Cool to room temperature and refrigerate, covered, until ready to



use.

Step 2. Marinated Scallops: In a medium bowl, combine olive oil, lemon juice and garlic. Add scallops, combine well and marinate, covered with plastic wrap in the refrigerator, for at least 1 hour.

PAELLA SALAD WITH LEMON-HERB AIOLI (CONT.)

- Step 3.** Paella: Combine rice and chicken stock in a small saucepan on high heat. Bring to a boil, reduce heat to a low and simmer, covered, for 15-20 minutes. When rice is cooked, stir in tomatoes, green onion, saffron, garlic, cumin, 2 tablespoons of the olive oil, 2 tablespoons of the butter, cayenne and salt. Set aside, covered, at room temperature, for up to 4 hours. In a large sauté pan with a tight-fitting lid, bring wine to a boil on medium-high heat. Add clams and mussels, cover and steam just until the shells open, about 5 minutes. Transfer seafood to a medium bowl, cover and refrigerate. Strain cooking juices into a small container, cover and refrigerate. Drain scallops, discarding marinade, then sprinkle with salt and pepper. Place the remaining olive oil and butter in a sauté pan on very high heat. Sauté scallops for 2-3 minutes, until just cooked. Transfer scallops to another small bowl and refrigerate for at least 30 minutes and up to 3 hours.
- Step 4.** Lemon-Herb Aioli: With a whisk, beat egg yolks in a small bowl until frothy. Add salt, pepper, dry mustard and half of the vinegar, and whisk to combine. Add olive oil a drop at a time, whisking constantly until the mixture begins to thicken. Add the remaining oil in a slow, steady stream, thinning the aioli occasionally by adding a little vinegar. Continue whisking until all the oil and vinegar have been incorporated. Season with salt and pepper and add lemon juice to taste. With a spatula, fold in lemon zest and parsley. Refrigerate until needed.
- Step 5.** To Serve: Add reserved seafood cooking juice to the room-temperature rice and mix well. Spread rice on a large platter. Remove some mussels and clams from their shells. Scatter mussels, clams, scallops, chicken (and/or sausage) over rice, drizzle with some of the lemon-herb aioli and sprinkle liberally with fresh cilantro. Decorate the perimeter of the dish with the remaining mussels and clams in their shells. Pour the remaining

aioli into a small bowl and serve it on the side for guests who want an extra dollop.

SPINACH SALAD WITH SUN-DRIED TOMATOES

Serves 8

For the dressing:

1/3 cup oil, sun dried tomato oil drained from a jar of oil packed sun-dried tomatoes (or 1/3 cup extra-virgin olive oil)
1/3 cup red wine vinegar
1/4 cup honey
1 teaspoon Dijon mustard

For the salad:

8 cups baby spinach, washed and trimmed
1 tablespoon sesame seed, toasted
1/3 cup dried cranberries
1/3 cup sun-dried tomato packed in oil, julienned (optional)

Step 1. Whisk together the sun dried tomato oil, red wine vinegar, honey and Dijon mustard.

Step 2. For a thicker dressing, you can add an oil packed and reconstituted sun dried tomato, and process in a blender or food processor.

Step 3. Put the baby spinach in a salad bowl, and toss with just enough of the dressing to lightly coat the spinach.

Step 4. Sprinkle the sesame seeds, dried cranberries, and sun dried tomatoes, if using, over the top, and serve.

Step 5. Alternatively, you can arrange the spinach on serving plates, drizzle with the dressing, then add the toppings to each plate. That way the cranberries and sun dried



tomatoes won't sink to the bottom of the bowl, and makes a prettier presentation for a dinner party.

WHITE BEAN SALAD WITH TARRAGON VINAIGRETTE

Serves 4 to 6

1 large yellow onion, thinly sliced	1/3 cup white wine vinegar
2 tablespoons extra-virgin olive oil	Grated zest and juice of 1 lemon
2 cans 15-oz navy beans, rinsed and drained	2 cloves garlic minced
1/2 cup canned artichoke hearts packed in water, chopped	2 tablespoons chopped fresh tarragon
1/3 cup pitted kalamata olives, thinly sliced	2 tablespoons chopped fresh Italian parsley
8 pepperoncini (Italian peppers in vinegar), sliced into thin rounds	1 teaspoon paprika
1/4 cup chopped fresh Italian parsley	1/2 cup extra-virgin olive oil
Sea salt and freshly ground pepper	

Step 1. Preheat oven to 400 F.

