



The Mediterranean Diet Recipe Book

Twenty-first
Edition

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Breakfast & Light Lunches

ARTICHOKES A LA POLITA (AGINARES A LA POLITA)

Serves 3 to 4

8 artichokes

1/2 kilo potatoes

5 carrots

Juice from 2-3 lemons

4 spring onions

1 cup of extra-virgin olive oil

1 bunch of fresh dill or 3 tablespoons dried dill

Salt

Pepper

Step 1. Slice the stem of the artichokes and remove the outer leaves. Leave only the tender leaves. Rub each artichoke with the lemon and put all of them in bowl full of water. Cut the potatoes and the spring onions in medium sized slices. Slice the carrots and saute them together with the spring onions in a saucepan with the oil. Add the artichokes and the potatoes, the dill, the lemon juice, salt, pepper and enough water to cover them. Allow to cook, stirring occasionally, for 1 1/2 hour.

Step 2. For the "sauce" to be thick, you can mix a small teaspoon of cornflour in 1/4 cup (60 ml) water, add it and allow it to cook for another 5 minutes.



BAKED EGGPLANTS WITH TOMATES, ONION AND GARLIC

Serves 4

4 slim, elongated eggplants, about 700 gr.
150 ml extra-virgin olive oil
Salt and pepper
450 gr. onions, thinly sliced
3-4 cloves garlic, peeled and sliced
450 gr. tomatoes, peeled and sliced
1 teaspoon oregano
1 teaspoon sugar



- Step 1.** Cut the stalks off the eggplants and rinse them. Using a sharp knife, slit them lengthwise on one side only, making sure you do not slit all the way through. They should open like a wallet, so the stuffing can be placed in the opening.
- Step 2.** Shallow-fry them gently all around in 4 tablespoons olive oil. If not enough, add some more oil in the frying pan.
- Step 3.** Take out and arrange side by side in a small oven dish and season them. Put the rest of the olive oil in a saucepan and saute the onions and garlic in it until they are slightly golden. Add fresh tomatoes and half a cupful of water. Season.
- Step 4.** Add the oregano and sugar and cook gently, covered, for 15 minutes. With a spoon, fill the eggplants with this stuffing, opening them slightly. They should be quite soft by now. Virtually pile the stuffing in them, filling them generously. Normally they generate enough juices on their own so no addition of liquid is necessary in the oven dish.

Step 5. Cook in a pre-heated oven, gas no. 4 (350 grades F/180 grades C), for 40 minutes; baste them once during cooking.

CAULIFLOWER IN EGG AND LEMON SAUCE (KOUNOUPIDI AVGOLEMONO)

Serves 4 to 5

1 cauliflower
Salt
Pepper
2 eggs
Juice of 2 lemons

Separate the flowers, wash them and brown them in extra-virgin olive oil. Add enough water to cover, salt and pepper and cook the cauliflower. Remove from the fire. Beat the eggs with the lemon juice and add a little of the liquid. Return to the pot and mix.



CHICKEN PIE (KOTOPITA)

Serves 6

- 1 Medium sized chicken (about 1 1/2 kilos)
- 3 eggs
- 2 onions, finely chopped
- 1 cup of grated graviera cheese
- 5 tablespoons of butter or margarin
- Parsley, finely chopped
- Salt, pepper
- 400 gr of home or ready made pastry

- Step 1.** Boil the chicken and remove its skin and bones and cut the remaining in small pieces. Put 2 tablespoons of butter in a frying pan and saute the onions for a few minutes.
- Step 2.** Beat 2 of the eggs and add the cheese and the parsley. Butter a baking tin and spread the pastry so as to cover the inner walls of the tin. Fill evenly with the mixture and the onions.
- Step 3.** Cover with the rest of the pastry which should be buttered. Beat the third egg and coat with it the top of the pie. This will prevent the pastry from drying completely in the oven and it will give it a shiny color. Put it in an oven on a medium heat for 45 - 60 minutes. It can be served hot or cold.



CHICKEN WITH LEMON, BAKED IN THE OVEN

Serves 4

1 whole chicken

3/4 lemons

1/2 cup of extra-virgin olive oil

2/3 pinches of oregano

Salt & pepper to taste

4/5 potatoes cut in half

Step 1. Wash the chicken and dry. Put in roasting tray and squeeze lemon juice over the chicken and inside the cavity. Season with salt and pepper and oregano. Pour olive oil all over. Put in pre-heated oven (190c) and cook for 45 minutes. (Baste the chicken often). Place potatoes in roasting tray and cook for a further 45 minutes. Please note cooking time depends on the size of the chicken.

Step 2. Serve with greek salad.



FRUITY-NUTTY CINNAMON OATMEAL

1 cup rolled
1 medium apple, peeled, cored and cubed (may be pear, strawberries or blueberries for variety)
2 tablespoons Raisins
2 tablespoons Almonds
1/2 teaspoon Cinnamon
1/8 teaspoon Salt
1 teaspoon Lemon juice
1 cup Apple cider
1 cup water

Step 1. In a sauce pan, boil apple over medium to high heat with water, apple cider and lemon juice.

