



The Mediterranean Diet  
**Recipe Book**  
Twenty-fourth Edition

By Ray Darken

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# Breakfast & Light Lunches

# BAKED SHRIMP WITH TOMATOES AND FETA

Serves 4

1 pound shell-on large shrimp  
4 tablespoons extra-virgin olive oil  
4 large shallots, finely sliced  
4 garlic cloves, crushed  
3 tablespoons fresh thyme leaves or 1-1/2 tbsp dried  
2 bay leaves  
1 teaspoon cinnamon stick or 1/2 ground cinnamon  
1-3/4 pound ripe tomatoes, peeled, seeded, and chopped  
9 ounce feta cheese, crumbled (2-1/4 cups)  
1 bunch green onions, white and green parts, finely chopped  
1/2 teaspoon fennel seeds  
2 teaspoons cold-pressed flaxseed oil (optional)



**Step 1.** Preheat oven to 350 F.

**Step 2.** Heat 2 tablespoons of olive oil in a saute pan over low heat, add shallots and cook until soft, 5 minutes. Add 1 garlic clove, 2 tablespoons thyme, bay leaves, and cinnamon. Add tomatoes, stir briefly, then cover and simmer for 5 to 10 minutes. Season to taste with salt and pepper.

**Step 3.** Transfer tomato sauce to a large, shallow ovenproof dish. Sprinkle feta on top and place in oven, about 5 minutes.

**Step 4.** Meanwhile, heat 1 tablespoon of oil in a large skillet over medium heat. Add green onions and remaining 3 garlic cloves, and 1 tablespoon thyme and sauté for 1 to 2 minutes. Add shrimp and fennel seeds and cook,

turning frequently, until shrimp are opaque, about 2 minutes.

**Step 5.** Add shrimp to dish with tomatoes and feta and return dish to oven for 10 minutes.

**Step 6.** Drizzle remaining olive oil over top, together with flaxseed oil, if using. Leave to cool slightly before serving.

# COURGETTE FRITTERS WITH TOMATO AND FETA SALSA

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Serves 4

1 large red chilli, finely chopped

125g self-raising flour

1/2 red onion, peeled and finely chopped

2 large eggs

1 teaspoon cumin seeds

125g cherry tomatoes, quartered and mixed with 100g crumbled feta, a handful of mint leaves and the juice of 1/2 a lemon

3 medium courgettes, grated

4 tablespoon extra-virgin olive oil for frying

Mix the courgette, onion, spices, flour and egg together. Season. Heat 1 tbsp oil in a non-stick frying pan, drop in heaped tablespoons of batter. Cook, in batches, for 2-3 minutes each side or until golden and cooked through. Serve with the tomato and feta salsa.





# MARINATED MUSHROOMS

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Serves 6

- 1 cup water
- 1 1/2 pounds fresh mushrooms, stems removed
- 1/4 cup extra-virgin olive oil
- 1 teaspoon dried thyme
- 1 teaspoon salt
- 3 tablespoons fresh lemon juice
- 3 teaspoons minced garlic
- 1/2 teaspoon ground black pepper
- 3 tablespoons dried parsley
- 1/8 teaspoon onion powder



- Step 1.** In a large pot, bring water to a boil. Add mushrooms and simmer for 10 minutes. Remove from heat and drain.
- Step 2.** In a large bowl, whisk together the olive oil, thyme, salt, lemon juice, garlic, pepper, parsley and onion powder. Add mushrooms and toss until coated. Chill in marinade overnight, and reheat to serve.

# POLPETTES

Serves 4

1 1/4 lbs potatoes  
4 ounces feta cheese  
4 spring onions, finely chopped  
2 garlic cloves, crushed  
3 tablespoons fresh dill, chopped  
1 tablespoon ground almonds  
1 egg, beaten  
1 tablespoon lemon juice  
salt, to taste  
fresh ground black pepper, to taste  
flour, for coating  
3 tablespoons extra-virgin olive oil



- Step 1.** Boil the potatoes in their skins in lightly salted water until soft; drain, then peel while still warm; place in a bowl and mash.
- Step 2.** Crumble the feta cheese into the potatoes and add the spring onion, garlic, dill, ground almonds, egg and lemon juice, and season with salt and pepper, to taste. Remember that feta is salty, so taste the mixture before adding the salt. Stir well so that all the ingredients are well combined.
- Step 3.** Cover the mixture and chill until it is firm; then divide the mixture into walnut-size balls, then flatten them slightly.
- Step 4.** Lightly coat the polpettes with flour; heat the oil in a pan, preferably non-stick and sauté the polpettes until

they are golden brown on both sides.

**Step 5.** Drain on paper towels and serve immediately.

# POTATO AND ONION TORTILLA OMELETTE

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Serves 4

4 potatoes, peeled  
2 tablespoons extra-virgin olive oil  
3 onions, thinly sliced  
50 g butter  
2 tablespoons shredded basil  
8 large eggs  
Black pepper

**Step 1.** Place the unpeeled potatoes in a steamer basket set over boiling water. Steam for 7-8 minutes until just tender. Remove from the basket and leave until cool enough to handle.

**Step 2.** Meanwhile, heat the olive oil in a 24-25cm non-stick frying pan. Add the onions and gently fry over medium heat for about 10 minutes until soft but not browned. Lightly season with salt and dot with the butter.