Step 2. Toss onion and olive oil on a baking sheet and roast until the onion is soft and light golden, about 15 minutes. Allow to cool slightly.

Step 3. For vinaigrette, stir the first 6 ingredients together in a small bowl. Add the oil in a slow, steady stream, whisking constantly until incorporated. Season with salt and pepper.

Step 4. Place drained beans in a large bowl. Scrape onion into the bowl with beans; add the artichoke hearts, olives, pepperoncini, parsley, and 1/2 cup of the vinaigrette and toss. Season with salt and pepper and add more vinaigrette to taste.





Soups & Vegetarian

CARROT – GINGER SOUP

Serves 4

2 tablespoons extra-virgin olive oil
1 onion, chopped
1 tablespoon grated fresh ginger
4 cups chopped carrots
1/2 cup rolled oats
1/2 cup orange juice (preferably freshly squeezed)
Water or vegetable stock
3 tablespoons mellow white miso
Chopped fresh parsley for garnish



Step 1. In large pot over medium heat, sauté onion and ginger in oil 3 minutes. Add carrots, oats, orange juice and enough water or stock to just cover carrots. Bring to boil, reduce heat, cover and let simmer until carrots are soft (about 20 minutes). Turn off heat and puree with handheld blender.

Step 2. In small bowl, dissolve miso in 1/2 cup room-temperature water and stir into soup. Garnish with parsley and serve.

CHARRED EGGPLANT SOUP WITH A RED PEPPER SWIRL

Serves 4

2 medium-size eggplants
2 medium-size onions, sliced
4 garlic cloves, minced
2 teaspoons extra-virgin olive oil
4 cups Chicken Stock, or low-sodium canned
1/4 teaspoon herbes de Provence
1 bay leaf
Kosher salt and freshly ground black pepper
2 teaspoons fresh lemon juice
1/2 cup buttermilk
1/2 cup Red Pepper Coulis
1 tablespoon chopped flat-leaf parsley



- Step 1.** Preheat a cast-iron griddle or skillet over medium-high heat. Place the eggplants on the griddle and char them well, turning from time to time, until the outer skin is burnt and peeling and the inside is very soft, about 15 minutes.
- Step 2.** Transfer to a bowl and let cool. Trim away the skin and discard. On a parchment-lined cutting board, chop the eggplant and set aside, along with any juice that has accumulated on the parchment.
- Step 3.** Meanwhile, combine the onions, garlic, and olive oil in a 3-quart saucepan over medium heat for 5 to 10 minutes, or until they are soft and translucent. Add the chicken stock, herbes de Provence, and bay leaf and

bring to a boil. Reduce the heat and simmer for 15 minutes.

Step 4. Season with salt, pepper, and lemon juice. Remove the bay leaf, add the eggplant, and puree the soup in a blender or food processor. Stir in the buttermilk.

Step 5. Ladle into soup bowls and swirl in the Red Pepper Coulis. Garnish with the parsley and serve.

KABOCHA, KALE AND CHICKPEA SOUP

1 small onion, roughly chopped
2-4 garlic cloves, sliced
2 tablespoons extra-virgin olive oil
1 teaspoon ground ginger
1 teaspoon turmeric
1/2 teaspoon red pepper flakes
1 teaspoon garam masala
32 ounces chicken stock
1 cup water
4 cups kabocha squash, cubed
1 can (15 oz.) chickpeas
1 bunch kale, chopped
Salt to taste



Pour olive oil into dutch oven, with onion, garlic, red pepper flakes and spices and sweat over medium heat. When onions are translucent, about 5-7 minutes, add chicken stock and bring to a low boil. Add squash, chickpeas and kale. If needed, add water so that the squash is fully cover. Add salt and lower heat to simmer and cook for one hour.

MUSSEL BISQUE WITH SAFFRON

Serves 6

5 pounds mussels, well scrubbed

2 cups dry white wine

4 cups water or fish broth (approximate)

4 tablespoons unsalted butter (1/2 -stick)

1 cup onion, chopped

1/2 cup chopped fennel

1 cup chopped peeled & seeded tomatoes

2 cups diced peeled red potato

1 teaspoon saffron threads, steeped in 1/4 cup dry sherry

1 orange zest strip, about 3" long

1 1/2 cups heavy cream, heated

Salt and freshly milled black pepper, to taste

3 tablespoons chopped fresh flat-leaf parsley

Step 1. Tap on mussels. Discard any that do not snap shut.