Step 2. Add quick cooking oatmeal, raisins, almonds, cinnamon and salt. Cook for 2 minutes in medium heat or until thickens.

Step 3. Let stand for 3-5 minutes. Add desired sweetener (optional).

Step 4. May top with almond slices for presentation.



RIGATONI WITH ROBUST RED SAUCE, TUNA AND BROCCOLI (CONT.)

To make the pasta:

- Step 1.** Cook the pasta in a large pot of salted boiling water, adding the broccoli to the pot for the final 5 minutes of cooking.
- Step 2.** Drain the cooked pasta and broccoli, put the sauce in the bottom of the pot and top with the hot pasta, broccoli and tuna chunks.
- Step 3.** Toss together gently to combine well and heat through.
- Step 4.** Serve the pasta with a little shaved or grated Parmesan on top.

GREEK FARMERS BREAD (HORIIATIKO PSOMI)

500 grams unbleached white flour
4 teaspoons instant yeast
2 teaspoons sugar
300 milliliters lukewarm water
1 tablespoon extra-virgin olive oil
2 teaspoons salt

Put the flour in a bowl. Make a well in the middle. Put the yeast and the sugar in the well. Pour water over. Mix slightly. Cover and put in a warm place for 15 minutes. Knead, adding the salt and oil, to a smooth elastic dough. Cover and put in a warm place for 15 minutes. Knead thoroughly and place on a baking sheet. Cover and put in a warm place for 15 minutes. Put in a cold oven and turn oven on to 375 degrees F. Bake 40 to 45 minutes until golden brown. Let cool 20 minutes before slicing.



SANTORINI TONATO RISSOTES

Serves 4

500 gr. tomatoes, rinsed and dried
2 medium onions, peeled and finely chopped (not grated)
1/4 teaspoon paprika
salt and black pepper
1 teacup fresh spearmint, finely chopped
2 tablespoons parsley, finely chopped
1 tablespoon extra-virgin olive oil 150 grams self-raising flour
Extra-virgin olive oil, for frying



- Step 1.** Put the rinsed and dried tomatoes whole into a large bowl. Squeeze and manipulate them with the hands, until they turn into a pulpy substance. This is the only way to do it as the skins need to give some substance.
- Step 2.** Mix all the ingredients together, apart from the flour. Add enough flour gradually to make a thickish but moist paste. All the flour will probably not be needed. The mixture can now wait until it is time to be cooked and eaten.
- Step 3.** Put about 2.5 cm oil in a large frying pan. When the oil is hot, but not smoking, drop in tablespoons of the mixture and fry, turning the rissoles over once, until lightly golden all over. Serve immediately.

Stuffed Cucumber Cups

2 English cucumbers, about 12 inches long, ends trimmed

1 cup hummus

Finely chopped scallions, for garnish

Finely chopped red or orange bell pepper, for garnish

Step 1. Using a fork, score the sides of the cucumbers to create decorative stripes. Slice the cucumbers into 3/4-inch-thick rounds.

Step 2. Using a teaspoon or melon baller, scoop a 1/3-inch-deep well in the center of each slice.

Step 3. Spoon 1/2 tablespoon of hummus into each cucumber cup, mounding it slightly. Sprinkle the tops with the scallions and bell pepper. Makes 32 cups.



STUFFED ZUCCHINI BLOSSOMS

Zucchini blossoms, pistils/stamens removed

For the coating:

One egg, beaten

1/2 cup all purpose flour

Sea salt and freshly ground pepper to taste

For the filling:

4 oz goat cheese

2 or 3 sun dried tomatoes

Squeeze of fresh lemon juice



Step 1. Soak the sun dried tomatoes in a small cup of hot water for 30 minutes. Remove from the water and roughly chop. Place tomatoes and lemon juice a bit at a time in a food processor with the goat cheese, pulsing until well blended and the flavor is satisfactory to you.

Step 2. Combine the flour with a few good shakes of salt and pepper and blend well. Pour out some of the flour mixture onto a clean dry plate.

Step 3. Gently rinse and dry the zucchini blossoms, removing the stamens and pistils carefully (You may find that using tweezers helps, otherwise just be patient). Spread petals slightly and spoon a small amount of filling mixture into each blossom, or squeeze from a plastic bag with a corner snipped off if it is easier for you to fill it that way. Leave enough room at the top of each blossom to twist it closed (See above photo). Once blossoms are filled and sealed, dip each flower into beaten egg and roll gently in the flour mixture until lightly coated (If you find you've made too much filling, just save it to toss with pasta or spread on bread or crackers). Add a couple of tablespoons of olive oil to a large pan to heat (medium high). When the oil is hot enough, carefully place blossoms in the oil a few at a time with a slotted spoon, turning until each is golden

and just lightly crispy. Drain on paper towels and serve.



