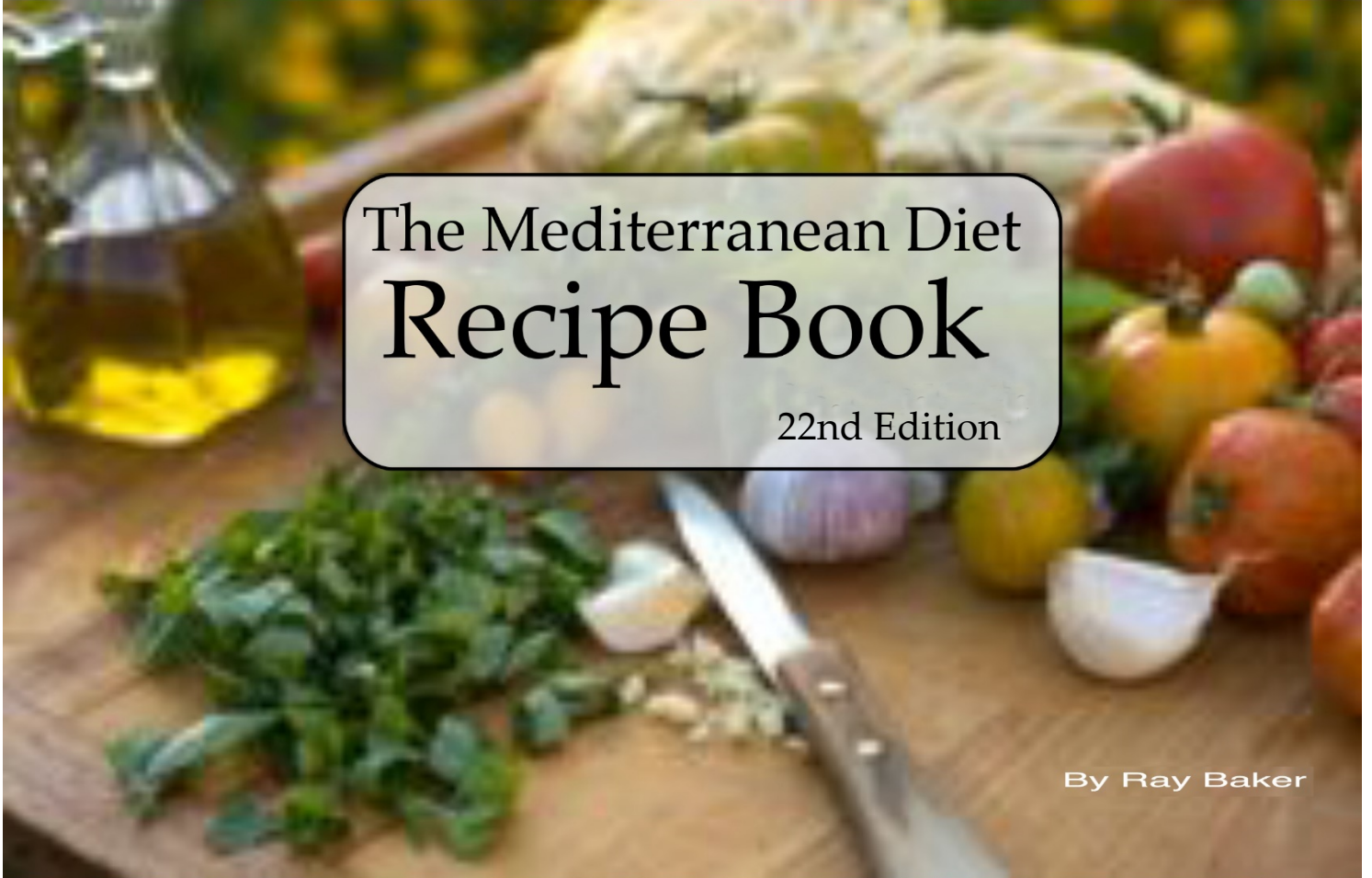




# The Mediterranean Diet Recipe Book

22nd Edition

By Ray Baker



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**Breakfast  
&  
Light Lunches**

# BAKED POTATOES WITH OREGANO

Serves 4 to 6

1.5 kg potatoes

1/2 cup extra-virgin olive oil

Lemon juice

Oregano

Salt

Pepper



**Wash and peel the potatoes. Chop them in small pieces and dredge them with salt, pepper and oregano. Spread them in a baking pan, pour olive oil and lemon juice and bake in medium temperature (180 C) for an hour.**

# BURGHUL WITH FRIED EGGPLANT AND HERBS

**2/3 cup burghul wheat (cracked wheat)**  
**1 1/3 cups water**  
**1 large eggplant, or 2 small ones (about 1 pound total)**  
**Salt**  
**1/3 to 1/2 cup extra-virgin olive oil**  
**2 garlic cloves, peeled and finely chopped**  
**1/2 cup finely chopped dill**  
**1/4 cup chopped fresh spearmint leaves**  
**1 to 2 tablespoons strained fresh lemon juice**  
**Salt to taste**