Step 2. In a large, wide pan over high heat, combine the mussels and wine. Cover and cook, shaking the pan from time to time, until the mussels open, about 5 minutes. Remove from heat and, when the mussels are cool enough to handle, discard any that did not open. Remove the remaining mussels from their shells, picking off and discarding the beards and the shells. Pour the liquid through a sieve lined with damp cheesecloth placed over a large bowl. Add water as needed to measure about 6 cups. Cover the cooked mussels with about 1 cup of the cooking liquid and refrigerate.

Step 3. In a saucepan over medium heat, melt the butter. Stir in the onion and fennel, and sauté, stirring occasionally, until softened, 8 to 10 minutes. Stir in the tomatoes, potato, saffron and sherry, orange zest and remaining 5 cups cooking liquid. Raise the heat to high and bring to a boil. When boiling, immediately lower the heat to a strong simmer and cook until the potato is soft, about 20 minutes.

Step 4. Select 18 to 24 perfect mussels for garnish and add the rest to the soup, along with the liquid in the bowl. Working



in batches, puree the soup in a blender. Strain through a fine-mesh sieve placed over a heavy-bottomed saucepan. Add the cream and reheat very gently over very low heat, about 5 minutes. Season with salt and pepper.

Step 5. Ladle into warmed bowls. Garnish with the reserved whole mussels and the parsley and serve immediately.

POLENTA AND SPINACH SOUP

Serves 4

1 cup plus 4 teaspoons extra-virgin olive oil
3 garlic cloves, minced
1/2 cup yellow cornmeal
1/2 cup finely grated Parmesan cheese
3 cups coarsely chopped baby spinach (about 2 ounces)
1 teaspoon coarse salt

For the garnish:

Freshly ground pepper
1 lemon, cut into wedges

Step 1. Heat 1/4 cup oil and the garlic in a medium saucepan over medium heat until garlic is fragrant, about 1 minute.

Step 2. Add 6 cups water; bring to a boil. Whisking constantly, add cornmeal in a slow, steady stream. Reduce heat to medium; cook, stirring occasionally, until soup has thickened slightly, about 8 minutes. Add cheese and 1/4 cup oil; cook, stirring, until oil is incorporated, about 1 minute. Stir in spinach and salt; cook, stirring, until spinach is bright green and wilted, about 1 minute more.

Step 3. Divide soup among four bowls; drizzle each serving with 1 teaspoon oil. Season soup with pepper, and serve with lemon wedges.



ZUCCHINI BLOSSOMS SOUP

Serves 4

1 pound. zucchini blossoms
1 small onion, diced
1 small celery stalk, diced
1 clove garlic, minced
1 quart chicken broth
1/4 cup extra-virgin olive oil
Freshly milled pepper to taste
Salt to taste



Step 1. Wash the zucchini blossoms and set aside (if too large, cut them up).

Step 2. Saute onion garlic, and celery in olive oil over medium heat until nearly tender. Stir in heated broth, then add the zucchini blossoms. Simmer for 30 min. Add salt and freshly milled pepper to taste and serve.



Dinner

CHICKEN WITH MUSTARD GREENS, OLIVES AND LEMONS

Serves 6

2 tablespoons extra-virgin olive oil
6 bone-in, skinless chicken breast halves, halved crosswise
Coarse salt and ground pepper
1 medium red onion, halved and thinly sliced
4 garlic cloves, smashed
1 cup dry white wine, such as sauvignon blanc or pinot grigio
1 1/2 pounds mustard greens (about 2 bunches), stalks removed, leaves coarsely chopped
1 tablespoon lemon juice plus lemon wedges, for serving
1/2 cup pitted kalamata olives



- Step 1.** In a 5-quart Dutch oven or large heavy pot, heat 1 tablespoon oil over medium-high. Season chicken with salt and pepper. Add half of chicken to pot and cook until browned on all sides, 6 to 8 minutes; transfer to a plate. Repeat with remaining oil and chicken.
- Step 2.** Add onion and garlic to pot (reduce heat if browning too quickly) and cook, stirring, until softened, 4 to 6 minutes. Add wine and chicken (along with any accumulated juices) to pot and bring to a boil. Cover pot; reduce heat to medium and cook 5 minutes.
- Step 3.** Place greens on top of chicken; season with salt and pepper. Cover and cook until chicken is opaque throughout and greens are wilted, 3 to 5 minutes more. Remove from heat and stir in lemon juice and olives. Serve greens and chicken drizzled with pan juices with lemon wedges on the side.

