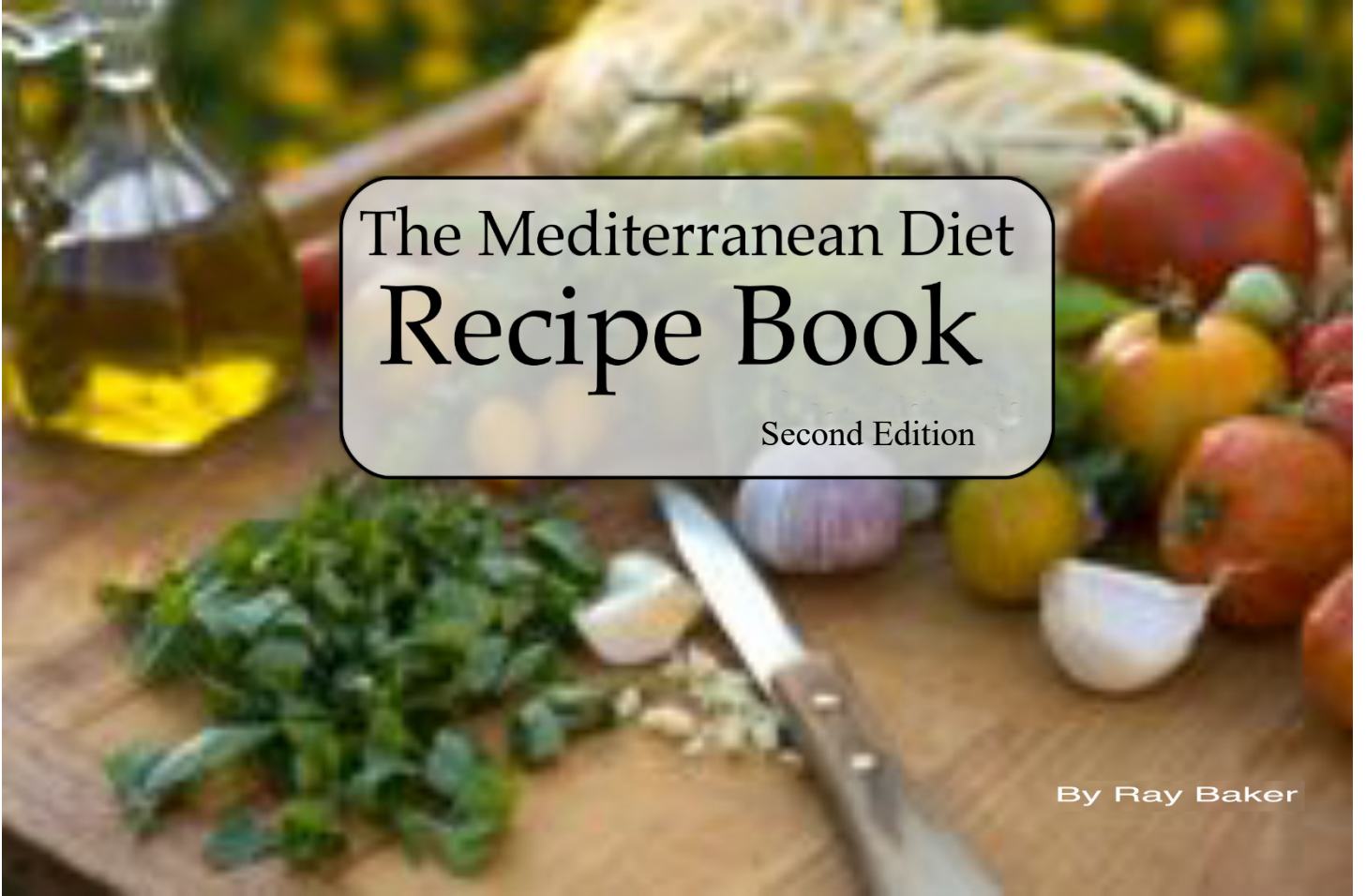




The Mediterranean Diet  
**Recipe Book**  
Second Edition



By Ray Baker



# TABLE OF CONTENTS

## BREAKFAST & LIGHT LUNCHESES

<u>Asparagus with Fresh Tomato Garnish .....</u>	<u>5</u>
<u>Butternut Squash Pilaf .....</u>	<u>6</u>
<u>Cauliflower with Cilantro .....</u>	<u>8</u>
<u>Classic Spanish Omelet .....</u>	<u>9</u>
<u>Torrijas .....</u>	<u>10</u>
<u>Zucchini Omelet .....</u>	<u>11</u>

## SALADS

<u>Avocado-Lettuce Salad .....</u>	<u>14</u>
<u>Bean and Tuna Salad .....</u>	<u>15</u>
<u>Fattoush Salad .....</u>	<u>17</u>
<u>Italian Green Bean Salad .....</u>	<u>19</u>
<u>Lettuce Chicken Salad .....</u>	<u>20</u>
<u>Mechouia (Grilled Vegetable Salad) .....</u>	<u>21</u>
<u>Sautéed Spinach with Pine Nuts and Golden Raisins .....</u>	<u>22</u>
<u>Spring Salad with Beets, Prosciutto &amp; Creamy Onion Dressing .....</u>	<u>23</u>
<u>Tomato and Bread Salad .....</u>	<u>25</u>

## SOUPS & VEGETARIANS

<u>Caldo Verde (Cabbage Soup) .....</u>	<u>27</u>
<u>Caraway Soup .....</u>	<u>28</u>
<u>Cheese-Stuffed Mushrooms .....</u>	<u>29</u>
<u>Eggplant Rolls with Pesto .....</u>	<u>30</u>
<u>Fava Bean Soup .....</u>	<u>31</u>
<u>Italian Dinner Soup .....</u>	<u>32</u>

<u>Spinach Casserole .....</u>	<u>33</u>
<u>Spinach Garlic Soup .....</u>	<u>34</u>
<u>Traditional Eggplant Parmigiana.....</u>	<u>35</u>