- Step 1.** Place the burghul in a medium-sized bowl and add the water. Toss it a little and let it sit, covered with a cloth, for 2 to 3 hours, until all the water is absorbed. (The process can be hastened by following package directions and adding boiling water to the burghul instead. Whatever method that was chosen, the ratio of water to burghul should always be 2:1, to ensure that the grain stays toothsome and fluffy.)
- Step 2.** Wash and pat dry the eggplant. Trim the stem and bottom. Cut the eggplant in half lengthwise, and cut each half into four or five strips. Cut each strip into small cubes, a little less than an inch square.
- Step 3.** Place them in a colander, sprinkle with 1 to 2 teaspoons

**salt. Place a weight (such as a pot cover) over the eggplant and let drain for 30 minutes. Rinse and drain well, squeezing to remove excess liquid, and pat dry.**

- Step 4. Heat half the oil in a large skillet and add the diced eggplant (do this in two batches).**
- Step 5. Stir-fry the eggplant continuously until it is coated with the oil and begins to soften. Add the garlic and continue to fry until the eggplant is very soft, 8 to 10 minutes.**
- Step 6. Remove from heat and toss together with the burghul. Add the dill and spearmint to the bulgur salad and toss to combine. Season with lemon juice and salt and serve.**

# CAULIFLOWER STIFADO

Serves 6 to 8

6 pounds cauliflower

6 small onions, white

1 1/4 cups oil

40 milliliters garlic, split lengthwise

1 tablespoon tomato paste diluted with:

2 cups water

1/2 cup vinegar

1/2 tablespoon rosemary

1 bay leaf

6 peppercorns



- Step 1.** Wash the cauliflower and break into flowerets. Skin and wash onions; drain.
- Step 2.** Heat the oil in a pot and lightly brown the whole onions. Add garlic and cook until golden. Add diluted tomato paste, vinegar, rosemary, and bay leaf, and cook for 30 minutes.
- Step 3.** Bring a large pot of salted water to a boil; add cauliflower. Cook for 5 minutes, then drain and add cauliflower to sauce. (Add a little water if necessary) Add peppercorns. Cover pot.
- Step 4.** Simmer until all liquid has been absorbed and only the oil remains (about 30 to 45 minutes).



# CHICK PEA BALLS

Serves 8

**1/2 kg chick peas**

**2 medium onions, chopped**

**Salt**

**Pepper**

**Parsley**

**Dill**

**Oregano**

**1 mashed tomato (optional)**

**Dry breadcrumb**

**Flour for binding the mixture and for coating**

**Some crumbled feta cheese or any grated cheese (optional)**

**1 or 2 eggs**

**Extra-virgin olive oil for frying**



**Soak the chick peas in water overnight. Drain and mash with a mixer. Place in a bowl and add chopped onion, mashed tomato, breadcrumb, finely chopped parsley, dill, oregano, salt and pepper. Add cheese, beaten eggs and a little flour to bind. Mix well, form into small balls and coat in flour. Fry in hot oil until golden brown.**

# CHICKEN WITH RICE CASSEROLE

Serves 4

1 large free-range chicken, jointed

1 tablespoon thyme

1400 gr. can tomatoes

4 tablespoons extra-virgin olive oil

300 ml water

Salt

Black pepper

1 large onion, thinly sliced

2 cloves garlic, peeled and thinly sliced

180 gr. long-grain rice, rinsed and drained

1 tablespoon oregano

Some chopped parsley



**Step 1.** Rinse and dry the chicken pieces. Place the oil in a wide saucepan and, when hot, fry the chicken pieces on both sides until they become golden. Take the chicken out, add and fry the onion and garlic until they are pale brown. Add the oregano, thyme, tomatoes and water, pressing them with a wooden spoon to break them up. Bring to the boil. Season with salt and pepper, add the chicken pieces, cover and cook slowly for about 1 hour. Stir from time to time and turn the chicken pieces over.

**Step 2.** When cooked, take the chicken pieces out and, while the sauce is boiling, add the rice, more seasoning and some of the parsley. Stir to amalgamate the tomato sauce and

**the rice well, cover and simmer very gently, without stirring and disturbing the rice again, for approximately 10 minutes, until the rice feels cooked but is still a little hard. If needed, add a little hot water during the cooking.**

**Step 3. Replace the chicken pieces on top of the sauce, cover the saucepan first with a tea towel and then its lid and let it stand for 5 minutes before serving, so that the rice still cooks in its steam and fluffs up. Then sprinkle with the remaining parsley.**

**Step 4. The chicken can be cooked in advance but the rice should be added just before it is to be eaten, otherwise it may become soggy. If the chicken has been cooked in advance, bring back to the boil, place the chicken pieces on a plate, add the rice in the boiling sauce and proceed as above.**