GARLIC BRAISED CHICKEN WITH OLIVES AND MUSHROOMS

Serves 4

1 small chicken (about 2 1/2 pounds), cut into pieces

Coarse salt and freshly ground pepper

1 tablespoon plus 1 teaspoon extra-virgin olive oil

2 heads garlic (at least 16 cloves), smashed and peeled

10 ounces cremini mushrooms, cleaned, trimmed, and halved

1/2 cup white wine

1/2 cup green olives (preferably picholine), pitted or left whole

1/3 cup chicken stock

Step 1. Heat a large straight-sided skillet (about 12 inches) over medium-high heat. While its heating, season chicken with salt and pepper. Add 1 tablespoon oil to pan and swirl. Add chicken, skin side down. Let brown, 5 to 6 minutes. Remove chicken from pan; set aside.

Step 2. Add 1 teaspoon oil to pan, followed by garlic and mushrooms; let brown, stirring occasionally, 5 to 6 minutes.

Step 3. Add wine to mushrooms and garlic and bring to a boil, then cook for 1 minute. Return chicken to pan.

Step 4. Add olives and chicken stock to pan; bring to a boil, then reduce heat. Cover; simmer until chicken is cooked through, 15 to 20 minutes.



HUMMUS BI TAHINI

Serves 4 to 6

1 garlic clove, peeled
1 (15-ounce) can chickpeas, rinsed and drained
2 tablespoons fresh lemon juice
2 tablespoons tahini (sesame paste)
4 tablespoons extra-virgin olive oil, plus more for drizzling
2 tablespoon water
Salt and pepper, to taste
Paprika for garnish (optional)

In the bowl of a food processor, pulse the garlic until finely minced. Add the chickpeas, lemon juice, tahini, olive oil, water, salt and pepper, and purée until a chunky paste or desired smoothness has been achieved. Transfer to a serving bowl, drizzle with some olive oil and sprinkle with paprika. Serve with pita or flatbread.



ITALIAN TORTA

Serves 6 to 8

For the filling:

1 pound spinach, chopped
2 tablespoons extra-virgin olive oil
1 onion, finely chopped
1 1/2 cups ricotta, drained slightly
1 large egg
1/2 pound cooked ham, cut in 1/2 inch pieces
1/4 cup pepperoni, cut in thin slices about 3/4 inch x 3/4 inch
3 egg yolks
1/4 cup grated parmigiano or parmigiano/romano mixed
1/3 cup parsley, minced
Salt and freshly milled black pepper to taste
Beaten egg for pastry top

For the dough:

8 tablespoons unsalted butter, cut in pea-size pieces
2 cups flour
1/4 cup sugar
Pinch of salt
Grated zest of 1 small lemon
3 - 5 tablespoons ice cold water



Step 1. Combine flour, sugar, salt and lemon zest. Cut in butter with two knives. Stir in egg yolks and 3 tablespoons water. Mix just until pastry forms a soft ball. Add remaining two tablespoons water, one at a time, if dough does not gather together. Wrap in plastic wrap and set aside in cool place.

Step 2. Wash spinach and cook in water remaining on leaves. Set aside in sieve to drain.

Step 3. Heat olive oil in skillet and cook onion until translucent.

Step 4. Put ricotta in large bowl. Stir in onion and egg. If using spinach, squeeze out water, chop roughly, and add to ricotta.

- Step 5.** Stir in ham, pepperoni, grated cheese, parsley, salt and pepper. Combine well.
- Step 6.** Divide dough into two equal parts. Roll out first part and line a greased and floured 9 inch pie pan . Pour in filling.
- Step 7.** Roll out remaining dough and cover pie. Pinch sides with fingers to pull together. Cut several slit holes in top for steam to escape. Brush with beaten egg and bake in preheated 450°oven for 10 minutes. Reduce heat to 300°F and bake until golden, about 30 minutes more.