Salads

BABY SPINACH SALAD WITH GOAT CHEESE AND DRIED CHERRIES

1 teaspoon unsalted butter
1/3 cup sliced almonds
2 tablespoons extra-virgin olive oil
2 tablespoons balsamic vinegar
Salt and freshly ground pepper
One 10-ounce bag baby spinach
1/2 cup dried sour cherries
4 ounces mild goat cheese, crumbled

Step 1. Melt the butter in a small skillet. Add the almonds and cook over moderately high heat, stirring constantly, until golden, about 3 minutes. Drain on paper towels and let cool completely.

Step 2. In a small bowl, whisk the olive oil with the vinegar and season the vinaigrette with salt and pepper. In a large bowl, toss the spinach with the sour cherries and almonds. Add the vinaigrette and toss well. Add the goat cheese, toss the salad lightly and serve.



BROCCOLI SALAD

Serves 4

1 broccoli
Extra-virgin olive oil
Lemon juice
Salt

Wash broccoli well and remove the stems (optionally you can keep part of the stems as long as you boil them enough to tender). Boil until tender. Drain the broccoli well and place in a bowl. Pour some olive oil and the lemon juice.



HERB-CRUSTED SALMON WITH SPINACH SALAD

Serves 4

3 slices white sandwich bread
1 cup fresh parsley
2 tablespoons extra-virgin olive oil
Coarse salt and ground pepper
4 skinless salmon fillets, (6 ounces each)
2 tablespoons Dijon mustard
3 tablespoons fresh lemon juice
5 ounces baby spinach
1/2 medium red onion, thinly sliced



- Step 1.** Preheat oven to 450 degrees. Line a baking sheet with aluminum foil; set aside. In a food processor, combine bread, parsley, and 1 tablespoon oil; season with salt and pepper. Pulse until coarse crumbs form.
- Step 2.** Place salmon on prepared sheet; season with salt and pepper. Spread top of fillets with Dijon; top with crumb mixture, pressing gently to adhere. Roast until salmon is opaque throughout, 11 to 13 minutes.
- Step 3.** Meanwhile, in a large bowl, combine lemon juice and remaining oil; season with salt and pepper. Add spinach and onion; toss to combine. Serve salmon with spinach salad.

MACEDONIAN SALAD (MAKEDONIKI SALATA)

Serves 4

1/4 white cabbage
1/8 red cabbage
1 long green pepper
1 red pepper
Celery
Juice of half lemon
1 carrot
Parsley
Salt
Extra-virgin olive oil



Wash all vegetables well. Cut the cabbage in thin stripes, the peppers in small pieces and grate the carrot. Finely chop the parsley and the celery. Place all ingredients in a big salad bowl, sprinkle with olive oil and lemon juice, add salt for taste, mix well and serve.

Mashed Eggplant and Tomato Salad (Zaalouk)

1 1/2 pounds Eggplant
Juice of 1/2 to 1 lemon
1 pound tomatoes, peeled and chopped
5 garlic cloves, chopped coarsely
4 tablespoons extra-virgin olive oil
1/2 teaspoon paprika

Good pinch ground chili pepper, to taste
1 teaspoon ground cumin
2 tablespoons chopped flat-leaf parsley
2 tablespoons chopped cilantro
Salt

To garnish: a handful of black olives

- Step 1.** Prick the eggplants with a pointed knife to prevent them from bursting in the oven. Place them on a large piece of foil on a baking sheet and roast them in a hot oven pre-heated to 425 degrees F for about 45 to 55 minutes, or until they feel very soft when you press them and the skins are wrinkled. When cool enough to handle, peel and drop them in a bowl of water with a little lemon juice to keep their flesh pale.
- Step 2.** Drain the eggplants in a strainer or colander with small holes and press out as much of the water and juice as possible. Still in the colander, chop the flesh with a pointed knife, then mash it with a fork or wooden spoon, letting the juices escape through the holes.
- Step 3.** Cook the tomatoes with the garlic and a little salt over a low heat for about 20 minutes, or until reduced to a thick sauce, stirring occasionally. Mix with the mashed eggplants and the rest of the ingredients, and add salt to taste.



Step 4. To serve, spread flat on a plate and garnish with olives.

MOROCCAN TOMATO AND GREEN PEPPER SALAD (TAKTOUKA MOROCCAN SALAD)

Serves 4

6 ripe fresh tomatoes (peeled, seeded and chopped)
2 or 3 large fresh green peppers (roasted, peeled, seeded and chopped)
3 large cloves of garlic, finely chopped or pressed
3 tablespoons chopped fresh parsley
3 tablespoons chopped fresh cilantro
1 teaspoon salt (or to taste)
1/4 teaspoon black pepper
1 tablespoon paprika
2 teaspoons cumin
1/3 cup extra-virgin olive oil
Pinch of cayenne or red peppers (optional)



Step 1. Mix all the ingredients in a large frying pan and cook over medium to medium-high heat, stirring occasionally, until the tomatoes are very soft. Turn the heat down, if necessary, to allow the tomatoes and peppers to simmer. Allow the mixture to simmer, stirring occasionally, until the liquids are reduced to oil.