# CRETAN BOUREKI

Serves 8

- 1 kg potatoes, cut in thin slices
- 1 kg zucchini, cut in thin slices
- 1 bunch of spearmint, finely cut
- 1 glass of milk
- 570 grams crumbled feta cheese
- Salt
- Pepper
- 2 sheets of filo (home made or frozen)
- Extra-virgin olive oil



- Step 1.** Roll out the first filo sheet and spread it on an oiled baking pan. Oil the filo sheet and then roll out the second filo sheet and spread it over the first one. Both filo sheets should come up above the borders of the baking pan.
- Step 2.** Start adding layers of vegetables on top of the filo sheets. First add a layer of zucchinis, seasoned with salt.
- Step 3.** Season the zucchinis with half of the spearmint and pour some olive oil. Spread a layer with potatoes and cheese. Season again with the rest of the spearmint, some salt and pepper. Pour over the glass of milk, fold the remaining parts of the filo sheets inside the pan and bake in preheated oven in 200 C until the potatoes are tender.
- Step 4.** The zucchinis will tenderize quicker. Serve warm.

# PUMPKIN PIE

**3 cups of flour**  
**1/2 cup of water**  
**6 spoonful of peanut oil**  
**1 1/2 teaspoon of salt**  
**For the stuffing**  
**1/2 kilo peeled pumpkin**  
**1 teaspoon of salt**  
**2 spoonfuls of sugar**  
**1/2 cup of groats**  
**Cinnamon**  
**4 spoonfuls of salt**  
**2 spoonfuls raisins**



**Mix the flour with the oil and add the water and the salt. Knead the dough and if it is very soft add some more flour. Cover and leave for half an hour. Cut the pumpkin into small pieces , add some salt and let it strain from its liquids for two hours. Then put it in a bowl , add the salt , the sugar , the groats, the cinnamon , the oil and the raisins. Take small pieces from the dough and make small disks of about 12 centimeters diameter. Put one spoonful of stuffing on the disks , fold and press the edges with a fork. Bake for half an hour in medium - heated oven.**



# STUFFED EGGPLANTS

Serves 4 to 6

10-12 round eggplants

1 large onion, grated

3-4 eggs

250 grams grated regato cheese, or any other sweet cheese

1 bunch of parsley

1 fresh tomato, mashed

2 spoons sugar

Salt

Bechamel sauce or hard tack for placing on top of each eggplant

Extra-virgin olive oil



- Step 1.** Wash eggplants, score them in the middle and boil until soft. Strain them, let them cool and cut them a long side. Remove with the spoon the inner part of each eggplant and leave them only with their skin. Keep half of the inner part of the eggplant and whiz it in a blender to make a puree.
- Step 2.** Boil in a saucepan the onion and when it softens pour some olive oil.
- Step 3.** Add the eggplant puree, parsley, tomato, sugar and salt. Stir well and remove from heat after a couple of minutes.
- Step 4.** Beat the eggs and pour over the mixture. Add the cheese and stir the mixture well.

- Step 5.** With this mixture you should stuff each piece of eggplant. When you stuff all the eggplants cover them with béchamel sauce or with hard tack.
- Step 6.** Baste a baking pan with oil, place the eggplants into it and bake for 30 minutes in moderate temperature.

# TURKISH PIDE BREAD

Serves 3

2 tablespoons Dried yeast  
2 teaspoons Sugar  
2 cups Warm water  
4 tablespoons extra-virgin olive oil  
4 teaspoons Sea salt  
6 cups Bread; (high protein) flour  
2 cups Plain; thick yoghurt  
Sea salt to taste



- Step 1.** Mix the yeast, sugar, water and 6 tablespoons of yoghurt in a large mixing bowl then leave to "foam" for 20 minutes.
- Step 2.** Add the olive oil, flour and salt and mix well with a wooden spoon until thick then turn out onto a floured bench and begin to knead.
- Step 3.** Knead very well, adding additional flour if necessary to stop the dough sticking to the board, until the dough is satiny and elastic.
- Step 4.** Shape the dough into a ball and transfer to a lightly oiled bowl. Cover with plastic wrap and allow the dough to rise for 60 minutes, or until the dough has doubled in size.
- Step 5.** Meanwhile, preheat the oven to 250 degrees ahrenheit and oil baking trays.