## **DINNER**

<u>Chicken and Broccoli Alfredo .....</u>	<u>38</u>
<u>Double Tomato Bruschetta Treat .....</u>	<u>40</u>
<u>Garides me Feta (Shrimp with Feta Cheese).....</u>	<u>42</u>
<u>Grilled Eggplant with Apricot Pomegranate Sauce.....</u>	<u>43</u>
<u>Italian Styled Baked Orange Roughy .....</u>	<u>45</u>
<u>Mediterranean Fish Fillet .....</u>	<u>46</u>
<u>Pan Seared Trout (Alabalik Tava) .....</u>	<u>48</u>
<u>Peppered Shrimp Alfredo .....</u>	<u>49</u>
<u>Seafood Couscous Paella.....</u>	<u>51</u>
<u>Shrimp Saganaki .....</u>	<u>53</u>
<u>Stuffed Baked Shells with Tomato Sauce .....</u>	<u>55</u>
<u>Tagine of Chicken with Olives and Preserved Lemon .....</u>	<u>57</u>

## **SWEETS**

<u>Apple Strudel .....</u>	<u>60</u>
<u>Baked Apple Cannoli with Vanilla Cream Sauce .....</u>	<u>63</u>
<u>Banana Nut Muffin .....</u>	<u>66</u>
<u>Strawberry Cream Freeze .....</u>	<u>67</u>

# Breakfast & Light Lunches



# SPARAGUS WITH FRESH TOMATO GARNISH

*Serves 4*

1 pound asparagus, steamed  
2 tomatoes, chopped  
1 shallot, minced  
1 tablespoon extra-virgin olive oil  
1 tablespoon balsamic vinegar  
Salt & freshly ground pepper, to taste



**Step 1.** Bring 1 inch of water to a boil in a large saucepan. Put asparagus in a steamer basket, place in the pan, cover and steam until tender-crisp, about 4 minutes.

**Step 2.** Meanwhile, combine tomatoes, shallot, oil, balsamic vinegar, salt and pepper in a medium bowl. Serve the asparagus topped with the tomato garnish.

# BUTTERNUT SQUASH PILAF

*Serves 9*

- 2 pounds butternut squash, peeled, halved and seeded
- 3 tablespoons extra-virgin olive oil
- 1 large red onion, finely chopped
- 1 clove garlic, minced
- 2 tablespoons water
- 1 tablespoon tomato paste
- 1 cup instant or parboiled brown rice
- 1  $\frac{3}{4}$  cups water, or 1 14-ounce can vegetable broth
- $\frac{1}{2}$  cup white wine
- $\frac{1}{2}$  cup chopped fennel fronds
- 2 tablespoons chopped fresh oregano
- 1 teaspoon salt
- Pinch of cinnamon
- Freshly ground pepper, to taste



**Step 1.** Grate the squash through the large holes of a box grater.

**Step 2.** Heat oil in a large cast-iron or nonstick skillet over medium-low heat. Add onion and garlic and cook, stirring, until soft and lightly colored, 10 to 12 minutes. Combine 2 tablespoons water and tomato paste in a small bowl and stir it into the pan. Add rice and stir to coat. Add the squash, in batches if necessary, and stir until it has reduced in volume enough so that you can cover the pan.

**Step 3.** Increase the heat to medium-high, pour in 1  $\frac{3}{4}$  cups water (or broth) and wine, cover and bring to a boil. Reduce the heat to medium-low and cook, covered, stirring once or twice, until the rice has absorbed most of the liquid and the squash is tender, 25 to 30 minutes.

**Step 4.** Add fennel fronds, oregano, salt, cinnamon and pepper; gently stir to combine. Remove from the heat and let stand, covered, for 5 minutes. Serve hot or at room temperature.

# CAULIFLOWER WITH CILANTRO

1 head cauliflower, cut into florets  
¼ cup olive oil  
6 green onions  
3 cloves garlic minced  
1 serrano chili, seeded and minced  
½ cup minced cilantro  
1 tsp. Aleppo pepper  
salt  
black pepper



**Step 1.** Steam the cauliflower in a bit of salted water for 6 minutes.  
Drain.

**Step 2.** Heat the olive oil and add the cauliflower, onions, garlic and chili.

**Step 3.** Stir-fry for 2 minutes. Add the remaining ingredients, taste to adjust seasoning, and toss to blend flavors.



# CLASSIC SPANISH OMELET

*Serves 4*

2 medium-size raw potatoes,  
peeled and diced  
1/3 cup olive oil  
4 eggs, beaten  
Salt and pepper



**Step 1.** Cook potatoes in oil, turning often until tender but not brown. Remove from the oil, then drain on absorbent paper; cool to room temperature. Drain any surplus oil from skillet, leaving just a film. Reheat skillet.

**Step 2.** Combine beaten eggs, salt, pepper and potatoes. Pour into the hot skillet, lifting the edges frequently until the omelet is browned on the bottom. Turn and brown the other side.

# TORRIJAS

*Serves 4 – 6*

2 eggs

2 tablespoons milk

1 teaspoon cinnamon

8 to 12 thick slices of French or Italian

Extra Virgin Olive oil, butter, or margarine (for frying)

Confectioners: Sugar



Beat the eggs, milk and cinnamon together. Quickly dip both sides of the slices of bread in the egg mixture and fry in a heavy skillet over moderate heat until browned on both sides. Dust liberally with sugar and serve immediately.

# ZUCCHINI OMELET

*Serves 3*

6 eggs

¼ cup water

3 tablespoons minced parsley

3 tablespoons soft bread crumbs

1 teaspoon salt

1 clove garlic, finely chopped

2 tablespoons olive oil

1 medium zucchini, cut into ¼-inch slices

All-purpose flour

Grated Parmesan cheese



**Step 1.** Beat eggs, water, parsley, bread crumbs, salt and garlic.

**Step 2.** Heat oil in 8-inch broiler-proof skillet over medium heat until hot. Coat zucchini with flour; cook until golden, about 2 minutes on each side. Pour egg mixture over zucchini. Cook until eggs are thickened throughout but still moist, 3 to 5 minutes. Gently lift edge with fork so that uncooked portion can flow to bottom. Sprinkle with cheese.

**Step 3.** Set oven to broil or 550 degrees F. Broil omelet with top 5 inches from heat until golden brown, 3 to 4 minutes. Loosen edge with spatula; slip omelet, cheese side up, onto serving plate.