**Step 3.** Peel off the potato skins and slice the flesh into 1cm discs. Arrange in a layer on top of the onions. Scatter with basil and season with a little more salt.

**Step 4.** Whisk the eggs well with a good scrunch of freshly ground pepper. Pour them over the potatoes and onions.

**Step 5.** Cover the pan and cook over low heat for about 15 minutes, or until the eggs are completely set. Season with a little more salt.

**Step 6.** Flip the omelette over onto a large plate, then slide it back into the pan. Brown the underside for a minute or



two.

**Step 7.** Remove the pan from the heat and leave to rest for a few minutes.

**Step 8.** Slice into segments and serve. Or, if you are heading for the blue yonder, allow your creation to cool before wrapping it in a large sheet of foil lined with greaseproof paper.

# SALMON IN LEMON BRODETTO WITH PEA PUREE

Serves 4

## Lemon Brodetto:

2 tablespoons extra-virgin olive oil  
1 shallot, diced  
2 lemons, juiced  
1 lemon, zested  
2 cups chicken broth  
1 tablespoon chopped fresh mint leaves

## Pea Puree:

2 cups frozen peas, thawed (about 10 ounces)  
1/4 cup fresh mint leaves  
1 clove garlic  
1/2 teaspoon kosher salt  
1/2 teaspoon freshly ground black pepper  
1/2 cup extra-virgin olive oil  
1/2 cup grated Parmesan

## Salmon:

1/4 cup extra-virgin olive oil  
4 (4 to 6-ounce) pieces salmon  
Kosher salt  
Freshly ground black pepper

**Step 1.** To make the Lemon Brodetto, warm the olive oil in a medium saucepan over medium heat. Add the shallots and saute until tender, about 7 minutes. Add the lemon juice, zest, and broth. Bring to a simmer, and keep warm, covered, over low heat.

**Step 2.** To make the Pea Puree, combine the peas, mint, garlic, salt, and pepper in a food processor and puree. With the machine running, add the olive oil in a steady drizzle. Transfer the pea puree to a small bowl and stir in the Parmesan. Set aside.

**Step 3.** To make the Salmon, warm the olive oil in a large, heavy skillet over high heat. Season the salmon pieces with salt and pepper. Sear the salmon until a golden crust forms, about 4 to 5 minutes on the first side. Flip the fish and continue cooking until medium-rare, about 2 minutes more depending on the thickness of the fish.



**Step 4.** To assemble the dish, add the tablespoon chopped mint to the Lemon Brodetto and divide between 4 shallow dishes. Place a large spoonful of Pea Puree into the center of each bowl. Place a salmon piece atop each mound of Pea Puree. Serve immediately.

# SARDINE GRATIN

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Serves 4

1 tablespoon extra-virgin olive oil  
1/2 small onion, finely chopped  
2 garlic cloves, crushed  
6 tablespoons blanched almonds, chopped  
2 tablespoons sultanas roughly chopped  
Fresh parsley  
1 cup breadcrumbs  
16 large sardines, scaled and gutted  
25g freshly grated Parmesan cheese  
Salt and freshly grounded black pepper  
Flat leaf parsley, to garnish



- Step 1.** Preheat the oven to 200C/400F gas 6. Lightly oil a large, shallow ovenproof dish.
- Step 2.** Heat the oil in a frying pan and fry the onion and garlic gently for 3 minutes. Stir in the almonds, sultanas, olives, capers, parsley and 25g cup of breadcrumbs. Season lightly with salt and pepper.
- Step 3.** Make 2-3 diagonal cuts on each side of the sardines. Fill the cavities with stuffing and lay the sardines in the prepared dish.
- Step 4.** Mix the remaining breadcrumbs with the cheese and scatter over the fish. Bake for 20 minutes until the fish is cooked through. Test by piercing one sardine through the thickest part with a knife.
- Step 5.** Garnish with parsley and serve immediately with a leafy salad.



# SPICED TURNIPS AND SPINCH AND TOMATOES

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Serves 5

1 pound plum or other well-flavoured tomatoes  
4 tablespoons extra-virgin olive oil  
2 onions, sliced  
1 pound baby turnips, peeled  
1 teaspoon paprika  
1/2 tsp caster sugar  
4 tablespoons chopped fresh coriander  
1 pound fresh young spinach, stalks removed  
Salt and ground black pepper

- Step 1.** Plunge the tomatoes into a bowl of boiling water for 30 seconds, then refresh in a bowl of cold water. Peel away the tomato skins and chop roughly. Heat the olive oil in a large frying pan or saute pan and fry the onion slices for about 5 minutes until golden.
- Step 2.** Add the baby turnips, tomatoes and paprika to the pan with 60 ml / 4 tbsp water and cook until the tomatoes are pulpy. Cover with a lid and continue cooking until the baby turnips have softened.
- Step 3.** Stir in the sugar and coriander, then add the spinach and a little salt and pepper and cook for a further 2-3 minutes until the spinach has wilted. Serve warm or cold.