- Step 6.** Remove the dough from the bowl and divide into 5-6 even pieces and roll each piece into an oval shape. Flatten the ovals with your fingertips, making sure the dough is about 1cm. thick.
- Step 7.** Brush lightly with the remaining yoghurt and sprinkle with sea salt.
- Step 8.** Bake in the preheated oven for 13-16 minutes until the breads are puffy and golden and serve warm

# VEGETABLE OMELETTE

Serves 4

**1/2 cup cooked peas, fresh/canned**

**1/2 cup diced carrots, cooked**

**5 tablespoons butter**

**5 eggs**

**Salt & pepper to taste**

**3 tablespoons milk or water**

**1/2 cup feta cheese, crumbled**



**If using canned peas and carrots, drain them and rinse with fresh water. Put 2 tablespoons of the butter in a pan, add the vegetables.; saute for 2 or 3 minutes. Add salt & pepper. Put the remaining butter into another frying pan, and heat. Beat the eggs with the milk (or water); pour into the pan and let cook. As soon as the omelet is set, top with the vegetables and cheese. Fold in half, and serve immediately.**





# Salads

# BEETROOT SALAD

Serves 4

750 grams - 1kg beetroots

Extra-virgin olive oil

Salt

Vinegar



**Cut the green part of the beets and wash them. Boil beetroots and green parts for 1/2 hour and then remove outer skins from the beetroots. Slice the beetroots in thin pieces. Add oil, salt and vinegar and serve beetroots and green parts in a bowl.**

# BLACK EYED BEANS

Serves 4

**500 grams fresh or dried black eyed beans**

**1 garlic clove, mashed**

**3 spoons vinegar**

**1/4 cup olive oil**

**Some finely chopped parsley**

**2 - 3 spring onions, finely chopped**

**Salt**

**Pepper**



**Boil the black beans until tender. Then remove from saucepan and drain. Pour them in a salad bowl and mix them with the oil, vinegar, salt, pepper, spring onions and crushed garlic. Dredge salad with parsley and serve.**

# CABBAGE AND CARROT SALAD

**Cabbage (as much as desired)**

**Carrots (as much as desired)**

**Lemon juice or vinegar**

**Extra-virgin olive oil**



**Wash the cabbage and slice it as thin as you can. Wash and grate the carrots. Mix carrots and cabbage in a bowl, add olive oil, salt and finally pour vinegar or lemon juice (try both versions).**

# COURGETTE SALAD

**Small courgettes**  
**Extra-virgin olive oil**  
**Lemon juice or vinegar**  
**Salt**



**Wash the courgettes and remove their ends. Boil the courgettes for 15 - 20 minutes. Drain them and place them in a salad bowl. Pour some olive oil and the lemon juice and serve courgettes hot or cold. Some add vinegar instead of lemon juice.**



# PARSLEY SALAD

**250 gr parsley, only leaves finely chopped**  
**1 large onion**  
**2 garlic cloves, finely chopped**  
**Some kalamata olives**  
**One boiled egg**  
**Salt**  
**2 spoons lemon juice**  
**Vinegar (balsamic if available)**



**Clean the vegetables. Mix them all well. Add salt, vinegar and lemon juice and spread over some olives. Cut the egg in slices and garnish the salad with the egg slices.**

# SALAD FROM CONSTANTINOPOLIS

Serves 4

**1/2 kg cabbage, shredded**

**1 long red pepper (like the Greek peppers from Florina), cut in long stripes**

**3 celerysticks, thinly cut**

**2 garlic cloves, thinly cut**

**1 spoon parsley**

**1 cup brown vinegar**

**Extra-virgin olive oil**

**Salt**



**Mix cabbage, pepper, celery, garlic and parsley in a bowl and salt them. Place the bowl for one hour into the fridge. Mix vinegar with equal portion of water. Stir well and pour over the salad. Let the salad for one more hour into the fridge and then strain it and pour over some olive oil.**

# SALAD WITH PUMPKIN

Serves 6

**1 pumpkin**

**150 gr peas from a tin (or 150 gr fresh boiled peas)**

**2 tins corn (or the equivalent of fresh corn)**

**1 cup ham, cut in slices and slightly sauteed**

**For the dressing:**

**1/2 cup extra-virgin olive oil**

**3 spoons vinegar**

**2 spoons lemon juice**

**1 spoon brown sugar, dissolved in 2**

**spoons water**

**1/2 cup parsley, finely chopped**

**Salt and pepper**



**Slice the top of the pumpkin and remove the interior with a spoon. Turn it up side down and let it drain. Boil 2 cups of the interior parts of the pumpkin and cut them in small cubes. In a bowl, mix the pumpkin cubes with the rest of the ingredients. Mix together all the dressing ingredients. Place the salad into the pumpkin and pour the dressing on top.**

# SUMMER SALAD

**Fresh tomatoes, cleaned and cut in slices**  
**Cucumber, washed and cut in slices**  
**(keep them unpeeled)**  
**Green pepper, cut in stripes**  
**Parsley**  
**Feta cheese, cut in small cubes**  
**Kefalotyri cheese, cut in small cubes**  
**onion, sliced**  
**Pieces of rusks**  
**Extra-virgin olive oil**  
**Salt**  
**Olives**



**Place all ingredients in a bowl. The rusks should be placed into the bottom of the bowl, in order to be soaked in olive oil and soften. Feta, kefalotyri cheese, parsley and olives should be better at the top of the salad.**

**Note: The portion of each ingredient is your choice. Try to keep a balance between all ingredients. Do not forget to pour olive oil.**