LEEK AND SMOKED SALMON TART

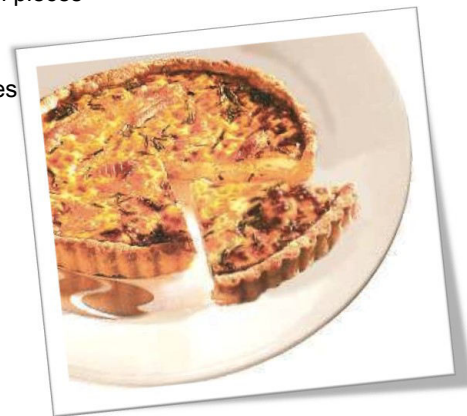
Serves 6

For the filling:

1 cup heavy cream
1 bay leaf
Grated rind of 1 large lemon (about 2 teaspoons)
3 medium leeks, white only
1 tablespoon butter
1 teaspoon extra-virgin olive oil
2 eggs
1/4 teaspoon salt
1/4 pound smoked salmon, thickly sliced
Liberal sprinkling freshly milled pepper

For the short crust pastry:

8 tablespoons butter (1 stick) cut in 1/2 inch pieces
1 1/2 cups sifted flour
1/2 teaspoon salt
1/4 cup cream cheese, cut in 1/2 inch pieces
1 1/2 - 2 tablespoons ice-cold water



For the pastry:

- Step 1.** Put flour and salt in large bowl. Blend in butter and cream cheese by rubbing rapidly between fingertips until mixture resembles coarse oatmeal.
- Step 2.** Sprinkle flour with 1 1/2 tablespoons water, gathering the dough with the fingers of one hand. If dough adheres in a mass, you don't need extra 1/2 tablespoon. If still not solid, sprinkle on extra water.
- Step 3.** Working on a floured surface, press heel of hand into edge of dough and push away. With a scraper save that dough to the side, and continue to press out the main piece in small increments. This is to completely blend the fats and the flour. When finished, gather dough into one mass, and let rest in

refrigerator until ready to use. Dough should firm, but not harden. If it hardens, bring to room temperature before rolling.

Step 4. Preheat oven to 400°F.

LEEK AND SMOKED SALMON TART (CONT.)

For the filling:

- Step 1.** Pour cream into small saucepan. Stir in grated lemon rind and bay leaf. Heat until just lukewarm over low heat. Remove from heat. Set aside for one hour to infuse. (This step can be done ahead for a long infusion.)
- Step 2.** Slice leeks in 1/2 inch slices. Pull apart slices, rinse in a colander to clean out sand, and drain well. Heat butter and oil in small frying pan. Stir in leeks. Cook over medium heat, stirring, until leeks are softened. Set aside to cool.
- Step 3.** Remove bay leaf from cream. Cut salmon in 1 inch squares.
- Step 4.** Beat eggs in medium bowl. Stir in cooled cream, salt and salmon.
- Step 5.** Roll out pastry dough and line flan tin, pushing pastry into edges with the knuckles. Pour in filling. Grate fresh pepper to taste over top.
- Step 6.** Bake in preheated 400°F oven for 10 minutes. Reduce heat to 325°F and bake an additional 20 to 25 minutes.
- Step 7.** Remove flan ring by setting over an inverted coffee can. When ring is removed, slide shell from the bottom tin with a spatula to place on serving dish.

LEMON GARLIC MUSSELS

Serves 4

2 tablespoons extra-virgin olive oil
1 cup vidalia onion diced
1 chili pepper, sliced in half
1 bay leaf
8 clove garlic, minced
1 tablespoon fresh parsley
1 tablespoon tarragon, rough chopped
1 tablespoon oregano, rough chopped
1 tablespoon thyme, rough chopped
1 lemon, juice of
1/2 cup white wine
2 1/2 pounds mussels, scrubbed and discard any that are not alive
3 tablespoons butter
Fresh herbs (to garnish)
Sliced lemon (to garnish)

Step 1. Pour olive oil to cover bottom of a large pan.

Step 2. Add onions, chili pepper and garlic - saute until translucent.

Step 3. Add herbs, lemon and wine.