# SPINACH RICOTTA GNOCCHI

*Serves 4 to 6*

## **For the Gnocchi:**

3 ounces fresh or frozen spinach  
1 egg  
2 teaspoons salt  
1 1/2 pounds whole milk ricotta cheese, drained of excess moisture  
1/3 cup finely grated Parmigiano-Reggiano cheese  
1 3/4 cups all-purpose flour  
Pinch of nutmeg

## **For the Sauce:**

1 28-ounce can crushed tomatoes  
4 tablespoons extra-virgin olive oil  
2 garlic cloves, peeled  
Salt  
2 ounces goat cheese

## **To make the gnocchi:**

- Step 1.** Fill a medium saucepan halfway with water and heat until simmering. Add spinach and cook until tender, about 1 minute. Drain. Let spinach cool enough to touch, then squeeze as much moisture as you can out of it. You can also use a potato ricer if you have one to squeeze the excess moisture out of the spinach.
- Step 2.** Add the spinach, egg, salt, and half of the ricotta to a food processor. Pulse until completely blended. Transfer mixture to a large bowl, mix in the remaining ricotta and the Parmesan cheese. Stir in a pinch of nutmeg into the flour. Add the flour in by hand, starting with a half of the flour. Mix everything with your hands until the mixture holds together as a dough.
- Step 3.** Put the dough out on a lightly floured smooth, clean surface. Knead



lightly for about a minute, adding additional flour if needed, if the dough sticks too easily to the board or your hands. (At this point, if you wrap the dough in plastic and refrigerate for an hour, it will be easier to roll out.) When the dough is smooth and pliable, and still just a little bit sticky, divide it into 4 portions, each the size of an orange.

- Step 4.** Flour your hands lightly. Using both hands, and a light touch, roll the dough out with a back and forth motion, starting at the center and stretching the dough out, to form a roll. This is the tricky part. You don't want to put so much pressure so that you compress the dough, but you do need enough pressure to create a rope of dough. The trick is to stretch the dough sideways as you are rolling. Once the segment you are working on gets to be about a foot long, you may find it easier to cut it in half, and then start working on that smaller segment.
- Step 5.** Roll the dough out until the roll is about the size of a middle finger. (Note that if your hands or the board is a little too floured, you may not have enough traction between your skin and the dough to easily stretch it sideways.) Cut each roll into 1-inch pieces.
- Step 6.** Hold a fork at a 45% angle with its tines facing down on the work board, the curved part of the fork facing away from you. Starting with the curved outside bottom of the fork, press each piece of dough up along the length of the tines. Let the gnocchi fall back down. This is a pretty quick motion, the result is an indentation of the fork tines on one side of the gnocchi, and an indentation of your fingertip on the other side.
- Step 7.** Place the gnocchi on a lightly floured cookie sheet. At this point they can be cooked, or kept in the refrigerator several hours or overnight.
- Step 8.** To cook the gnocchi, fill a large wide pot half-way with water. Bring to a boil, add 1 teaspoon of salt for every quart of water. Once the salt has dissolved, gently drop the gnocchi in the water, one by one. Try to do this in a way that the gnocchi are not falling in on top of each other, but rest on the bottom of the pan in a single layer. As the gnocchi cooks, they will rise to the surface of the water after a couple minutes. Use a slotted spoon to remove the risen gnocchi from the pot, place in a serving bowl. Sometimes the gnocchi can stick a little at the bottom. If you suspect this, nudge them a little to unstick them. As you remove some gnocchi, you can add a few more to the pan.

### **To make the sauce:**

- Step 1.** Heat oil in a medium saucepan on medium heat. Add the garlic cloves and cook until lightly browned on all sides. Remove and discard the garlic. Add the tomatoes (include any juices from the can) all at once (careful, they may cause the oil to splatter as the tomatoes hit the pan). As soon as the mixture boils, reduce the heat to low and let simmer, uncovered for 10 to 15 minutes. Season with salt. Stir occasionally. Use a potato masher to break up any solid pieces of tomato, you want a rough purée.
- Step 2.** Once the sauce reduces to a medium thick consistency, add the goat cheese, stirring until it is well blended. Add more salt to taste.
- Step 3.** Serve gnocchi with the sauce and extra grated Parmesan.

# SPINACH WITH RAISINS AND PINE NUTS

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*Serves 10*

1/4 cup raisins

1 teaspoon extra-virgin olive oil

1 cup chopped onion

2 pounds bagged prewashed spinach

1/4 cup pine nuts, toasted

1/2 teaspoon salt

1/4 teaspoon freshly ground black pepper

**Step 1.** Place raisins in a small bowl; cover with hot water. Let stand 5 minutes or until plump; drain.

**Step 2.** Heat oil in a Dutch oven over medium heat. Add onion to pan; cook 10 minutes or until tender, stirring occasionally. Add about one-fourth of spinach to pan; cook 3 minutes or until spinach wilts, stirring occasionally. Repeat procedure 3 times with remaining spinach. Stir in raisins, nuts, salt, and pepper.





# Salads

# CHÈVRE, TOMATO AND PEA SALAD AND APPLE GINGER DRESSING

Serves 4

## For the Salad:

2 tablespoon all-purpose flour  
4 slice chèvre (goat cheese), each about 5 oz  
1 egg, lightly beaten  
Panko for coating  
3 handfuls cherry tomatoes  
1 tablespoon extra-virgin olive oil  
Extra-virgin olive oil for frying  
2 large handfuls green beans, blanched and refreshed in ice water  
2 large handfuls green peas, blanched and refreshed in ice water  
2 handfuls dandelion leaves

**Step 1.** Season flour with salt and pepper and toss chèvre pieces in it. Dip chèvre in beaten egg to coat, then roll in panko to cover completely, pressing in well to make them stick. Place in refrigerator until needed.