# Salads

# AVOCADO-LETTUCE SALAD

1/3 lettuce, torn into pieces  
1/2 green/red bell pepper, julienne cut  
1 tomato, chopped  
1 avocado, cut into cubes  
1/2 cup sweet corn  
1 tsp vinegar  
1 tsp lemon juice  
2 tbsp olive oil  
1/2 tsp salt to taste



In a small, bowl mix olive oil, lemon juice and salt. Transfer other ingredients in a salad bowl and stir in the sauce. Mix well and serve fresh.

# BEAN AND TUNA SALAD

3 cups water

½ pound dried white kidney, Great Northern or navy beans\*

1/3 cup olive or vegetable oil

3 tablespoons red wine vinegar

1 teaspoon salt

Freshly-ground pepper

1 medium Spanish, Bermuda or red onion,  
thinly sliced

1 (6 ½ ounce) can tuna, drained

Snipped parsley



\* 2 (15 to 20 ounce) cans cannellini or other white beans, drained, can be substituted.

**Step 1.** Heat water and beans to boiling; boil 2 minutes. Remove from heat; cover and let stand 1 hour. Add enough water to cover beans if necessary. Heat to boiling; reduce heat. Cover and simmer until tender, 1 to 1 ½ hours (do not boil or beans will burst). Drain and cool.

**Step 2.** Mix oil, vinegar, salt and pepper; pour over beans and onion in shallow glass or plastic dish. Cover and refrigerate, stirring occasionally, at least 1 hour.

Transfer bean mixture to serving platter with slotted spoon. Break tuna into chunks; arrange on bean mixture. Sprinkle with parsley.

# FATTOUSH SALAD

2 cups romaine lettuce, torn  
2 tomatoes  
2 small cucumbers, peeled  
1 green pepper  
3 green onions, minced  
15 mint leaves chopped, or: 1 tbsp dried mint  
¼ cup chopped parsley  
2 tbsp chopped purslane or chickweed (optional)  
1 to 2 cups pita bread, torn into pieces



## Classic Lemon Vinaigrette

1/4 cup lemon juice  
1/4 cup olive oil  
salt  
1 to 2 tbsp sumac  
pinch Aleppo pepper

**Step 1.** Cut the vegetables into bite sizes.

**Step 2.** If no dry bread is on hand split loaves of Arab bread by separating the top and bottom of the “pocket”, and crisp in a microwave or regular oven. (You may place the pieces of bread in a plastic bag, sprinkle with drops of olive oil, and shake well before baking.)

**Step 3.** Prepare the dressing and toss all ingredients in a salad bowl.

**Step 4.** Combine all Classic Lemon Vinaigrette ingredients in a jar with a tight-fitting lid, cover, and shake to blend.

# ITALIAN GREEN BEAN SALAD

*Serves 4 – 6*

1 pound green beans  
Vinaigrette Dressing  
Lettuce (optional)  
2 medium tomatoes, cut into wedges  
1 small onion, sliced  
¼ cup grated Parmesan cheese  
Ripe olives



Step 1. Remove ends from beans. If beans are large, cut French style into lengthwise strips. Heat beans and 1 inch of salted water, using ½ teaspoon salt to 1 cup water, to boiling. Cook uncovered 5 minutes. Cover and cook until tender, 10 to 15 minutes, French style 5 to 10 minutes; drain.

Step 2. Prepare Vinaigrette Dressing. Pour over warm beans and toss. Cover and refrigerate at least 2 hours. Remove beans to lettuce-lined plate with slotted spoon. Add tomatoes and onion. Sprinkle with cheese; garnish with olives.



# LETTUCE CHICKEN SALAD

½ head of lettuce, torn into pieces  
2 chicken breasts  
2 green onions, chopped  
1-2 tbsp mayonnaise (optional)  
1-2 tbsp lemon juice  
2 tbsp olive oil  
1 tsp salt to taste



**Step 1.** Boil chicken breasts in lightly salted water till they get tender. Then, take them out and let cool for a while. Cut into cubes.

**Step 2.** Mix olive oil, lemon juice, salt and mayonnaise (optional) in a small bowl. Take the other ingredients in a salad plate and drizzle with the olive oil sauce.

**Step 3.** Toss gently and serve immediately.

# MECHOUIA (GRILLED VEGETABLE SALAD)

2 large sweet red peppers  
2 large onions  
4 medium tomatoes  
1 small hot pepper  
3 T. fresh lemon juice  
3 T. olive oil  
1 t oregano  
1 7 oz. can of tuna  
2 oz crumbled feta cheese  
2 hard boiled eggs, chopped  
salt & pepper to taste



**Step 1.** Grill the peppers, tomatoes and onions in a hot oven approximately 400 degrees. Turn them once during this process. Grill them until they are soft. Remove from oven and cool.

**Step 2.** Remove the seeds from the peppers. Dice all of the cooked vegetables into small pieces. Place the vegetables on a flat serving platter. Stir in gently the lemon juice, olive oil, oregano and the salt and pepper.

**Best way to eat:** Spread the tuna and hard boiled eggs over top.

## SAUTÉED SPINACH WITH PINE NUTS AND GOLDEN RAISINS

2 teaspoons extra-virgin olive oil  
2 tablespoons golden raisins  
1 tablespoon pine nuts  
2 cloves garlic, minced  
1 10-ounce bag fresh spinach, (see  
Ingredient note), tough stems removed  
2 teaspoons balsamic vinegar  
1/8 teaspoon salt  
1 tablespoon shaved Parmesan cheese  
Freshly ground pepper, to taste



Heat oil in a large nonstick skillet or Dutch oven over medium-high heat. Add raisins, pine nuts and garlic; cook, stirring, until fragrant, about 30 seconds. Add spinach and cook, stirring, until just wilted, about 2 minutes. Remove from heat; stir in vinegar and salt. Serve immediately, sprinkled with Parmesan and pepper.