# **Soups & Vegetarian**

# BEAN SOUP

**2 cups white beans**  
**1/2 liter water**  
**200 gr. lard**  
**3 onions finely chopped**  
**1/2 liter beef broth**  
**2 garlic cloves**  
**2 tablespoons extra-virgin olive oil**  
**1 tablespoon honey**  
**1/2 teaspoon coriander**  
**1 bunch parsley**  
**2 bay leafs**  
**salt and pepper**



**Soak the beans in water over night. Then boil them in a little water for 5 minutes. Take the pressure cooker off the heat and cover for 1 hour. Pour the beans and bay leaf into the beef broth and slowly boil for 2 hours. Sauti the onion in the lard and then add the parsley, the coriander, the salt and pepper. Add this to the beans. Add the honey and allow to boil slowly for a few more minutes. Before serving, add the garlic cloves that have been passed through a garlic press and mixed with the oil.**

# CARROT SOUP

Serves 4

1/2 kg carrots

1 medium onion

Parsley

2 teaspoons butter

Salt

Pepper

**Optional:**

1 cube chicken stock

1 teaspoon sugar



**Step 1.** Peel and grate the carrots. Place in a saucepan. Clean and chop the onion. Put it in the saucepan and boil adding a small quantity of water. When the carrots and the onion boil, blend them well. Melt butter in a clean saucepan, add 5 cups of water, parsley, salt, pepper and the blended mash of carrots. Simmer soup for half an hour.

**Step 2.** Optionally add sugar and a cube of chicken stock for extra taste.



# CHICK PEAS WITH BITTER ORANGES

Serves 4

**500 grams chick peas, unpeeled**

**Juice of 2 bitter oranges**

**Extra-virgin olive oil**

**1 - 2 spoons of flour, depending on how thick you want to make the soup**

**Salt**



**Soak chick peas in salted water overnight. Next day rinse them well and boil them in salted water. When the chick peas are ready ( depending on the quality this might long as much as two hours - use pressure cooker instead to speed up process) and little water has remained prepare the following mixture: In a deep bowl pour flour and mix with bitter orange juice. Stir in order to make a pulp and add water if more liquid is required to dissolve the flour. Then pour the remaining juice of the chick peas into the bowl and mix well with the bitter orange pulp. Pour the bowl mixture into the saucepan, pour olive oil and let the chick peas simmer for another 5 minutes.**

# GIANT BEANS WITH CABBAGE LEAVES

**250 grams giant beans**  
**2 kg cabbage leaves**  
**1/4 kg extra-virgin olive oil**  
**Salt**  
**Pepper**



- Step 1.** Soak the beans overnight. Then boil them in salted water for one or more hour until they become soft. Strain the beans and keep two cups of the juice. You will need the juice to cook the beans in the oven.
- Step 2.** Rinse the cabbage leaves, strain them and then shred them. Afterwards sauté with one cup of olive oil until they soften.
- Step 3.** Finally add in a baking pan the beans and the cabbage and pour two cups of the juice you have preserved. Cook in 200 C until the juice is absorbed and the beans take a brown colour.

# LEEKs STEWED WITH TOMATOES

- 2 bunches or 1 kg leeks**
- 4 fresh tomatoes or 1 tin preserved tomatoes**
- 1 medium onion**
- 2 carrots**
- 2 potatoes**
- Lemon juice**
- Celery**
- Parsley**
- 1/2 cup extra-virgin olive oil**
- Salt and pepper**



- Step 1.** Cut off the ends and green parts of leeks. Wash them carefully in order to remove any soil. Cut them in pieces of 3 cm (1 inch) length.
- Step 2.** In a saucepan heat the olive oil and saute the onion (chopped) and the leeks. Mash the tomatoes. Rinse, peel and cut the potatoes and the carrots in small pieces.
- Step 3.** Add gradually into the saucepan the tomato mash, the potatoes, the carrots, the parsley (chopped) and the celery (chopped).
- Step 4.** Add 1 glass of water and simmer until tender (20 - 30 minutes) and all the water is absorbed. Add more water if required.
- Step 5.** Remove from heat and pour lemon juice.
- Step 6.** Serve hot or cold.

# TINY SOUR DOUGH BALLS SOUP

Serves 4

**250 grams trahanas (sweet or sour)**

**3 fresh tomatoes**

**Extra-virgin olive oil**

**Salt and pepper**



**Peel and mash the tomatoes. Add the tomato mash, the trahana, olive oil, salt and pepper in a saucepan, add 4 cups of water and boil for 15 minutes. Remove from heat and serve. Optionally you can melt feta cheese in the soup.**