**Step 2.** For dressing, chop apple into small cubes, about 1/4-inch pieces. Place in small pan with ginger and apple juice, boil, then simmer and reduce by two-thirds. Add vinegar and taste; if too sour, add a little honey or maple syrup. Leave dressing to cool.

**Step 3.** Cut tomatoes in half and mix with olive, salt and pepper.

**Step 4.** Heat a pan large enough to hold chèvre in one layer and, when it's just beginning to smoke, add a few

## For the Apple Ginger Dressing:

1 Granny Smith apple, peeled  
1 tablespoon of peeled ginger, finely julienned or grated  
1 cup apple juice  
1 tablespoon apple cider vinegar  
Honey, maple syrup to taste



tablespoons of olive oil and place chèvre in pan. Cook until golden on one side, then flip and repeat.

**Step 5.** To serve, toss tomatoes, beans, peas and dandelion leaves together with half the dressing and divide between 4 plates. Sit a piece of warm chèvre on top, drizzle remaining dressing on top.



# CHICKEN, POMEGRANATE, AND PINE NUT SALAD

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*Serves 4*

1/4 cup raisins (or 1/2 cup dried cranberries)  
1 pound boneless, skinless chicken breasts  
1 cup pomegranate seeds (about 2 pomegranates)  
1/4 cup pine nuts  
6 tablespoons extra-virgin olive oil  
1/2 cup parmesan shavings, (use a vegetable peeler)

- Step 1.** In a bowl, soak raisins (or cranberries) in enough cold water to cover them.
- Step 2.** Fill a pot (large enough to accommodate chicken) with water, and place it over high heat. When boiling, put chicken in and simmer for 10 to 15 minutes, depending on thickness. When done, remove pot from heat and let cool. (Keeping chicken in cooking water prevents it from drying out.)
- Step 3.** Slice chicken into bite-size pieces and place in serving bowl. Lift raisins (or cranberries) out of the water and gently squeeze. Add to bowl along with pomegranate seeds and pine nuts. Season with salt and pepper.
- Step 4.** Add olive oil and toss until all ingredients are well coated. Top with cheese shavings and serve.



# MOROCCAN QUINOA SALAD

Serves 6

3 cup cooked quinoa (1 cup dried)  
1/3 cup freshly squeezed lemon juice (about 2 lemons)  
3 tablespoons extra-virgin olive oil  
2 teaspoon ground cumin  
1 teaspoon salt  
1/4 teaspoon sugar  
1-1/2 cup canned black beans, rinsed  
1-1/2 cup corn kernels (about 2 cobs) or defrosted frozen  
1/2 small red onion, thinly sliced  
1 pint cherry tomatoes, quartered  
1/2 cup slivered almonds, toasted  
1/4 cup chopped green or black olives  
1/4 cup chopped fresh mint  
1/4 cup chopped fresh coriander



**Step 1.** Cook quinoa, according to package instructions.

**Step 2.** While quinoa is cooking, whisk together lemon juice, olive oil, cumin, salt and sugar into a vinaigrette in a small bowl.

**Step 3.** Combine quinoa and all remaining ingredients, except fresh herbs, into a medium-sized bowl.

**Step 4.** Drizzle with vinaigrette. Toss to combine.

**Step 5.** Refrigerate for at least one hour to allow flavours to combine. Add fresh herbs just prior to serving. May be served at room temperature.

# ORZO SALAD WITH ORANGE CUMIN VINAIGRETTE

*Serves 4 to 6*

## **For the Orzo Salad:**

- 3 cupcooked orzo
- 1 cup drained and chopped canned tomatoes (2 tablespoons juice reserved)
- 1/2 package chopped spinach, defrosted and squeezed dry
- 2 tablespoons orange marmalade
- 2 tablespoons rice vinegar
- 1 clove garlic, minced
- 1 teaspoon salt
- 1/2 teaspoon ground cumin
- 1/4 teaspoon freshly ground pepper
- 1/4 cup extra-virgin olive oil
- 4 hard-boiled eggs, peeled and quartered

**Step 1.** Combine all ingredients in a small bowl.

**Step 2.** Heat a non-stick skillet over high heat. For each crisp, sprinkle a heaping tablespoon of the cheese mixture into skillet. Cook until crisp and cheese has melted. Remove skillet from heat, allow crisp to firm up and then transfer to a rack to cool.

**Step 3.** Place cooked orzo in a large serving bowl and stir in tomatoes and spinach.

**Step 4.** In a small bowl, whisk together remaining ingredients (except eggs), pour

## **For the Parmesan Chips:**

- 1/2 cup freshly grated Parmesan
- 2 teaspoons all-purpose flour
- 1 teaspoon finely ground porcini mushrooms



over salad and toss. Garnish with hard-boiled eggs and Parmesan crisps.

**Step 5.** Place cooked orzo in a large serving bowl and stir in tomatoes and spinach.

**Step 6.** In a small bowl, whisk together remaining ingredients (except eggs), pour over salad and toss. Garnish with hard-boiled eggs and Parmesan crisps.