## SPRING SALAD WITH BEETS, PROSCIUTTO & CREAMY ONION DRESSING

*Serves 6*

1 teaspoon plus 1 tablespoon extra-virgin olive oil, divided  
4 very thin slices prosciutto (about 2 ounces)  
1 bunch beets (about 12 ounces), preferably baby-size, stems and greens removed  
1 medium sweet onion, sliced  
¼ teaspoon dried thyme  
¼ teaspoon salt

¼ teaspoon freshly ground pepper  
¼ cup nonfat or low-fat buttermilk  
2 tablespoons white-wine vinegar  
2 tablespoons mayonnaise  
1 tablespoon chopped fresh chives  
14 cups mixed salad greens

**Step 1.** Preheat oven to 400°F. Brush ½ teaspoon oil over a large baking sheet. Cut prosciutto into 1- to 1 ½-inch squares and place on the baking sheet. Brush the prosciutto with ½ teaspoon oil. Bake until crispy, 5 to 7 minutes. Carefully transfer the prosciutto “chips” to a wire rack with a spatula. (If you leave them on the baking sheet, they won’t be as crisp.)

- Step 2.** Meanwhile, place beets in a large saucepan with enough water to cover by at least 2 inches. Bring to a boil; reduce heat to maintain a gentle simmer and cook until tender when pierced with a fork, 20 to 30 minutes. (If using larger beets, they will take up to 40 minutes.) Drain and let stand until cool enough to handle. Trim both ends of the beets and rub off the skins. Cut into wedges.
- Step 3.** While the beets are cooking, combine onion with the remaining 1 tablespoon oil, thyme, salt and pepper in a small saucepan. Cover and cook over medium-low heat, stirring often, for 10 minutes. Uncover and continue cooking until the onion is very soft and caramelized, 8 to 10 minutes more. (If the onion begins to brown before it becomes very soft, add water 1 tablespoon at a time.) Remove from the heat, cover and let stand for 10 minutes.
- Step 4.** Stir the onion, scraping up any browned bits. Set aside  $\frac{1}{4}$  cup and transfer the remaining onion to a food processor or blender. Add buttermilk, vinegar, mayonnaise and chives; puree until smooth.
- Step 5.** Toss salad greens, the reserved  $\frac{1}{4}$  cup onion and the dressing in a large bowl. Divide among 6 plates. Top with the beets and prosciutto chips.

# TOMATO AND BREAD SALAD

4 cups 1-inch pieces stale Italian or French bread  
2 medium tomatoes, cut into bite-size pieces  
2 cloves garlic, finely chopped  
1 medium green bell pepper, cut into bite-size pieces  
1/3 cup snipped fresh basil leaves  
2 tablespoons snipped parsley  
1/3 cup olive oil  
2 tablespoons red wine vinegar  
1/2 teaspoon salt  
1/8 teaspoon pepper



**Step 1.** Mix bread, tomatoes, garlic, green pepper, basil and parsley.

**Step 2.** Shake remaining ingredients in tightly covered container. Pour over bread mixture; toss. Cover and refrigerate at least 1 hour.

**Step 3.** Garnish with Kalamata or Greek olives if desired.



# & Soups Vegetarian

# CALDO VERDE (CABBAGE SOUP)

1 pound potatoes  
1 pound green cabbage, finely sliced  
Water  
2 tablespoons olive oil  
Salt, to taste



**Step 1.** Peel and cook potatoes in just enough salted water to cover them. Blend potatoes with their cooking water. Thin with more water if necessary. You should have a medium consistency. Add cabbage and olive oil. Cook uncovered for 5 minutes, until the cabbage is lightly cooked. It should be a little crisp.

**Step 2.** Serve with a jug of olive oil.



# CARAWAY SOUP

*Serves 6*

6 cups water  
2 Tablespoons of flour  
½ cup of water  
2 cups of fresh mint, chopped very fine  
3 Tablespoons of butter  
1 Tablespoon ground caraway seeds  
¼ c fresh lemon juice  
salt and pepper to taste



**Step 1.** Dissolve the 2 Tablespoons of flour in the ½ cup of water.

**Step 2.** In a medium saucepan heat the water slowly stir in the flour mixture and bring to a boil. Add all remaining ingredients except for the lemon juice. Stirring constantly, bring the soup back to a boil. Remove from the heat and stir in the fresh lemon juice.

**Best way to eat:** Must be served immediately.

# CHEESE-STUFFED MUSHROOMS

24 medium-size mushrooms  
¼ cup finely chopped scallions (with tops)  
1 clove garlic, minced  
¼ cup butter or margarine  
½ cup dry bread crumbs  
¼ cup grated Parmesan cheese  
2 tablespoons snipped parsley  
½ teaspoon salt  
½ teaspoon dried basil leaves  
¼ teaspoon pepper



**Step 1.** Remove stems from mushrooms; mince stems finely. Cook and stir mushrooms stems, scallions and garlic in butter over medium heat until tender, about 5 minutes. Remove from heat; stir in remaining ingredients. Fill mushroom caps with stuffing mixture. Place mushrooms, filled sides up, in greased baking dish. Bake at 350 degrees F for 15 minutes.

**Step 2.** Serve hot.

# EGGPLANT ROLLS WITH PESTO

2 eggplants, peeled and thinly sliced lengthwise  
5 tbsp olive oil  
1 garlic clove, minced  
4 tbsp pesto  
1 ½ cups grated mozzarella  
4-5 fresh basil leaves, torn  
1 tsp salt to taste  
¼ tsp black pepper  
Wooden toothpicks



**Step 1.** Salt eggplants and, leave for 15 minutes. Rinse with cold water and drain on paper towels.

**Step 2.** Brush them on both sides with olive oil and place over an oven tray with baking paper. Broil lightly both sides in the oven. Take out and let them cool for a while. Spread pesto on one side of an eggplant slice. Top with mozzarella and season with salt and pepper. Roll it up and secure with a wooden toothpick on top. Then, place them over a greased oven tray and bake at 350 F (180 C) for 8-10 minutes.

**Step 3.** Garnish with torn basil leaves and serve warm.

# FAVA BEAN SOUP

*Serves 6*

2 cups of fava beans , washed  
6 cups of water  
1 t cumin  
2 cloves of garlic, crushed  
¼ c olive oil  
¼ c lemon juice  
2 Tablespoon parsley, finely chopped  
salt and pepper to taste



**Step 1.** Soak the fava beans over night in the 6 cups of water.

**Step 2.** Drain the beans but reserve the water and set aside. Remove the skins from the beans and put them in a saucepan. Measure the reserved soaking water and add enough to make six cups. Add this to the beans. Bring to a boil.