Step 2. Serve this Taktouka salad warm or cold with crusty bread for dipping.

TUNA FISH SALAD

Serves 4

1 tin tuna fish
4 lettuce leaves, finely chopped
1 green pepper, chopped
1 diced cucumber, cut in slices
1 tomato, chopped
Some Corn (from a tin or fresh), optional
Juice of one lemon
Extra-virgin olive oil
Salt

Break up tuna fish and mix with lettuce, pepper, cucumber, tomato, corn, some oil and salt. Pour over lemon juice and serve.



WHITE BEAN, GREEN BEAN AND RED BELL PEPPER SALAD

Serves 2

1/3 pound green beans, trimmed and cut into 2-inch lengths

1 red bell pepper, cut into 2-inch-long strips

1 15 ounce can cannellini (white kidney) beans, kidney beans or garbanzo beans,
drained & rinsed

2 teaspoons Dijon mustard

2 teaspoons red wine vinegar

3 tablespoons extra-virgin olive oil

1/2 teaspoon grated orange peel

1/2 teaspoon minced fresh tarragon (optional)

Salt & freshly ground pepper



Step 1. Cook the green beans in a large pot of boiling salted water until crisp-tender. Drain. Refresh under cold water, then drain again. Combine the green beans with the red pepper and cannellini beans in a bowl.

Step 2. Blend together the mustard and vinegar. Gradually whisk in oil. Mix in orange peel and tarragon. Mix into salad. Salt and pepper to taste.



Soups & Vegetarian

ACORN SQUASH BISQUE

Serves 4

2 acorn squashes (3 pounds total)
1 tablespoon butter
1 medium onion, finely chopped
Coarse salt and ground pepper
1/2 teaspoon fresh thyme leaves, plus more for garnish
1 can (14 1/2 ounces) reduced-sodium chicken broth
1/2 cup half-and-half

- Step 1.** Place squashes on a paper towel and microwave on high just until tender when pierced with the tip of a paring knife, 8 to 10 minutes. Remove from the microwave, and halve each squash lengthwise (to speed cooling). When cool enough to handle, scoop out and discard the seeds. Scrape out flesh into a bowl; discard skin. (To prepare in oven, preheat oven to 450 degrees. Halve squash lengthwise; scoop out and discard seeds. Place squash, cut side down, on a rimmed baking sheet; cover tightly with aluminum foil. Roast until almost tender when pierced with a knife, 15 to 25 minutes. When cool enough to handle, scrape out flesh, discard skin, and proceed with step 2).
- Step 2.** In a large saucepan, heat butter over medium. Add onion; season with salt and pepper. Cook, stirring occasionally, until tender, 3 to 5 minutes. Add squash, thyme, broth, and 2 cups water. Bring to a boil over high heat; reduce to medium, and cook until squash is very tender, 10 to 12 minutes.



Step 3. Working in batches, puree mixture in a blender until very smooth, about 1 minute. Return to pan; add half-and-half, and season generously with salt and pepper. Thin bisque, if needed, by adding more water. Serve garnished with thyme.

SEAFOOD CATALAN SOUP

Serves 4

2 pounds. sea bass and monkfish (may vary with rascasse/scorpionfish, rockfish, halibut, ocean perch), fillet
4 pieces Shellfish (optional. may vary with Norway Lobster, Prawn, Large shrimps), shelled and veined
1 pound potato, peeled and cubed
3 cloves garlic, sliced thinly
1 piece tomato, peeled and chopped
1 Green pepper, chopped
1 cup broken alloli
1 cup extra-virgin olive oil
Water as soup
Salt to taste

Step 1. In a casserole combine raw seafood, potatoes, garlic, green pepper, olive oil, and salt.

Step 2. Add water up only until all ingredients submerged.

Step 3. Cook in high heat for 20 minutes, uncovered.

Step 4. Add broken alloli, cover and mix ingredient by gently shaking casserole. Turn off heat.

Step 5. Let stand for 2-3 minutes and serve.



SOUP WITH SEMOLINA DUMPLINGS

For the Soup:

6 to 8 cups water (add more as needed)
2 boneless, skinless chicken breasts, about 4 oz. each, cut in bite size pieces
1/2 cup white rice
4 medium carrots, cut in bite size pieces
2 medium parsley roots, cut in bite size pieces
1 cup broccoli florets
1/2 cup fresh parsley leaves, chopped
2 tablespoons extra-virgin olive oil
2 tablespoons Mrs. Dash Original Blend Seasoning (or other seasoning)
1/2 teaspoon garlic powder (or 2 cloves minced)
Salt and pepper by taste

Step 1. Cut chicken breast, carrots and parsley root into bite size pieces. In a large stockpot over low heat add olive oil, chicken pieces, carrots and parsley roots. Add in minced garlic (or garlic powder), tablespoon of the seasoning, pinch or two of salt and pepper. Saute chicken and veggies for about 5 minutes, or until chicken turns white on all sides and carrots and parsley root starts to soften a bit.