# QUINOA, BUTTERNUT SQUASH AND PUMPKIN SALAD

Serves 4

1 cup uncooked quinoa, or 3 cups cooked  
1/4 cup sultana raisins  
3 tablespoon maple syrup  
3 tablespoon apple cider vinegar  
2 tablespoon olive oil  
1-1/2 teaspoon dijon mustard  
1/4 cup raw pumpkin seeds  
2 cup peeled and 1/4-inch diced butternut squash  
1/4 cup julienne cut sorrel

**Step 1.** Bring a pot of water to a boil. Add quinoa, stir and boil gently until tender, about 12 minutes. Drain in a fine mesh strainer, cover with a clean dish towel and let sit 5 minutes. Transfer to a large bowl, stir in raisins and set aside.

**Step 2.** Meanwhile, in a bowl, combine maple syrup, vinegar, 1-tablespoon olive oil and mustard. Whisk mixture until well blended and set aside.

**Step 3.** Place pumpkin seeds in a dry nonstick skillet over medium heat and toast, stirring often until pumpkin seeds are golden and fragrant, about 4-5 minutes. Remove from pan and set aside. In same skillet, over medium heat add remaining 1-tablespoon olive oil. Add squash and cook, stirring often until tender and golden brown, about 8 minutes. Transfer squash to bowl with quinoa and toss with reserved vinaigrette. Add



pumpkin seeds and sorrel and season to taste with salt and pepper. Salad can be eaten warm or refrigerated and eaten cold.

# SHRIMP, TOMATO AND WATERCRESS SALAD

*Serves 2 to 4*

1 lemon, grated zest and juice	1 pound cherry tomatoes
1 lime, grated zest and juice	1 tablespoon extra-virgin olive oil
1/2 teaspoon minced garlic	2 tablespoons fresh rosemary leaves
1/2 teaspoon finely chopped chili pepper	1 clove garlic, thinly sliced
3 tablespoons extra-virgin olive oil	1 generous handful watercress, trimmed
Pinch sea salt	4 green onions, sliced diagonally
9 cup vegetable stock, or water	3 chipolte peppers, sliced into strips
16 large shrimps in their shells	

**Step 1.** To prepare the dressing, place lemon zest and juice, lime zest and juice, chili, and garlic in a bowl. Whisk in olive oil and season with a pinch of salt. Set aside.

**Step 2.** Preheat oven to 400 F.

**Step 3.** Bring vegetable stock to a boil in a large saucepan. Add shrimp and cook until they turn a deep pink, 1 to 2 minutes.

**Step 4.** Drain and spread shrimp out on a baking sheet to cool. Once they are cool enough to handle, peel off the shells and use a paring knife to remove the dark vein that runs across the top of the shrimp. (Do not be tempted to run the shrimp under water, as this will eliminate some of their flavour.)

**Step 5.** Place the peeled shrimp in a bowl and toss with 1 tablespoon of the dressing. Set aside to marinate.

**Step 6.** Place cherry tomatoes in an ovenproof dish, drizzle with olive oil, and scatter sliced garlic and rosemary leaves





over the top. Season to taste with salt and pepper.

**Step 7.** Roast for approximately 15 minutes, or until the tomatoes start to brown. Remove them from the oven and allow to cool to room temperature.

**Step 8.** When ready to serve, gently toss watercress in a bowl with green onions, chipolte peppers, and cilantro. Arrange this on individual plates, and tuck the shrimp and roasted tomatoes into the salad. Drizzle with the remaining dressing and serve.

# SPINACH, ASPARAGUS, TOMATO AND ORANGE SALAD

Serves 6

## For the salad:

16 ounces fresh asparagus, cleaned  
8 ounces baby spinach leaves  
16 ounces refrigerated mandarin orange sections  
1 pint grape tomatoes, sliced in half  
1/3 cup bacon pieces, crumbled and divided

## For the dressing:

1/3 cup extra-virgin olive oil  
1 tablespoon balsamic vinegar  
1 clove garlic, minced  
1 pinch salt  
1 pinch seasoned pepper  
1 pinch sugar - optional

**Step 1.** Prepare asparagus by steam cooking in a steamer filled with 2 cups of water mixed with 1 teaspoon of salt. Heat water on high temperature setting until boiling. Add asparagus to steamer, cover steamer and cook for 3 to 4 minutes or slightly longer if thicker pieces of asparagus are being cooked.

**Step 2.** When finished cooking, drain water and cool by running cold water over the hot asparagus. Set aside until cool. When ready to add asparagus to salad, cut into 2 inch lengths. If the end of any stalk of asparagus is tough and fibrous, slice off and discard.

**Step 3.** Using a salad bowl, combine the cooked asparagus with the mandarin oranges slices, tomatoes, avocados, garlic, and spinach. Refrigerate until serving. When ready to serve, add dressing and toss all ingredients to



mix well.

**Step 4.** If salad is served on individual plates, garnish each salad with bits of bacon as a topping over dressing, spinach greens and other mixed ingredients. If salad is to be served from salad bowl, garnish salad in bowl with pieces of bacon.

## WARM MUSHROOM AND LENTIL SALAD

Serves 6

1 carrot, halved crosswise  
1 celery stalk, halved crosswise  
1/2 onion  
1 bay leaf  
1 cup dried Puy green lentils, rinsed  
1-1/3 cup mixed wild mushrooms, thinly sliced, stems removed and reserved  
2 tablespoon unsalted butter  
2 ounce 1/4-inch-thick pancetta, cut in 1/4-inch cubes  
1/2 teaspoon minced garlic  
1 teaspoon chopped fresh rosemary  
1/2 teaspoon Dijon mustard  
2 tablespoons extra-virgin olive oil  
2 tablespoons balsamic vinegar  
Goat cheese for garnish



**Step 1.** In a heavy-bottomed pot, combine 3 cups water with first 5 ingredients, plus mushroom stems, and bring to a boil. Reduce heat, skim away any froth and simmer partially covered for about 25 minutes or until lentils are firm but tender. Drain and discard vegetables.