# Dinner

# **BAKED SHRIMPS WITH GARLIC AND SPRING ONIONS**

**Serves 4**

**1kg shrimps, cleaned (the shell of the tail can be kept)**

**4 spring onions, washed and chopped**

**4 garlic cloves**

**80 ml extra-virgin olive oil**

**1 bunch of parsley, finely cut**

**1/3 cup of white wine**

**Salt**

**Pepper**

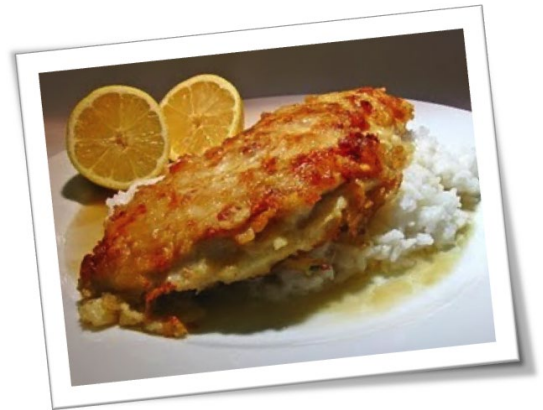


**Whiz in a blender the oil and the garlic. Add parsley and spring onions and whiz again. Finally pour the wine into the mixture and stir. Place the shrimps in a medium size baking pan. Add salt and pepper and pour the oil and garlic mixture on top of them. Bake for 15 – 20 minutes in preheated oven (220 C) until shrimps take a golden colour. Serve hot and pour remaining sauce on top of them.**

# CHICKEN IN LEMON SAUCE

Serves 4

**1 chicken, about 1.5 kg, jointed**  
**1 stick celery with leaves, rinsed, trimmed and thinly sliced**  
**4 tablespoons extra-virgin olive oil**  
**Salt**  
**Black pepper**  
**Some sprigs fresh basil, or 0.5 teaspoon dried basil**  
**1 small onion, finely sliced**  
**juice of 2 lemons**  
**3 carrots, sliced**  
**300 ml hot water**



**Step 1.** Rinse and dry the chicken pieces. Put the olive oil in a wide saucepan and, when fairly hot but not brown, season the chicken pieces and saute them gently on both sides. They should not get brown. Remove them to a plate. Put the onion in the same saucepan and saute until it becomes transparent. Add all the vegetables and the basil and saute for a few more minutes, until they are all coated in oil. Add the chicken pieces on top of the vegetables and pour the lemon juice all over. It is best to start with one lemon and adjust to taste before you add any more. When the steam from the lemon has subsided add the water and more seasoning, then cover and cook slowly for approximately 45 minutes to 1 hour.



**Step 2. Served with plain white hilopittes, a kind of sinall, flat, square noodles (quite often homemade in Greece), boiled separately, it is absolutely delicious, but is equally good with plain white rice. In either case, serve the chicken and vegetables on top of the pasta or rice and coat with the delicious thick sauce.**

# COD CROQUETTES

Serves 6

- 1 lb (500 g) dried salt cod
- 2 eggs, beaten
- 4 peppercorns
- 2 tablespoons finely chopped fresh parsley
- 1 bay leaf
- Extra-virgin olive oil
- 1 small onion, sliced
- 2 cups (500 mL) cold, mashed, cooked potato



**Place salt cod in a larger bowl. Add cold water to cover completely. Place in refrigerator and soak for 24 hours, changing water three times. Drain cod. Remove any skin or bones. Cut cod into small chunks. In saucepan, combine 2 cups (500 mL) water, peppercorns, bay leaf and onion. Bring to a boil. Reduce heat to simmer and cook for 5 minutes. Add cod and 2 cups (500 mL) cold water. Return to a simmer for 15 minutes. Remove from heat. Cover. Cool to room temperature. (Recipe may be prepared to this point up to 24 hours ahead of serving. Store cod in liquid in refrigerator.) Drain cod, discarding spices and onion. In large bowl use a fork to flake the cod. Stir in mashed potato, eggs and parsley. Let mixture stand for a half hour before forming fritters. In deep fryer, bring oil to 375° F (190° C). Form cod mixture into balls 1-1/2 inches (4 cm) across. In batches, fry for 4 minutes or until golden. Drain on paper towels. Serve hot.**

# CUTTLEFISH WITH ELBOW MACARONI

Serves 4

**1 kg cuttlefish**

**1 onion, finely chopped**

**125 ml white wine**

**2-3 tomatoes, peeled and chopped**

**100 ml extra-virgin olive oil**

**Salt**

**Pepper**

**250 gr elbow macaroni**



**Wash and chop the cuttlefish in pieces. Remove the backbone, the skin, the eyes and cut the tentacles in pieces. Heat the oil in a saucepan and roast the onion. Add the pieces of cuttlefish, the wine, the tomatoes, salt and pepper. Add water and cook over low heat for about 50 minutes. Add the elbow macaroni and cook together with the cuttlefish until the macaroni is tender.**

# FISH WITH CELERY

**1 kilo medium size fish**  
**1 ½ kilo celery**  
**4 onions**  
**2 carrots**  
**2 eggs**  
**salt and pepper**  
**3 cups of extra-virgin olive oil**  
**2 lemons**