Step 4. Add mussels - cover and steam for 5 minutes until all are opened.



Step 5. Remove mussels to a large bowl.

Step 6. Keeping the juice in the pan, whisk in the butter and pour over the mussels.

Step 7. Garnish with herbs and lemon.

ROASTED CHICKPEAS

Serves 2

1 cup chickpeas
Extra-virgin olive oil
Seasoning to taste

- Step 1.** Rinse 1 cup of dried chickpeas and cover with water. Allow them to soak overnight, then drain. (If using canned, rinse, drain and pat dry.)
- Step 2.** Spread on a baking sheet and roast at 400 F for 30 minutes or until tender.
- Step 3.** Remove from oven, toss with your choice of seasoning. Try combinations like olive oil, salt and lemon, or soy sauce, sesame oil and chili pepper. (1-teaspoons each per 1 cup of chickpeas.)



2

SEA BASS EN PAPILOTE WITH HOISIN AND BOK CHOY

Serves 4

4 sheets parchment paper cut into 15 inch squares
2 tablespoons hoisin sauce
2 tablespoons orange juice
2 teaspoons extra-virgin olive oil
2 teaspoons fresh red chili pepper, thinly sliced (holland, fresno or jalapeno chili)
1 orange (cut crosswise into eight thin slices)
3 heads baby bok choy, stalks separated, washed and drained, (about 24)
4 fillets sea bass or other firm fleshed white fish, boned (5oz)
8 sprigs fresh cilantro

Step 1. Preheat oven to 425F. Place 2 rimmed sheet pans in oven to preheat.

Step 2. Mix hoisin, orange juice, olive oil and chilies in a small bowl and set aside.

Step 3. Fold four 15-inch squares of parchment in half crosswise, and cut each piece to make a large rounded heart shape. Open each parchment heart and arrange 2 orange slices in the middle of one side. Divide bok choy evenly and place on top of orange slices. Season sea bass with salt and pepper and set on top of bok choy. Spoon an equal amount of hoisin mixture over each fish fillet, then place 2 sprigs of cilantro on top of fish. Fold parchment paper over to enclose fish. Beginning at the widest part of the heart, begin making small overlapping folds, working along the edge to seal. Crimped edges can also be stapled if there is any difficulty in keeping edges closed.

Step 4. Carefully transfer packets to heated sheet pans using a large spatula. Bake in centre of oven until fish is



cooked through and the packets are puffed and golden brown, about 15 to 18 minutes. Transfer to plates and serve immediately, cutting packets open at the table. Use caution, as the steam will be hot.

SPAGHETTI WITH SAFFRON, RED PEPPER SAUCE AND GRUYÈRE

Serves 4

2 red bell peppers, stemmed, seeded, and chopped
2 shallots, chopped
Salt and freshly ground pepper
2 pinches saffron
2 tablespoons olive oil
1 cup chicken broth
2 tablespoons plain yogurt
1 (14-ounce) box of multi-grain spaghetti
4 ounces gruyère, freshly shredded
A handful chopped fresh cilantro, for garnish



Step 1. Place the red bell peppers and shallots in a medium saucepan. Season with salt, pepper, and saffron. Add the olive oil and sauté over medium heat, 4 minutes. Add the chicken broth and simmer until the red bell peppers are very soft and the liquid reduced to half, 12 to 15 minutes. Stir in the yogurt. Blend on high in a food processor until smooth and creamy.

Step 2. Meanwhile, cook the pasta in boiling salted water according to package directions. Drain.

Step 3. Add the pasta to the red pepper sauce and mix well. Plate, top with shredded gruyère and garnish with chopped cilantro.

STUFFED BAKED CHICKEN

Serves 4 to 6

1 big whole free-range chicken, cleaned

Lard

Salt

4 ounces dried apricots

4 ounces sausages, chopped in 1 inch pieces

5 ounces pork tenderloin, chopped in 1 inch dices

8 ounces prunes - pitted

2 ounces raisins - pitted

3 ounces pine nuts

Step 1. Soak the raisins, prunes, dried apricots and pine nuts in water for 1 hour. Strain them and set aside.

Step 2. Clean the whole chicken, leaving enough skin to sew it together later. Pat it dry with a clean towel. Remove all giblets from the chicken cavity. Make sure that the cavity is completely clean and empty. Salt the whole chicken moderately inside and outside, and set aside.