**Step 2.** Meanwhile, in a skillet over medium heat melt butter, add pancetta and cook 1 minute. Increase heat, add mushrooms and sauté until mushrooms are golden and pancetta is crispy. Add garlic, rosemary and

mustard, mix well and continue to cook 1 minute.

**Step 3.** Reduce heat to medium-low and toss lentils into mushroom mixture with olive oil and balsamic vinegar. Season with salt and pepper and garnish with crumbled goat cheese.



# Soups & Vegetarian

## CHICKEN SOUP AVGOLEMONO

1 whole chicken, about 3 1/2 lbs. with excess fat trimmed and breast skin removed	
12 cups water	2 teaspoons salt
2 carrots cut in half	1/2 cup orzo pasta, or rice
2 celery stalks, cut in half	3 eggs, at room temperature
1 large onion, peeled and cut in half	1 teaspoon fresh lemon zest
2 bay leaves	Juice of two lemons, strained
5 whole black peppercorns	Salt and freshly ground black pepper

**Step 1.** Add first eight ingredients to a large stockpot. Bring the water to a rapid boil, lower heat to medium low and simmer partially covered for approximately an hour to an hour and a half.

**Step 2.** Remove the chicken and vegetables to a bowl and carefully strain the broth through a fine sieve into a large bowl. Return the strained broth to the stockpot and bring to a boil.

**Step 3.** Add the orzo pasta and cook, uncovered for approximately 10 – 12 minutes until tender.

**Step 4.** While the pasta is cooking, prepare the egg-lemon mixture. Using a whisk beat the eggs until nice and frothy. Add the lemon zest and the lemon juice in a steady stream while continuing to whisk.

**Step 5.** When the pasta has finished cooking, turn off the heat. Ladle about two cups of broth into a bowl or large measuring cup. Slowly add the hot broth to the egg-lemon mixture while continuing to whisk. This will temper the eggs and prevent them from curdling once they are added to the hot broth.

**Step 6.** Stir the egg-lemon mixture into the pot and heat over very low heat for approximately 5 -10 minutes until heated through. Be careful not to boil the soup once the eggs have been added.

**Step 7.** Adjust your seasoning for salt and pepper and add more as desired.



**Step 8.** Traditionally, this soup is served without the chicken meat or vegetables. You can add them back or serve on the side as you prefer.



## CHILLED CUCUMBER YOGURT SALAD

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*Serves 4*

4 small seedless cucumbers - peeled and grated  
1 tablespoon fresh lemon juice  
1 bunch fresh mint leaves, chopped  
1 bunch fresh dill, chopped  
2 cloves garlic, crushed  
2 cups plain yogurt  
1 tablespoon extra-virgin olive oil  
1 teaspoon salt (optional)  
1/4 cup raisins (optional)

Combine the grated cucumber, lemon juice, mint, dill, garlic, yogurt, olive oil, and salt in a large mixing bowl; stir with a large spoon. Pour the mixture into a blender; blend on high speed until smooth. Serve immediately or chill in refrigerator until ready to serve. Divide the soup between four bowls; top each serving with about 1 tablespoon raisins.



# CHILLED TOMATO AND HERB SWEET PEPPER SOUP

Serves 6

1 tablespoon extra-virgin olive oil  
1/2 onion, finely chopped  
2 garlic cloves, minced  
1 jar roasted red peppers  
2 cups Chicken stock  
1 tub OLIVIERI® Tomato & Herb Sauce  
1 tablespoon Basil, chopped (about 6 leaves)  
1 tablespoon Balsamic vinegar  
Salt & pepper to taste  
2 tablespoon Fresh chives, snipped  
1 tablespoon Croutons (optional)

**Step 1.** Place oil, onion and garlic in a pot. Cook over medium heat until onions are translucent (do not brown).

**Step 2.** Strain liquid from roasted red pepper jar.

**Step 3.** Add peppers, chicken stock and Tomato & Herb sauce to pot. Bring to a boil, reduce heat and simmer for 5 minutes.

**Step 4.** Remove from heat and puree with a hand or table blender.

**Step 5.** Stir in basil and balsamic. Season to taste.

**Step 6.** Chill for 2 hours in refrigerator.



**Step 7.** Serve soup garnished with snipped chives and croutons.

**Tip:** This soup can also be served hot and tastes great served with a Dempster's® OvenFresh™ baguette or roll.

# RIBOLLITA

1/2 pound dried white beans	1 (28-ounce) can Italian plum tomatoes in puree, chopped
Kosher salt	4 cups coarsely chopped or shredded savoy cabbage, optional
1/4 cup extra-virgin olive oil, plus extra for	4 cups coarsely chopped kale
1/4 pound large diced pancetta or smoked bacon	1/2 cup chopped fresh basil leaves
2 cups chopped yellow onions (2 onions)	6 cups chicken stock, preferably homemade
1 cup chopped carrots (3 carrots)	4 cups sourdough bread cubes, crusts removed
1 cup chopped celery (3 stalks)	1/2 cup freshly grated Parmesan, for serving
3 tablespoons minced garlic (6 cloves)	1/4 teaspoon crushed red pepper flakes
1 teaspoon freshly ground black pepper	

serving



**Step 1.** In a large bowl, cover the beans with cold water by 1-inch and cover with plastic wrap. Allow to soak overnight in the refrigerator.