**Step 3.** Cover and lower heat to simmer 1 hour, until the beans are tender. Puree the beans in a blender. Return the bean puree to the saucepan, add remaining ingredients with exception of the parsley. Bring to a boil, lower heat and cook for another 5 minutes.

# ITALIAN DINNER SOUP

*Serves 6 – 8*

- 1 pound lean ground beef
- 1 quart water
- 1 cup finely cut onions
- 1 cup finely cut celery
- 1 cup finely cut carrots
- 1 quart diced tomatoes
- 2 cups thinly sliced zucchini
- 1 cup uncooked broken spaghetti
- ½ teaspoon Italian spices
- 1 cup peas



Cook and drain ground beef. Using a large kettle, pour in water, add onions, celery, carrots, tomatoes, zucchini, spaghetti and simmer 20 minutes. Season with Italian spices and add peas.

# SPINACH CASSEROLE

2 packages frozen spinach  
1 teaspoon flour  
1 can mushrooms  
½ teaspoon salt



## Topping

6 teaspoons butter  
1/2 cup sour cream  
2 tablespoons lemon juice  
1/2 cup mayonnaise  
1/2 cup milk  
Pinch of dry mustard

**Step 1.** Cook spinach. In saucepan, melt butter; add flour. Cook until bubbly. Blend in milk. Add seasonings, mushrooms and spinach. Pour into casserole dish.

**Step 2.** Mix ingredients together. Pour over spinach mixture and bake at 350 degrees F for 15 to 20 minutes.

# SPINACH GARLIC SOUP

*Serves 6 – 8*

4 tablespoons butter, divided  
2 cups leeks, trimmed and sliced (white and light green parts only)  
12 to 15 cloves peeled garlic, coarsely chopped  
6 cups chicken broth  
2 pounds potatoes, peeled and cubed  
1 teaspoon salt  
1 teaspoon fresh parsley, chopped  
1 cup whipping cream  
Croutons (for garnish)



**Step 1.** In Dutch oven, melt 2 tablespoons butter. Saut? leeks and garlic 2 to 3 minutes. Add chicken broth, potatoes, salt and parsley. Bring to a boil. Reduce heat, cover and simmer 45 minutes.

**Step 2.** Purée in blender or food processor until smooth. (May be made up to this point in advance) Add cream. Heat just to a boil. Swirl in remaining butter.

**Step 3.** Serve hot. Garnish with croutons and more parsley or chives if desired.

# TRADITIONAL EGGPLANT PARMIGIANA

- 2 Small Eggplants; unpeeled cut into ¼-inch rounds
- 2 Eggs; lightly beaten
- 1–½ Cup Bread crumbs
- ½ Teaspoon Salt
- 1/8 Teaspoon Pepper
- 1 Garlic cloves peeled and halved
- ¾ Cup Olive oil
- 20 Ounce Tomatoes, canned
- 1/3 Cup Tomato paste
- 2 Tablespoon Minced basil
- 1 Teaspoon Salt
- Teaspoon Pepper
- 1 Cup Grated Parmesan cheese
- ½ Pound Mozzarella cheese; thinly sliced



1/8

**Step 1.** Dip eggplant slices in eggs, then in bread crumbs seasoned with salt and pepper. Refrigerate 20 minutes. In a large saucepan, sauté garlic in 2 tablespoons oil for 1–2 minutes. Remove garlic and add tomatoes, tomato paste, basil, salt and pepper. Cover and simmer 30 minutes.

**Step 2.** Preheat oven to 350F. Brown eggplant in ¼-inch oil in a large skillet. Drain on paper towels. Put a thin layer of tomato sauce into a baking dish and layer eggplant, sauce, Parmesan and mozzarella, alternately. End with mozzarella on top.

**Step 3.** Bake, uncovered, for 30 minutes.





**Dinner**

# CHICKEN AND BROCCOLI ALFREDO

*Serves 4*

2 tablespoons extra virgin olive oil  
8 chicken tenderloins  
1 cup fresh broccoli florets  
2 tablespoons butter  
1 cup fresh mushroom slices  
½ cup onions, chopped  
2 teaspoons minced garlic  
¼ cup flour  
½ teaspoon salt  
¼ teaspoon black pepper  
1 cup chicken broth  
1 cup heavy whipping cream  
1 cup whole milk  
8 oz linguine  
1 cup grated Parmesan cheese



- Step 1.** Heat olive oil in a large Dutch oven. Cook chicken until no longer pink, turning once, about 8-10 minutes. Remove and cut into 1-inch pieces.
- Step 2.** Cook broccoli in a little water in microwave until tender but not too soft. Drain water and set aside.
- Step 3.** Over medium heat, melt butter in same Dutch oven. Add mushrooms and onions and saute 5 minutes. Add garlic and saute 2 more minutes.

- Step 4.** Sprinkle in flour, salt and pepper and stir until smooth. Add chicken broth, cream, and milk. Continue to stir. Add chicken and broccoli.
- Step 5.** Cook over medium-low heat until mixture thickens. Stir frequently. Meanwhile, cook linguine as directed on the box and drain. Place linguine on a serving plate or large pasta bowl. Top with chicken and broccoli sauce; sprinkle with Parmesan cheese.

# DOUBLE TOMATO BRUSCHETTA TREAT

*Serves 12*

- ½ cup sun-dried tomatoes (packed in oil)
- 6 Roma plum tomatoes (chopped)
- 3 cloves garlic (minced)
- Olive oil – ¼ cup extra virgin olive oil
- 2 tablespoons Balsamic vinegar
- ¼ cup basil (fresh, stems removed)
- Salt – ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- 1 French baguette
- 2 cups Mozzarella cheese (shredded)



**Step 1.** Put the oven on broiler setting and pre-heat it.

**Step 2.** Mix the Roma tomatoes, minced garlic, olive oil sun dried tomatoes, Basil, vinegar, pepper and salt in a large mixing bowl. Set aside to allow the mixture to sit for approximately 10 minutes.