Step 2. Add in water and rice. Mix everything well with a wooden spoon, scrape the bottom of the pot, if any seasoning has

For the Semolina Dumplings:

2 medium eggs, lightly beaten
1 tablespoon of sour cream
1/4 teaspoon baking powder
Salt by taste
1 cup semolina flour, add more if needed



stuck to it. Turn heat to medium/low and cook soup for about 30 minutes or until rice looks done.

SOUP WITH SEMOLINA DUMPLINGS (CONT.)

- Step 3.** While the soup is cooking, make dumplings. In a medium bowl beat two eggs with a fork. Add in tablespoon of sour cream and baking powder. Add salt by taste. Start adding in semolina flour, little at the time mixing well after each addition. You want the mixture to be hard so that you can cut it with a teaspoon later and form dumplings.
- Step 4.** When rice is ready, add in dumplings to the soup. If the soup seems a bit thick add in more water. Take a teaspoon and cut semolina mixture than drop each teaspoon full into the soup. Repeat with the rest of the mixture. Continue cooking the soup, the dumplings will be at the bottom of the pot when you add them in. As they get cooked they will float more to the top of the pot.
- Step 5.** When dumplings start coming to the top add in broccoli florets, tablespoon of seasoning and more salt and pepper if needed. Mix, and add parsley leaves to the soup. Bring soup to a boil. Turn off the heat and let soup sit on the stove for about 10 minutes.
- Step 6.** Serve hot/warm.

STEWED POTATOES WITH TOMATO SAUCE

1 kg potatoes
2 onions
2 garlic cloves
4 fresh tomatoes (or 1 tin)
1/2 tea cup extra-virgin olive oil
Salt
Pepper

Peel the tomatoes and cut them in small pieces. Peel and cut the potatoes in thin slices. Chop the onions and crush the garlic cloves. In a saucepan pour the olive oil and place the chopped onions, the garlic, the tomatoes (or empty the tin if one is used) and finally the potatoes. Stir well and add salt and pepper. Cook for 30 minutes or until the potatoes are tender enough. If any extra water is required add appropriate portion. The tomato sauce should be thick and oily when potatoes are ready and no water should remain in the saucepan.



TOMATO ARTICHOKE SOUP

28 ounces can fire-roasted diced tomatoes
15 ounces can artichokes
1 cup water
1 cup milk
2 tablespoons butter
1 large onion
1 clove garlic
3 bay leaves
1/2 teaspoon oregano
1 teaspoon basil



- Step 1.** Chop 1 large onion and 1 clove garlic. In a large soup pot, heat 2 tablespoons butter. Sauté the onions, garlic, and 3 bay leaves until the onions are translucent.
- Step 2.** Chop the artichokes into smaller pieces. In the soup pot, add the artichokes, tomatoes, 1 cup of water, 1/2 teaspoon oregano, 1 teaspoon basil. Simmer for 10 minutes.
- Step 3.** Using an immersion blender (or blender if necessary), blend the soup to a smooth consistency. Add 1 cup milk. Top with croutons and a little parmesan and serve immediately.

TOMATO SOUP WITH ZUCCHINI

1 kg tomatoes
300 gr zucchini
1 lt water
1 tea cup orange juice
1 spoon tomato paste
1 tea cup cream
Some parsley leaves
1 spoon black sugar
Cayen pepper
Salt

Heat the tomatoes to peel them easier. Boil the peeled tomatoes with the orange juice and some salt. After boiling for a while, add the water, tomato paste, sugar and some pepper. Boil for 10 minutes. Clean and cut the zucchini in cubes. Add them into the saucepan and boil until the zucchini are cooked. Lower the heat temperature and add the cream. Stir well and do not let the soup boil. Serve hot with some parsley leaves on top and some cayen pepper.



ZUCCHINI-MINT SOUP

Serves 4

2 tablespoons extra-virgin olive oil

1 medium white onion, finely chopped (about 1 1/4 cups)

1 small garlic clove, crushed with the flat side of a large knife

Coarse salt

3 medium zucchini (about 1 1/2 pounds), thinly sliced crosswise

1 1/4 cups homemade or low-sodium store-bought chicken stock

2 tablespoons thinly sliced mint leaves

Step 1. Heat oil in a medium saucepan over medium heat. Add onion, garlic, and 3/4 teaspoon salt. Cook, stirring often, until onion is translucent, about 2 minutes. Add zucchini; cook, stirring occasionally, until skins turn bright green, about 3 minutes. Add stock and 1 cup water; bring to a boil. Reduce heat to medium-low. Simmer, partially covered, until zucchini is tender, about 12 minutes. Let cool slightly.

Step 2. Puree zucchini mixture in a food processor. Return to pan. Stir in 1 tablespoon mint. Season with salt, if desired. Sprinkle with remaining tablespoon mint. Serve immediately. Keep warm on stove over medium-low heat, if necessary.