**Step 2.** Drain the beans and place them in a large pot with 8 cups of water, and bring to a boil. Lower the heat and simmer uncovered for 45 minutes. Add 1 teaspoon of salt and continue to simmer for about 15 minutes, until the beans are tender. Set the beans aside to cool in their liquid.

**Step 3.** Meanwhile, heat the oil in a large stockpot. Add the pancetta and onions and cook over medium-low heat for 7 to 10 minutes, until the onions are translucent. Add the carrots, celery, garlic, 1 tablespoon of salt, the pepper, and red pepper flakes. Cook over medium-low heat for 7 to 10 minutes, until the vegetables are tender. Add the tomatoes with their puree, the cabbage, if using, the kale, and basil and cook over medium-low heat, stirring occasionally, for another 7 to 10 minutes.

**Step 4.** Drain the beans, reserving their cooking liquid. In the bowl of a food processor fitted with a steel blade, puree half of the beans with a little of their liquid. Add to the stockpot, along with the remaining whole beans. Pour the bean cooking

liquid into a large measuring cup and add enough chicken stock to make 8 cups. Add to the soup and bring to a boil. Reduce the heat and simmer over low heat for 20 minutes.

**Step 5.** Add the bread to the soup and simmer for 10 more minutes. Taste for seasoning and serve hot in large bowls sprinkled with Parmesan and drizzled with olive oil.

# SEAFOOD SOUP WITH ROUILLE

Serves 6

1/2 teaspoon saffron threads	Half fennel bu pound, thinly sliced
2 tablespoons extra-virgin olive oil	4 cloves garlic, minced
1 leek (white part only), trimmed and chopped	1/2 teaspoons dried oregano
2 cans tomatoes, drained and chopped	1 sweet red pepper, chopped
3 cups fish stock	1 cup dry white wine
1 pound potatoes, peeled and cubed	1 tablespoon grated orange rind
2 pounds mussels and/or clams, scrubbed	1 teaspoon salt
1 pound firm fish fillets (monkfish, cod, halibut, red snapper), cut in chunks	2 cans tomatoes, drained and chopped
1 pound large shrimp, peeled and deveined	3 cups fish stock
	1/2 cup chopped fresh parsley

## For the Rouille:

2 cups cubed (1 inch/2.5 cm) country bread  
1/4 cup dry white wine  
1 teaspoon saffron threads  
3 tbsp light mayonnaise  
2 cloves garlic, minced  
1/4 teaspoon each salt and hot pepper flakes  
1/3 cup extra-virgin olive oil

## To make Rouille:

In bowl, soak bread in wine for 5 minutes. Meanwhile, in small dish, soak saffron in 1 tablespoon hot water for 5 minutes.

**Step 1.** In food processor, purée together bread and saffron mixtures, mayonnaise, garlic, salt and hot pepper flakes until smooth. With machine running, pour in oil in thin steady stream until creamy. Refrigerate.

**Step 2.** Soak saffron in 1/4 cup hot water; set aside. In large Dutch oven, heat oil over medium heat; cook leek, fennel, garlic and oregano for 5 minutes.



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Add red pepper, wine, orange rind and salt; cover and cook for 10 minutes.

## SEAFOOD SOUP WITH ROUILLE (CONT.)

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- Step 3.** Add tomatoes, stock and saffron mixture; bring to boil. Reduce heat; simmer, uncovered, for 20 minutes. Meanwhile, in pot of boiling salted water, cook potatoes for 10 minutes or until tender; drain and add to soup.
- Step 4.** Add mussels and fish, stirring gently; cover and cook for 10 minutes. Add shrimp; cook for about 5 minutes or until mussels open, fish is opaque and shrimp are pink.
- Step 5.** Discard any mussels that do not open. Gently stir in parsley. Ladle soup into warmed bowls. Add dollop of rouille to each serving.



# SPANISH GARLIC SOUP

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*Serves 4*

1 tablespoon extra-virgin olive oil

2-3 cloves garlic, thinly sliced

1/2 teaspoon sweet paprika

1/2 teaspoon smoked paprika, sweet or hot, to taste

2 cups vegetable broth, heated

A pinch of sea salt

1 oz day-old crusty bread, cubed, thinly sliced, or broken into chunks

1 large egg

**Step 1.** Heat the olive oil in a small sauce pan. Sauté the sliced garlic over medium heat, for 1 to 1-1/2 minutes, until it just starts to color. Remove from the heat and stir in the paprikas, then add the hot broth. Return the pot to the heat, cover, and simmer gently for 4-5 minutes. Taste the broth, and add the sea salt.

**Step 2.** Add the dry bread and simmer for 2 minutes as the bread softens. In a small bowl, break an egg (try to keep the yolk intact). Slide the egg gently into the soup, and be sure it's fully submerged. If it isn't, carefully ladle some hot broth over it to cook the top. Simmer until the white of the egg is



opaque but the yolk is still soft, about 3 minutes. Pour the soup into a soup bowl and serve at once.