**Step 3.** Slice the French baguette into ¾ inch slabs. Get a baking sheet and arrange the slices of baguette in one layer. Broil the baguette for about 2 minutes or until the slices are slightly brown.

**Step 4.** Spread the tomato mixture over the slices of baguette. Make sure the mixture is divided properly. Then top the baguette with Mozzarella cheese.

**Step 5.** Place in oven and broil for about 5 minutes or until the Mozzarella cheese has melted. Serve.

## GARIDES ME FETA (SHRIMP WITH FETA CHEESE)

- ½ cup minced onion
- 1 ½ tablespoons butter
- 1 ½ tablespoons vegetable oil
- ½ cup dry white wine
- 4 ripe medium tomatoes, peeled, seeded and chopped
- 1 small clove garlic, minced
- 1 teaspoon salt
- ¼ teaspoon freshly-ground black pepper
- ¾ teaspoon oregano
- 4 ounces feta cheese, crumbled
- 1 pound raw large shrimp, shelled and de-veined
- ¼ cup chopped fresh parsley



**Step 1.** In a heavy skillet, sauté onion in butter and oil until soft. Add wine, tomatoes, garlic, salt, pepper and oregano. Bring to boil, lower heat to medium, and simmer until sauce is slightly thickened. Stir in cheese and simmer for 10 to 15 minutes. Adjust seasonings.

**Step 2.** Just before serving, add shrimp to hot sauce and cook for 5 minutes or until shrimp are just tender. Do not overcook. Garnish with parsley and serve immediately in large bowls with crusty French bread. Pass the rice!

# GRILLED EGGPLANT WITH APRICOT POMEGRANATE SAUCE

6 small Japanese eggplants, or 1 large eggplant, peeled  
olive oil  
salt

## Pomegranate sauce

1 piece (about 1" square) amradeen (sun-dried apricot sheet), or ½ dried apricot, minced  
¼ cup hot water 1 tsp. lemon juice  
2 tbsp pomegranate syrup  
pinch of Aleppo pepper

## Garnish

minced parsley  
pomegranate seeds (optional)



**Step 1.** Soak the amradeen or dried apricot in the hot water to which you have added the lemon juice.

**Step 2.** The small eggplants should be cut lengthwise into slices ½ inch thick. A large eggplant should be cut crosswise to the same dimension. Brush each slice on both sides with olive oil, sprinkle lightly with salt, and grill or broil until golden.

**Step 3.** When the amradeen is very soft, stir in the remaining ingredients. (The dried apricot may need to be pressed through a mesh sieve.) The fruit will disintegrate into a syrupy sauce.

**Step 4.** Arrange the eggplant slices in an attractive pattern on a serving platter and drizzle with the pomegranate sauce. Garnish with parsley and (optional) pomegranate seeds.

# ITALIAN STYLED BAKED ORANGE ROUGHY

- 1 lbs orange roughy fillets
- ¼ cup Italian seasoned bread crumbs
- 3-4 tbsp grated Parmesan cheese
- 2 cloves of garlic, minced
- ½ tsp salt to taste
- ¼ cup butter, melted
- 1 tbsp fresh parsley, chopped (optional)



- Step 1.** Preheat oven to 400 F (200 C). Grease a medium baking dish. In a shallow bowl, mix bread crumbs, Parmesan cheese, garlic, and salt.
- Step 2.** Brush both sides of orange roughy fillets with butter, and dredge in the bread crumb mixture. Arrange fillets in a single layer in the prepared baking dish, and sprinkle with parsley (optional).
- Step 3.** Bake in preheated oven 10 to 15 minutes or until the fish flakes easily with a fork.
- Step 4.** If desired serve with brussels sprouts.

# MEDITERRANEAN FISH FILLET

*Serves 2*

- 1 teaspoon extra-virgin olive oil
- 1 small onion, thinly sliced
- 2 tablespoons dry white wine
- 1 clove garlic, finely chopped
- 1 cup canned diced tomatoes
- 4 Kalamata olives, pitted and chopped
- 1/8 teaspoon dried oregano
- 1/8 teaspoon freshly grated orange zest
- 1/4 teaspoon salt, divided
- 1/4 teaspoon freshly ground pepper, divided
- 8 ounces thick-cut, firm-fleshed fish fillets, such as Pacific halibut or mahi-mahi



**Step 1.** Preheat oven to 450°F.

**Step 2.** Heat oil in a medium nonstick skillet over medium-high heat. Add onion and cook, stirring often, until lightly browned, 2 to 4 minutes. Add wine and garlic and simmer for 30 seconds. Stir in tomatoes, olives, oregano and orange zest. Season with 1/8 teaspoon salt and 1/8 teaspoon pepper.

**Step 3.** Season fish with the remaining 1/8 teaspoon each salt and pepper. Arrange the fish in a single layer in a pie pan or baking dish. Spoon the tomato mixture over the fish. Bake, uncovered, until the fish is just cooked through, 10 to 20 minutes. Divide the fish into 2 portions and serve with sauce.



# PAN SEARED TROUT (ALABALIK TAVA)

- 1 lbs trout fillets
- ½ tsp salt to taste
- ½ tsp black pepper/paprika
- 2 tbsp lemon juice
- 2-3 tbsp canola oil



- Step 1.** Rinse trout fillets under cold water and pat dry with paper towel. Rub with salt and sprinkle black pepper/paprika. Drizzle with lemon juice.
- Step 2.** Heat canola oil in a skillet and sear both sides of trout fillets till they get fluffy and tender over medium heat. Do not over cook.
- Step 3.** Serve with green salad and radishes if desired.