Ancient Greek Mullet

6 small or 3 large red mullets, cleaned
2 handfuls of fresh herbs finely chopped (thyme, spearmint,
coriander, marjoram, parsley, rosemary)
3 tablespoons extra-virgin olive oil
Juice of one lemon
Salt and pepper

Din



Mix the herbs together with the oil, the lemon juice, the salt and pepper. Spread the mixture on the belly and the outside of the mullets. Line a pan with aluminum foil and put the fish on top. Put it on the grill and grill the fish 4-10 minutes on each side, according to the size of

the fish. Sprinkle continuously with lemon juice. Grill until the flesh easily comes away from the bone. Serve immediately with bread and green salad.

BAKED CHUB MACKEREL WITH TOMATO AND GARLIC

Serves 4 to 6

6 chub mackerel fish
4 tomatoes
4 sprigs of parsley
3 garlic cloves
1 spoon sugar
Salt
Pepper
150 ml extra-virgin olive oil

Clean fish. Remove giblets and wash with plenty of water. Season fish with salt and pepper. Place in a heat proof baking pan. Mash three tomatoes and cut the fourth in thin slices. Mash the garlic cloves and chop the parsley sprigs finely. Pour the olive oil, the tomato mash and garlic on top of the fish. Place also the tomato slices on top of the fish. Add sugar and place in preheated oven. Bake in 200 – 220 C until fish is baked (approximately 30 min). At regular intervals sprinkle the top of the fish with a spoon of the tomato sauce and turn fish up side down to bake on both sides.



BOILED OCTOPUS

Serves 4

1 octopus weighing about 3 pounds
4 cups Water
3 cloves crushed garlic
3/4 cup extra-virgin olive oil
1/4 cup Vinegar as desired
Pepper
Chopped parsley

Clean the octopus and put it into a pan; add water and cook it over a moderate heat until it becomes red and tender. Drain, peel off the skin, and cut into small pieces. Mix the garlic, olive oil, vinegar, pepper and parsley. Pour dressing over the octopus. Will keep covered in the refrigerator for 3 to 4 days.



COUSCOUS WITH CURRIED CHICKEN AND CHICKPEAS

Serves 4

2 tablespoons extra-virgin olive oil
1 1/4 pounds skinless, boneless chicken thighs, cut into 1-inch pieces
Salt and freshly ground pepper
1 medium onion, chopped
2 teaspoons Madras curry powder
1/2 teaspoon ground cinnamon
Pinch of cayenne pepper

3 cups chicken stock or canned low-sodium broth
1 red bell pepper, diced
2 small zucchini, diced
One 15-ounce can chickpeas, drained and rinsed
1 1/2 cups water
1 cup couscous
1/2 cup chopped cilantro, plus whole sprigs, for garnish

Step 1. In a large skillet, heat the olive oil until shimmering. Season the chicken with salt and pepper and cook over moderately high heat, stirring, until golden, about 5 minutes. Add the onion, curry, cinnamon, cayenne and 1/4 teaspoon of pepper. Cook, stirring, until fragrant, about 1 minute. Add the stock and simmer until reduced by one-third, about 10 minutes. Add the diced red pepper and zucchini and simmer until tender, about 10 minutes. Add the chickpeas and cook for 1 minute longer. Season the curried chicken with salt.

Step 2. Meanwhile, in a small saucepan, bring the water to a boil. Add the couscous and 1/2 teaspoon of salt, cover and let stand for 10 minutes. Fluff the couscous with a fork, then add the chopped cilantro and toss.



Transfer the curry to a serving bowl, garnish with the cilantro sprigs and serve with the couscous.

CUTTLEFISH WITH LEEKS

1 kg fresh cuttlefish or frozen cuttlefish pieces
1 kg leeks
3 tomatoes, mashed
1 carrot, cut in pieces
A bunch of parsley
Dill
Salt
Pinch of sugar
1 tea cup extra-virgin olive oil
Orange rind



- Step 1.** Wash and chop the cuttlefish in pieces. Remove the backbone, the skin, the eyes and cut the tentacles in pieces. Let them drain.
- Step 2.** If you buy frozen cuttlefish you will avoid all the previous procedure, which is tough and time consuming. Frozen cuttlefish is cleaned and cut in pieces.
- Step 3.** Wash the leeks thoroughly and chop them in pieces. Saute leeks in a saucepan with olive oil. Add the cuttlefish and the tentacles and saute for a while. Then add tomatoes, carrot pieces, parsley, dill, orange peel, sugar and salt. Add a cup of water and simmer in low temperature until only the oil remains and cuttlefish is tender. Remove orange peel from saucepan and throw it away.