Step 3. Heat 2 tablespoon lard in a frying pan over medium heat, and add in the following order: the pork tenderloin, the sausages, the dried apricots, the prunes, the raisins, and the pine nuts. Sautee for 5 minutes stirring often with a wooden spoon. Remove the mixture from heat, place it in a dish, cover and set aside.

Step 4. Fill the whole cavity of the chicken with the sauteed stuffing. Many people insert the stuffing of this baked chicken recipe through the neck. My grandmother inserted the stuffing through the tail, so I have always done it like she, and find it much easier. With her method I always have optimum results with this baked



chicken recipe.

Step 5. If there is stuffing left, you can add it to the baking casserole later. Sew the chicken skin together with a big needle and a thick thread. Be mindful of the needle, and once you finish sewing the skin, discard it immediately.

STUFFED BAKED CHICKEN (CONT.)

- Step 6.** Preheat the oven to about 375 °F (190 °C). Grease the chicken with lard and add 2 tablespoons of lard to the baking casserole. If the chicken weighs more than 8 pounds, add 3 tablespoons. Place the whole chicken in a big baking casserole, and cover. For this baked chicken recipe I like to use an earthenware casserole, but any one apt for baking in the oven is fine. If your casserole doesn't have a lid, use aluminum foil.
- Step 7.** The baking time of this baked oven chicken recipe is about 2 hours, or 2 1/2 hours if the whole chicken is really big. After 1 hour in the oven, turn the whole chicken over. It is essential that the baking casserole is rather big; otherwise this operation becomes very difficult. Turn the whole chicken over with the help of two big wooden spoons, and be careful not to damage the skin. Ask someone to help you if necessary. Pour some lard from the casserole bottom over the chicken. When the whole chicken has been baking for 1 1/2 hours, uncover the casserole so that the skin becomes golden and crusty. After baking the whole chicken for 2 hours in the oven, this baked chicken recipe is ready for your guests.
- Step 8.** It is perfectly all right to cook this Mediterranean chicken recipe a day earlier. Next day, you warm it up in the oven and it will taste even better. At the most, the preparation and cooking of this festive baked chicken recipe will take 3 1/2 hours. Place the whole chicken in a serving dish and serve. Traditionally, you cut it up in front of your guests, so that everyone can admire the amazing home cook's job, and ask, and fight for the part of the chicken meat they like most.



Sweets

BUTTERMILK SORBET WITH STRAWBERRIES

For the sorbet:

2 cups low-fat buttermilk

1/4 cup sugar

1/4 cup light corn syrup

For the strawberries:

3 cups sliced fresh strawberries (about 1 pound)

1 tablespoon sugar

Step 1. To prepare sorbet, combine first 3 ingredients in a medium bowl, stirring until sugar dissolves. Pour mixture into the freezer can of an ice-cream freezer; freeze according to manufacturer's instructions. Spoon sorbet into a freezer-safe container; cover and freeze 1 hour or until firm.

Step 2. To prepare strawberries, combine strawberries and 1 tablespoon sugar; let stand 10 minutes. Spoon berries into serving bowls, and top with sorbet.



CHERRY - ALMOND CRISP

Serves 12

1 cup dried tart cherries
1 cup boiling water
2 pounds sweet cherries, pitted
2/3 cup granulated sugar
3 tablespoons all-purpose flour
1 teaspoon vanilla extract
1/4 teaspoon ground cinnamon
Cooking spray

3 2/5 ounces all-purpose flour (about 3/4 cup)
3/4 cup old-fashioned rolled oats
1/2 cup packed brown sugar
1/4 cup sliced almonds
1/2 teaspoon salt
5 tablespoons unsalted butter, melted
1/4 teaspoon almond extract



Step 1. Combine dried cherries and boiling water in a small bowl; cover and let stand for 30 minutes.

Step 2. Preheat oven to 375°.

Step 3. Combine dried cherries with soaking liquid, 2 pounds sweet cherries, and the next 4 ingredients (through cinnamon) in a large bowl; stir well. Let stand for 15 minutes.

Step 4. Pour the cherry mixture into a 13 x 9-inch glass or ceramic baking dish coated with cooking spray. Bake at 375° for 40 minutes or until thick and bubbly.