# PEPPERED SHRIMP ALFREDO

*Serves 4*

8 oz of Penne pasta  
¼ cup of butte  
2 tbs of extra virgin olive oil  
1 piece onion (diced)  
1 red bell pepper (diced)  
½ lbs Portobello mushrooms (diced)  
1 lbs medium shrimp (pelled and deveined)  
16 oz Alfredo sauce  
Penne pasta – 8 ounces  
½ cup grated Romano cheese  
½ cup cream  
1 tsp. Cayenne pepper (or mote to taste)  
Salt and pepper to taste  
¼ cup chopped parsley



- Step 1.** Boil salted water in a large pot. Cook the pasta in the boiling water for 8 to 10 minutes. Immediately drain the water once the pasta is cooked. Set aside.
- Step 2.** In a saucepan, melt the butter over medium heat and add the olive oil. Add the onion and stir for 2 minutes or until the onion becomes soft and translucent. Add the red pepper, garlic and mushrooms. Stir and cook for 2 minutes over medium high heat or until everything is soft.
- Step 3.** Add the shrimp and cook until the texture becomes pinkish. Introduce the Alfredo sauce, the Romano cheese, and cream. Simmer but make sure to stir constantly for 5 minutes or until the sauce has thickened. Add cayenne, pepper, and sale to taste. Remove from heat and add the pasta in the sauce. Garnish individual serving with chopped parsley.

# SEAFOOD COUSCOUS PAELLA

*Serves 2*

2 teaspoons extra-virgin olive oil  
1 medium onion, chopped  
1 clove garlic, minced  
½ teaspoon dried thyme  
½ teaspoon fennel seed  
¼ teaspoon salt  
¼ teaspoon freshly ground pepper



Pinch of crumbled saffron threads  
1 cup no-salt-added diced tomatoes, with juice  
¼ cup vegetable broth  
4 ounces bay scallops, tough muscle removed  
4 ounces small shrimp, (41-50 per pound), peeled and deveined  
½ cup whole-wheat couscous

**Step 1.** Heat oil in a large saucepan over medium heat. Add onion; cook, stirring constantly, for 3 minutes. Add garlic, thyme, fennel seed, salt, pepper and saffron; cook for 20 seconds.

**Step 2.** Stir in tomatoes and broth. Bring to a simmer. Cover, reduce heat and simmer for 2 minutes.

**Step 3.** Increase heat to medium, stir in scallops and cook, stirring occasionally, for 2 minutes. Add shrimp and cook, stirring occasionally, for 2 minutes more. Stir in couscous. Cover, remove from heat and let stand for 5 minutes; fluff.

# SHRIMP SAGANAKI

*Serves 4*

12 jumbo shrimp, (6-8 per pound), peeled and deveined, tails left on

2 tablespoons lemon juice, divided

¼ teaspoon salt

1 tablespoon extra-virgin olive oil

1 medium bulb fennel, cored and finely chopped

5 scallions, thinly sliced

1 small chile pepper, such as jalapeño or serrano, seeded and minced

½ cup Chardonnay, preferably Greek

½ cup crumbled feta cheese, preferably Greek

Freshly ground pepper, to taste



**Step 1.** Toss shrimp with 1 tablespoon lemon juice in a medium bowl and sprinkle with salt.

**Step 2.** Heat oil in a large skillet (or “saganaki” pan) over medium heat. Add fennel, scallions and chili pepper and cook, stirring, until soft and beginning to brown, 3 to 5 minutes. Pour in wine. Cook, stirring, for 1 minute. Place the shrimp on top of the fennel mixture, cover and cook until the shrimp are pink and just cooked through, 3 to 4 minutes. Remove from the heat.

**Step 3.** Transfer the shrimp to a plate. Add the remaining 1 tablespoon lemon juice, feta and pepper to the pan and stir until the cheese begins to melt, about 1 minute. Serve the shrimp atop the fennel mixture.

# STUFFED BAKED SHELLS WITH TOMATO SAUCE

*Serves 4 – 6*

- ½ cup chopped, peeled onion
- ½ tsp minced, peeled garlic
- ½ pound lean ground beef
- 1 25 oz can tomato sauce
- 1 6 oz can tomato paste
- ½ tsp salt
- ½ tsp dried oregano leaves
- ¼ tsp black pepper
- 1 ½ cups 99% fat-free cottage cheese
- 1 large egg
- ¼ cup grated Parmesan cheese
- 2 tbs. chopped fresh parsley
- Few grains of ground nutmeg
- 4 oz jumbo pasta shells, cooked according to package directions and drained (18 shells)



- Step 1.** Heat a large skillet or saucepan over moderate heat. Add onion, garlic and meat. Cook 5 minutes, stirring with a spoon to break up meat, until onion is soft and meat has lost its pink color. Pour off and discard any fat.
- Step 2.** Stir in tomato sauce, tomato paste, salt, oregano and pepper. Bring to a simmer; then turn heat to low and cook for about 15 minutes.
- Step 3.** In a medium-sized bowl mix cottage cheese, egg, Parmesan cheese, parsley and nutmeg. Heat oven to 350 degrees F. Spread 2 ½ Cups of the tomato sauce in an 11¾" x 7½" x 1¾" baking dish.
- Step 4.** Using a spoon, fill each cooked shell with the cheese mixture and top with a spoonful of remaining sauce.
- Step 5.** Arrange stuffed shells on tomato sauce. Bake 25 to 30 minutes, until hot and bubbly.

# TAGINE OF CHICKEN WITH OLIVES AND PRESERVED LEMON

1 garlic clove, minced  
1 teaspoon ras el hanout  
pinch of saffron, crushed  
pinch of loomi  
sea salt  
black pepper  
1 chicken or chicken pieces to serve 4 to 6  
2 cups chicken broth  
1 cup white wine  
2 medium-sized onions, thinly sliced  
3/4 cup fresh flat leaf parsley, minced  
3/4 cup fresh cilantro, minced  
2 tablespoons extra virgin olive oil  
2 tablespoons butter  
1 cinnamon stick  
juice of 1/2 lemon  
1 preserved lemon, peel only, cut into strips  
1 cup green and or black olives



**Step 1.** Rub chicken inside and out with garlic, ras el hanout, saffron, loomi, salt and pepper. Put in a large Dutch oven.

**Step 2.** Add onions and herbs. Half cover with chicken broth and drop in the cinnamon stick. Bring to a boil over medium-high heat then add the oil and butter. Cover and let boil for 45 minutes or until the Chicken is cooked.

**Step 3.** Transfer the chicken to a plate and keep warm. Boil the broth uncovered for a further 10 minutes, stirring regularly, until concentrated. Add the lemon juice, preserved lemon peel and olives and simmer for a few more minutes.