**Clean and salt the fish and leave them in the fridge for two hours. Boil some water and put the celery in. leave it for one or two minutes and then strain it very well. Put the oil into a sauce pan and add the onions and the carrots into slices , the celery , salt , pepper , and the juice of one lemon. Add one cup of water and let them boil. When the vegetables are almost ready put in the fish. When the food is ready turn off the heat. After five minutes , beat the eggs with the juice from the second lemon and pour it carefully into the saucepan.**

## **OCTOPUS IN WINE SAUCE**

**1 1/5 kg octopus**  
**1 kg fresh tomatoes, peeled**  
**2 large onions, chopped**  
**1 glass white wine**  
**120 gr extra-virgin olive oil**  
**Salt**  
**Pepper**



**Wash the octopus well and then clean it. Put the octopus in a saucepan and simmer it for 10 minutes. Add oil and the onions and saute for another 10 minutes. Finish roasting by adding the wine and then add the tomatoes, salt and pepper for taste. Let the octopus become tender and add more water if required. Cut in pieces and serve in a long plate.**

# PASTA WITH CHICK PEAS AND SPINACH

Serves 2



- 1 pound fusilli or penne
- 2 tablespoons olive oil
- 1 1/4 cups chopped red bell peppers
- 1 cup chopped yellow onions
- 2 tablespoons minced garlic
- 1/2 teaspoon red pepper flakes
- 1 1/4 teaspoons salt
- 1/4 teaspoon pepper
- 2 cups vegetable stock, or canned vegetable broth
- 1 (15-ounce) can chickpeas, rinsed and drained
- 8 ounces fresh baby spinach, rinsed well and stems removed
- 1/4 cup extra-virgin olive oil
- 2 tablespoons heavy cream
- 1/2 cup cubed mozzarella
- 1/2 cup grated asiago
- 2 tablespoons dry white wine

**Step 1.** Bring a large pot of salted water to a boil. Add the pasta and cook until al dente, about 8 minutes. Drain well.

**Step 2.** Meanwhile, in a large skillet, heat the oil over medium-high heat. Add the bell peppers and onions, and cook, stirring, until soft, about 4 minutes. Add the garlic, red pepper flakes, salt and pepper, and cook for 1 minute. Add the wine and stir to deglaze the pan. Add the vegetable

**stock and chickpeas and bring to a boil. Reduce the heat to low and simmer until the chickpeas are tender, about 5 minutes, and almost all the broth is gone. Crush the peas lightly with the back of a spoon against the side of the pot. Add the spinach and cook until wilted, about 2 minutes. Add the cooked pasta and toss well to coat. Adjust seasoning, to taste. Add the extra-virgin olive oil, cream, and cheeses, and toss to combine.**

**Step 3. Divide the pasta among serving plates and serve immediately.**



# RED MULLET IN FOIL

Serves 4

4 large red mullets

2 spoons butter

Salt

Pepper

Juice of 2 lemons



**Clean the fish and scrape the scales. Salt and pepper the fish. Pour juice over them and rub them with butter. Cut 4 aluminum foil pieces and place one fish on each piece. Wrap the pieces of aluminium, place them in a baking pan and bake for 25 minutes.**

# RICE PILAF WITH SHRIMP

Serves 6 to 10

1 1/2 pounds shrimps

1 medium onion

3 stalks celery

1 1/2 cups extra-virgin olive oil

1 medium onion, chopped

1 1/2 pounds tomatoes, peeled, strained or 1 tablespoon tomato paste diluted with 1 cup water

2 1/2 cups raw rice

Salt



**Step 1.** Wash the shrimps and put into pot. Add enough water to cover. Add salt and whole onion and celery, and bring into boil. Cook for 5 minutes.

**Step 2.** Remove the shrimps with slotted spoon and keep the liquid. Shell and devein the shrimp. Heat the oil in pot.

**Step 3.** Saute chopped onions until light golden. Add shrimps, turning 2 or 3 times. Add tomatoes (or tomato paste). Cook about 5 minutes more, then remove shrimps. Set aside and keep warm.

**Step 4.** Measure liquid in which shrimp were boiled, allowing 2 1/2 cups. for each cup of rice. Add liquid to the pot with the tomato sauce. Bring to the boil and add the rice. Stir

**for the first few minutes to prevent sticking. Cook about 12 to 15 minutes until the rice is tender but has not absorbed all of the liquid. Add 2/3 of the shrimps. Mix well.**

**Step 5. Remove the pot from the heat. Cover with a clean towel and cover the towel with the lid. Let stand 5 to 10 minutes, until all liquid is absorbed.**

**Step 6. Mold rice into a pyramid shape. Garnish with remaining shrimp.**

# SPAGHETTI WITH LOBSTER

Serves 3

**1 big lobster**  
**2 large onions chopped**  
**4 whole cloves**  
**1 tsp cinammon**  
**1/2 cup of extra-virgin olive oil**  
**1 can of tomatoes**  
**1 tbs tomato paste**  
**1 small glass of wine**  
**1/2 bunch of parsley chopped**  
**1/2 pack spaghetti**  
**Salt**  
**Pepper**