Step 5. While cherry mixture bakes, weigh or lightly spoon 3.4 ounces flour into dry measuring cups, and level with a knife. Combine flour, oats, brown sugar, almonds, and salt in a medium bowl, and stir well. Combine butter and almond extract in a small bowl, and drizzle over oat mixture, stirring until moist clumps form.

Step 6. Remove cherry mixture from oven, and sprinkle evenly with the streusel topping. Bake an additional 20 minutes or until streusel is golden brown. Let stand for 5 minutes; serve warm.

MINT JULEP GRANITA

Serves 8

3 cups water
1 1/2 cups sugar
2/3 cup finely chopped fresh mint
1 cup bourbon
8 lime wedges
Mint sprigs (optional)

Step 1. Combine 3 cups water and sugar in a medium saucepan; bring to a boil, stirring until sugar dissolves. Stir in chopped mint. Remove from heat; cool completely.

Step 2. Strain sugar mixture through a sieve into a 13 x 9-inch baking dish; discard solids. Stir in bourbon. Cover and freeze 8 hours or until firm. Remove mixture from freezer; let stand 15 minutes. Scrape entire mixture with a fork until fluffy. Place about 1/2 cup granita in each of 8 small bowls or glasses; serve with 1 lime wedge. Garnish with mint sprigs, if desired.



NECTRINES POACHED IN LAVANDER – HONEY SYRUP

Serves 12

4 cups water
3/4 cup sugar
3/4 cup honey
2 teaspoons dried lavender buds
6 nectarines, halved and pitted (about 1 1/2 pounds)
6 cups vanilla low-fat frozen yogurt
Fresh lavender sprigs (optional)

Step 1. Bring first 3 ingredients to a boil in a Dutch oven, stirring to dissolve sugar. Stir in lavender buds. Add nectarines. Reduce heat, and simmer 8 minutes or until nectarines are just tender (do not overcook). Remove nectarines from pan with a slotted spoon, reserving liquid in pan.

Step 2. Bring liquid to a boil, and cook until reduced to 3 cups (about 10 minutes). Cool slightly. Serve syrup with nectarines and yogurt. Garnish with fresh lavender, if desired.



PEACH COBBLER

Serves 4 to 6

1/2 cup margarine (melted)

16 ounces sliced peaches

1 1/4 cups sugar

1 cup all-purpose flour

1 cup milk

2 teaspoons baking powder

1/4 teaspoon salt



Step 1. Grease shallow baking dish of cobbler with the whole butter.

Step 2. In a sauce pan boil, peaches with juice and then add half amount of sugar in it. Cook for 5 min at medium heat until sugar melts completely and the sauce gets thick.

Step 3. Now combine rest of the ingredients including remaining sugar, flour, milk, baking powder and salt and mix well.

Step 4. Pour this batter over the greased baking dish and then make layer of cooked peaches with sauce. Bake in preheated oven for 20-30 min at 400 degrees F or until knife inserted comes out clean.

Step 5. You can serve the peach cobbler either warm or cold.

PUMPKIN CUSTARD

Serves 6

3/4 cup canned pumpkin
3/4 cup milk
1 egg
1 cup dark brown sugar
1/4 teaspoon vanilla extract
1/2 teaspoon ground cinnamon
1/4 teaspoon ground ginger
1/8 teaspoon salt
Crushed pecans for topping

Step 1. In a mixing bowl beat eggs and milk until become uniform liquid.

Step 2. Add vanilla, brown sugar, salt, cinnamon, and ginger and mix well.

Step 3. Fold the batter with the pumpkins and then pour into the baking molds.

Step 4. Place these molds in pan half filled with boiling water and then poach in oven at 350 degrees F for 60 min or until knife inserted comes out clean.

Step 5. After that cool the poached pumpkin custard at room temperature and then place in fridge to chill. Serve the delicious pumpkin custard with topping of crushed pecans.



RICOTTA GRANITA

Serves 4

8 ounces Ricotta cheese
2 tablespoons honey
2 tablespoons fresh lemon juice
1/4 teaspoon finely grated lemon zest
Fresh berries

In a medium bowl, mix the ricotta with the honey, lemon juice and lemon zest. Cover and place in the freezer for 2 hours, stirring occasionally (2 to 3 times). Serve on a bed of fresh berries.