**Step 4.** About 5 minutes before the sauce is ready, if using whole chicken, cut up the chicken neatly into 8 pieces, then return to the pan, turning the pieces carefully in the sauce. Taste and adjust the seasoning if necessary. Transfer to serving dish and serve hot.



**Sweets**



# APPLE STRUDEL

*Serves 8*

1 Ready rolled puff pastry sheet  
4 Apples (medium size)  
Juice from half a lemon  
60 g (2 ½ oz) raisins  
4 fl oz Dark rum - about a glass  
2 1/2 oz Pine kernels  
2 oz sugar  
2 oz Apricot preserve  
Orange zest from one orange  
1/2 tbs or 1 tbs Ground cinnamon  
1 oz Breadcrumbs  
1/2 oz Butter  
1 Egg yolk  
1 tbs Milk  
Icing sugar for garnish

- Step 1.** 1 hour before cooking, soak the raisins into the glass of rum. Separate the raisins from the rum using a sieve after an hour. Put the raisins into a small container and set aside. Keep the rum.
- Step 2.** Peel and slice the apples (2-3 mm thick). Put the slices into a large bowl. Add lemon juice and mix.
- Step 3.** Add the raisins, pine kernels, orange zest, cinnamon, sugar, apricot preserve and 2 or 3 dessert spoons of rum and mix. Cover the bowl with cling film and set it aside in the refrigerator.

- Step 4.** Put the butter into a pan over a medium heat. When the butter starts to bubble, add the breadcrumbs and toast, until lightly brown. Put the breadcrumbs into a small bowl to cool down.
- Step 5.** Spread some flour onto a working surface. Unroll your pastry and start stretching it with a rolling pin (about 2 mm thick).
- Step 6.** Drag the sheet over a tea towel and give it a gentle stretch using your hands. Then you can cut the border with a pastry wheel. Spread the breadcrumbs over the pastry sheet.
- Step 7.** Take the apples from the refrigerator and put the contents in the centre of the pastry sheet. Fold one side over the filling. Do the same with the opposite side.
- Step 8.** Take a large tray and cover its bottom with a layer of baking paper. Brush the paper with melted butter or margarine. Switch the oven on and set it at 180 C (gas mark 5).
- Step 9.** Put the egg yolk into a small bowl and add the milk. Beat the egg yolk and milk with a fork until they are evenly mixed. Brush the egg batter all over the strudel.
- Step 10.** Cover the tray with foil, try to keep the area in the centre lifted. Put the tray in the oven and cook for 30 minutes. After 30 minutes, take the tray out of the oven and remove the foil.
- Step 11.** Put the tray back in the oven and cook for another 15 minutes. Set the strudel onto a wire rack to cool down. When the strudel is tepid, cut a slice and put the slice onto a plate. Garnish with some icing sugar.

# BAKED APPLE CANNOLI WITH VANILLA CREAM SAUCE

*Serves 12*

## **Baked Apple Cannoli:**

2 Golden Delicious apples

1 Granny Smith apple

1 Fuji apple

2 tbsp lemon juice

½ cup light brown sugar

2 tsp cinnamon

1/4 tsp salt

6 tbsp butter

Frozen phyllo dough, thawed

Melted butter, for brushing

## **Vanilla Cream Sauce:**

2 cups half-and-half or light cream

2 tsp vanilla

1/2 cup sugar

1/2 cup light brown sugar

4 tbsp butter, cut up

**Step 1.** Peel, core and dice the apples. In a large bowl, combine lemon juice, brown sugar, cinnamon and salt. Add apples and toss to coat.

**Step 2.** In a large skillet over medium-high heat, melt butter; add apples. Cook about 10-12 minutes, stirring occasionally, until apples begin to soften. Remove from heat and cool completely.

**Step 3.** Preheat oven to 350 degrees.

**Step 4.** Unroll phyllo dough and brush one sheet with melted butter. Top with a second sheet and brush with some melted butter. Repeat until five sheets have been brushed with butter and stacked. Make four cuts crosswise in the rectangular stack of dough, then three cuts lengthwise to form 12 pieces of dough.

**Step 5.** Top each piece with about 1 tablespoon of cooled apples, spreading in a diagonal from one corner to another corner. Fold opposite corners over apples to form a tube, pressing gently to seal top. Repeat filling process with remaining phyllo sheets and apples.

**Step 6.** Place pastries 2-inches apart on ungreased cookie sheets; bake 12-14 minutes or until pastry is flaky and golden. Remove from sheets to cool. Serve with Vanilla Cream Sauce for dipping.

**Vanilla Cream Sauce:** Combine all ingredients in a medium saucepan. Bring to a boil; cook and stir for 2 minutes or until sauce begins to thicken, then remove from heat. Serve immediately with Baked Apple Cannoli. Refrigerate any leftovers.

# BANANA NUT MUFFIN

3-4 ripe bananas, mashed  
½-1 cup sugar  
2 eggs  
½ cup butter, melted  
2 cups flour  
1 tsp baking powder  
½ tsp baking soda  
½ cup chopped pecan/walnut  
½ tsp salt  
1 tsp vanilla



**Step 1.** Beat eggs and sugar with a mixer. Then, add melted butter, bananas and the rest of the ingredients but the nuts. Once they are all mixed well, stir in the nuts.

**Step 2.** Grease 12 muffin cups or line with paper muffin liners. Pour the mixture into cups, filling 2/3. Bake, at preheated 350 F (180 C) oven for 15-20 minutes or till they turn light brown. Let them cool.

# STRAWBERRY CREAM FREEZE

2 cups whipped cream (light)  
1 package cream cheese (light)  
2 cups fresh strawberries, sliced/divided  
½ cup sugar  
10 tea biscuits/Nilla wafers, coarsely broken (optional)



**Step 1.** Beat cream cheese, sugar and whipped cream in a large bowl with a mixer until creamy. Stir in strawberries and wafers/biscuits.

**Step 2.** Spread stretch film over the cups and pour the cream into the film covered cups. Cover the tops and freeze for about 6-8 hours or until firm. Remove desert from the freezer and turn upside down the cups over small desert plates.

**Step 3.** Serve after 15 minutes before melting. You can top with remaining strawberries and basil/mint leaves.