**Fill half way a large pot with water and bring to a boil. Add lobster and let cook for half hour. Take lobster out of pot and set aside. Keep water aside as well. Remove shells and cut meat in small pieces. Heat oil and saute onions and parsley. Add lobster and stir. Add wine, tomatoes and paste. Add cloves, pepper and cinnamon. Simmer until all water is absorbed. Bring the water, where the lobster was cooked, to a boil. Add spaghetti and stir every 5 minutes. Let the spaghetti cook and then drain. Place butter in pot and let it melt. Add some salt. Saute spaghetti and remove from heat. Use a large bowl to mix spaghetti with lobster sauce. Sprinkle with parsley.**

# STUFFED MUSSELS

**Large mussels as many as you want**

**1 onion**

**Salt and pepper**

**Rice**

**Cones or almonds**

**Extra-virgin olive oil**



**Wash the mussels very well and rub them carefully. Put them in a saucepan with some water and boil them until open. Prepare the stuffing. Cut the onion into very small pieces and cook it in a pan with some oil for two minutes. Add some salt , pepper , rice , the cones and stir for another 2 --3 minutes. When ready stuff the mussels. Then close them carefully put them in a saucepan with some water and some oil and cook them until the rice is ready.**



# Sweets

# ALMOND ROLLS

**1 kg almond kernel, thickly grated**

**4-5 spoons sugar**

**5 spoons hard tack (finely grated rusk)**

**1 nutmeg, grated**

**Syrup**

**1 kg sugar**

**3 glasses water**

**lemon peel of one lemon**

**Juice of one lemon**

**A pinch of vanilla powder**

**Dough**

**2 glasses water**

**2 cups extra-virgin olive oil**

**Flour, as much as it takes to make an elastic dough**

**A pinch of salt**



**Prepare the dough by mixing all the appropriate ingredients. Mould until an elastic dough is prepared. Then roll out the dough and make a thin filo sheet. Mix all the ingredients for the filling. Then dredge the filling over the filo sheet and roll the filo sheet to make a cylinder, which will have the filling on its center. Cut the cylinder in even pieces and pour over each piece a spoon of heated oil. Bake in moderate temperature until golden. In the meantime prepare a cold syrup by mixing all its ingredients. When the sweet is baked remove from the oven and pour the syrup over it , cold as it is.**



# BARBOULE

**1 glassful of almonds**  
**1 glassful of sugar**



**Heat and whiten the almonds. Then put them in a pan along with the sugar and heat in a low fire. Stir continuously until the almonds grow pinkish and the sugar melts. Pour the mixture on a marble slab and cut it in squares. Transfer to a platter and let it dry.**

# GREEK APPLE PIE

**8 apples (should be cored, peeled and chopped. If desired, 2 cups canned apples (drained) may be substituted.)**

**1 tablespoon Cornstarch**

**1/2 cup Sugar**

**1/4 cup Currants or raisins**

**1/2 teaspoon cinnamon**

**1/2 cup Walnuts**

**1/2 teaspoon Allspice**

**1/2 cup Butter; melted**

**1 cup Powdered sugar**

**1 pound Commercial filo sheets**



**Defrost frozen filo to room temperature, 2 to 4 hours. Mix filling in a bowl tossing ingredients with a spoon. Set aside. Lay 5 sheets filo flat, one on top of each other, with a little melted butter brushed between the sheets. Spread 1 cup of filling along one end. Roll filo over the apple filling so you will have a long filled tube. Fold side edges over 1/2" so filling won't fall out. Continue rolling. Place in a buttered baking pan or cookie sheet. Brush tops generously with melted butter. Bake at 350 degrees for 1 hour. Sift powdered sugar over tops and sides as soon as it is taken out of the oven and while still hot. When cool, cut into 2" pieces and serve.**

# HONEY ALMOND PEACHES

**1 can halved peaches, rinsed**  
**2 tablespoons honey**  
**1/2 cup low-fat ricotta cheese**  
**1/4 teaspoon cardamom**  
**1/4 cup almonds**



- Step 1. Rinse peach halves and arrange face up on baking sheet.**
- Step 2. Mix ricotta cheese thoroughly with honey and cardamom.**
- Step 3. Spoon honey-ricotta mixture into the peach halves.**
- Step 4. Bake peaches at 400 degrees for 15 minutes.**
- Step 5. Grind the almonds in a food processor until coarsely ground while the peaches are baking.**
- Step 6. Gently toast in a pan over medium heat.**
- Step 7. Sprinkle with the course toasted almond meal after removing the peaches from the oven.**

# YOGHURT FRITTERS

**1 cup yoghurt**  
**2 cups flour**  
**3 eggs**  
**1.5 teaspoon soda powder**  
**Juice of half lemon**  
**Extra-virgin olive oil for frying**



**Beat the eggs. Mix with the rest of the ingredients and knead the dough well. Shape the dough into small balls and fry in plenty of oil.**