FISH SPETSIOTA

3 1/2 lbs halibut or red snapper
Juice from 1 lemon
6 ripe tomatoes
1 tbsp tomato paste
3 cloves garlic(diced)
parsley (diced)
Bread crumbs
1 cup extra-virgin olive oil
Salt & pepper

Sprinkle the fish with lemon juice, add salt and pepper and place in a pan. Peel half the tomatoes, grate them, add the tomato paste (thinned in a bit of water), garlic, parsley, olive oil and salt & pepper. Mix and pour over the fish. Slice the rest of the tomatoes in thick slices, place them over the fish and top with the bread crumbs. Bake in medium oven for about 40 minutes.



LOBSTER WITH RICE

Serves 5

1 kg lobster
1 cup rice
2 large onions
3 medium tomatoes
1 cup extra-virgin olive oil
Basil (fresh or dried)
Salt
Pepper



- Step 1.** Wash and boil the lobster in a pot (boil for approximately 13 minutes for a 1kg (2lbs) lobster (+3 minutes per 1/2Kg (1lb)). While the lobster is boiling, chop two onions and the tomatoes (but keep separately). When the lobster is ready, remove it from the pot, but do not throw away the water. Clean the lobster from the shell and cut the tail in pieces.
- Step 2.** In a deep saucepan, add a cup of olive oil, the chopped onions, salt, pepper, basil and the lobster slices. Sauté the lobster slightly on each side and then add the tomatoes. Take two cups of the water in which you boiled the lobster and pour them in a pot.
- Step 3.** Bring the water to boil and then add a cup of rice. Allow time for the rice to be ready (cover and cook in low heat according to the type of rice you use). When ready, pour the rice in the pot with the sauce and serve.

OCTOPUS WITH SMALL ONIONS (HTAPODI STIFADO)

1.3 kg octopus, washed and cut in small pieces
1.5 cup extra-virgin olive oil
1 kg small onions, peeled (do not cut onions in pieces)
Half cup of vinegar
1 cup of water
650 gr tomatoes, peeled and mashed
1 garlic clove
2 bay leaves
Rosemary
Salt
Black thick pepper



Place all ingredients in a saucepan, bring to the simmer and cook until all the water evaporates and octopus is left with its oil.

PARTRIDGES IN LEMON SAUCE (PERDIKES LEMONATES)

Serves 4

4 partridges, prepared whole
Juice of 1 lemon
4-5 tablespoons extra-virgin olive oil
1 glass white wine
Salt
Pepper
150 ml hot water
2 carrots, peeled and sliced round, thinly
Chopped parsley, to garnish



Singe any remaining feathers from the birds, then rinse, dry and season them. Heat the olive oil in a frying pan, and sautee the birds in it until they are light golden. Place the carrots in a saucepan large enough to hold the birds in one layer, and add the birds on top. Pour the juices of the frying pan over them, being careful not to include any burnt sediment, place the pan on the heat and slowly pour in the lemon juice and wine. Add the hot water, cover and cook for 30-40 minutes. Turn them over occasionally and haste them with the sauce. Sprinkle with the parsley and serve.

SALMON WITH TARRAGON-YOGURT SAUCE

Serves 8

1 cup whole-milk Greek yogurt

2 tablespoons chopped fresh tarragon, plus leaves for garnish

1 tablespoon finely grated lemon zest, plus 1 tablespoon fresh lemon juice

Coarse salt and ground pepper

3 pounds skinless salmon fillet, cut into 8 pieces, or 8 skinless salmon fillets (6 ounces each)

Step 1. Make sauce: Stir together yogurt, chopped tarragon, and lemon zest and juice; season with salt and pepper.

Step 2. Heat broiler, with rack set 4 inches from heat. Line a rimmed baking sheet with aluminum foil. Place salmon on sheet, and season with salt and pepper. Broil until opaque throughout, 8 to 10 minutes. (Keep at room temperature up to 1 hour.) Serve salmon, garnished with tarragon leaves, with sauce alongside.



SARDINES WRAPPED WITH VINELEAVES (SARDELES SE AMPELOFYLLO)

1/2 kg sardines
Half vineleaf for each sardine
2 lemons
2 glasses of white wine
Salt
Pepper

Wash the sardines, scrape any scales and gut them. It is not necessary to remove the heads. Some people eat the heads of sardines and of other small fish. Wrap each fish with a vineleaf. Place the wrapped fish on a baking pan, the one fish close to the other. Salt and pepper the fish and sprinkle with the juice of one lemon. Then make a layer of lemon slices on top of the fish, using the second lemon and bake in moderate oven for 15 min. Remove sardines from the pan. Strain the remaining juice and pour it over the sardines.





Sweets

FRUIT SALAD WITH HONEY-MINT SAUCE

1/4 cup strawberries, quartered or halved
1/4 cup raspberries
1/4 cup blueberries
1/2 apple, cored and cubed
1/4 small banana, sliced
1/2 plum, pitted and chopped
1/2 peach, pitted and chopped
1 tablespoon mint, chopped
1 mint flavored tea bag
1/2 tablespoon honey
1/4 tablespoon lemon juice
1/3 cup water



Step 1. Place 1/3 cup water in a small pan and bring to a boil.

Step 2. Add tea bag, honey and lemon juice.

Step 3. Simmer for 1 -2 minutes or until tea mixture reaches the strength you enjoy.

Step 4. Remove from the heat.

Step 5. Allow to cool.

Step 6. Mix all of the fruit together in a bowl.

Step 7. Pour the tea, honey and lemon juice mixture over the fruit.

Step 8. Mix together gently.

Step 9. Place fruit salad in the refrigerator to chill.

Step 10. Sprinkle the fresh mint over fruit salad before serving.

FRUIT SALAD WITH POMEGRANATE MOLASSES

Serves 2

- 2 apples, peeled, cored and cut into bite-sized cubes
- 2 tablespoons raisins
- 2 tablespoons pistachios or walnuts, coarsely chopped
- 3 tablespoons pomegranate molasses, plus more for drizzling
- 1/2 tablespoon honey (optional)
- A dash of cinnamon (optional)

Combine all of the ingredients in a mixing bowl. Transfer to serving plates and drizzle with pomegranate molasses. Chill if preferred.



MINTED WATERMELON AND LEMON ICE POPS

Serves 8

For the watermelon layer:

1/4 cup sugar
1/4 cup water
1/4 cup coarsely chopped fresh mint
2 cups packed (1/2-inch) cubed seeded watermelon
1 tablespoon fresh lime juice

For the lemon layer:

6 tablespoons sugar
1/2 cup water
2/3 cup fresh lemon juice
1/3 cup fresh orange juice
1/4 teaspoon orange extract

Step 1. To prepare watermelon layer, combine 1/4 cup sugar and 1/4 cup water in a small saucepan over medium-high heat. Bring to a boil; cook 30 seconds, stirring until sugar dissolves. Stir in mint; cover and let stand 30 minutes. Strain through a sieve into a bowl.

Step 2. Place watermelon in a blender; process until smooth. Strain puree through a sieve into bowl with mint syrup; press with back of a spoon to extract juice. Discard solids. Stir in lime juice; cover and chill 1 hour.

Step 3. Pour about 2 1/2 tablespoons watermelon mixture into each of 8 ice pop molds. Freeze 1 1/2 hours or until almost set. Arrange 1 wooden stick into mixture, being careful not to push through to bottom of mold. Return to freezer. Freeze 1 hour or until frozen.

Step 4. To prepare lemon layer, combine 6 tablespoons sugar and 1/2 cup water in a small saucepan over medium-high heat. Bring to a boil; cook 30 seconds, stirring until sugar dissolves. Pour into a bowl; stir in lemon juice, orange juice, and extract. Cool 15 minutes; cover and chill at least 1 hour.



Step 5. Remove molds from freezer. Pour about 3 tablespoons lemon mixture over frozen watermelon mixture in each mold. Freeze 2 hours or until completely frozen.

PISTACHIO BASBOUSSA

Serves 8

1/2 cup yogurt

1/2 cup honey

4 tablespoons (1/2 stick) unsalted butter, melted

1 teaspoon rose water (or orange blossom water)

3/4 cup shelled pistachios (or other nut)

1 cup cornmeal (substitute semolina or cream of wheat—non GF)

1/2 teaspoon salt

1/2 teaspoon baking soda

For the topping:

1/4 cup chopped almonds

1/4 cup chopped pistachios

Some honey for drizzling



Step 1. Preheat the oven to 350 degrees Fahrenheit. Butter an 8-inch baking pan.

Step 2. Grind the pistachios to a powder (or almost) in a food processor.

Step 3. In a large mixing bowl, whisk together the yogurt, honey, melted butter and rosewater. Whisk the dry ingredients together and stir them into the yogurt, honey and butter mixture.

Step 4. Transfer the batter to the prepared pan. Bake for 10 minutes. Top the basbousa with the chopped almonds

and pistachios and return to the oven. Bake for another 10 minutes. Cut the basboussa into lozenges and drizzle it with honey. Let cool. Serve at room temperature.

RASPBERRY YOGURT SHERBET

1 1/2 cups raspberries
4-6 tablespoons sugar
1 1/4 cups yogurt
Juice of 1/2 lemon
1 tablespoon (1 envelope) gelatin
2 egg whites

Step 1. Rub raspberries through a sieve into a bowl and make a thick puree.

Step 2. Add sugar to sweeten.

Step 3. Add yogurt and lemon juice into it.

Step 4. In a small bowl stir 4 tablespoons of cold water and sprinkle gelatin on it.

Step 5. Let stand for 5 minutes.

Step 6. Place the bowl over a pan of hot water.

Step 7. Stir till the gelatin dissolves and liquid is clear.

Step 8. Blend liquid gelatin and raspberry puree.

Step 9. In another bowl, beat egg whites until stiff. Fold into puree.

Step 10. Transfer content into a container, cover with a lid, and set in the freezer.

Step 11. When frozen, beat with rotary beater.

Step 12. Freeze firmly.