# Dinner

# CHEDDAR SCALLOP CAKES

Serves 4

1/2 pound fresh scallops, drained and chopped	1 1/2 cup italian parsley, washed and trimmed
2 green onions, finely chopped	1 cup arugula, washed and trimmed
1/2 cup mild or medium canadian cheddar, shredded	3/4 cup celery leaves, washed
1/4 cup flour	1/4 cup fresh chives
2 eggs, beaten separately	3 tablespoon extra-virgin olive oil
3/4 cup flour	1 1/2 tablespoon lemon juice
1/2 cup dry breadcrumbs	Salt and freshly ground pepper
2 tablespoon extra-virgin olive oil	2 tablespoon butter

**Step 1.** In a bowl, combine scallops, green onions and cheese. Sprinkle with flour and add 1 beaten egg. Salt and pepper to taste and refrigerate for several minutes.

**Step 2.** Meanwhile, finely chop parsley, arugula, celery leaves and chives; place in a bowl.

**Step 3.** Shape scallop mixture into 8 cakes. Coat each cake with flour, dip quickly into second beaten egg and then in breadcrumbs.

**Step 4.** In a large frying pan, heat oil and melt butter over medium heat. Cook cakes for about 2 minutes per side until golden.

**Step 5.** Sprinkle salad with oil and lemon juice, salt and pepper to taste, toss and



serve immediately.

# CHICKEN KEBOBS WITH FRESH HERBS

*Serves 4*

1-1/2 pound boneless, skinless chicken breasts, cut into 1-inch chunks  
4 tablespoon extra-virgin olive oil  
4 clove garlic crushed  
1 teaspoon dried mint  
1 teaspoon dried oregano  
2 tablespoon fresh lemon juice  
1 bunch fresh mint  
1 eggplant, cut into 1-inch chunks  
1 red onion, cut into wedges  
1 red or yellow pepper, cut into 1-inch chunks  
1 lemon, cut into 8 wedges

**Step 1.** In a bowl, mix chicken, 2 tablespoons of olive oil, garlic, dried mint and oregano, a pinch of salt, and 1 teaspoon pepper and let marinate for 10 minutes.

**Step 2.** Preheat broiler until very hot or heat grill to high.

**Step 3.** Whisk remaining 2 tablespoons olive oil with lemon juice.

**Step 4.** Thread chicken, mint leaves, eggplant, onion, and pepper onto 8 metal skewers. Add a lemon wedge to each end. Sprinkle with salt and pepper and brush with oil and lemon mixture. Cook, turning and basting with oil and lemon mixture, until chicken is cooked through, about 9 minutes. Serve at once.



## CARDAMOM CIRTUS-CURED SALMON

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*Serves 2 to 4*

1 tablespoon cardamom pods  
1 tablespoon whole black peppercorns  
1 tablespoon lemon zest  
1 tablespoon orange zest  
1/2 cup kosher salt  
3/4 cup granulated sugar  
1 pound fresh Atlantic salmon, skin removed  
2 tablespoon vermouth



**Step 1.** Using a mortar and pestle, crush cardamom and peppercorns together. Add zest and set aside.

**Step 2.** In a bowl, combine salt and sugar. Sprinkle half of this mixture in bottom of a non-reactive pan just large enough to fit salmon snugly. Place salmon on top.

**Step 3.** Pour vermouth over salmon, then cover with remaining salt/sugar mixture. Pat cardamom/citrus mixture over fish, then cover with plastic wrap.

**Step 4.** Set a plate on top of salmon and weight it with a few heavy canned goods. Evenly distribute weight – this helps release the salmon’s water, in turn creating a brine that cures fish. Refrigerate 48 hours. The salmon should be firm to the touch when fully cured. If it feels squishy, refrigerate for another 24 hours.

**Step 5.** Remove salmon and rinse well under cold water. Pat dry and wrap in parchment paper and plastic wrap until

ready to slice.

**Step 6.** To serve, slice as thin as possible. The cured salmon will keep up to three weeks in the fridge.



# HALIBUT FILET WRAP

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Serves 4

4 5-oz. halibut filets, skin removed  
4 banana leaves (or parchment paper)  
4 teaspoon extra-virgin olive oil  
4 thai chilies, roughly chopped  
2 oranges, zested and juiced  
1 lemon, zested and juiced  
1 3-inch piece of fresh ginger, peeled and julienned  
4 greens onions, thinly sliced  
4 pieces star anise

**Step 1.** Preheat your oven to 450 F.

**Step 2.** Lay out banana leaves (15" by 10") and brush each with 1 tablespoon of olive oil.

**Step 3.** Mix together chilies, zest, ginger and scallions, and place 1 tablespoon in the middle of each banana leaf.

**Step 4.** Place fish on top and season with salt and pepper.

**Step 5.** Top with remaining chili mixture and one piece of star anise.

**Step 6.** Combine citrus juices and drizzle 3 tablespoons over each filet.

**Step 7.** Gather opposite corners of banana leaf to meet and tie with butcher's twine.



**Step 8.** Place on a baking sheet and bake for 15 minutes.

**Step 9.** Remove from oven and let rest 5 minutes before serving.

# ITALIAN-STYLE RAPINI WITH CHICKPEAS

Serves 4

2 tablespoon extra-virgin olive oil  
1 tablespoon unsalted butter  
1 can 19-oz chickpeas, drained and rinsed  
1/2 teaspoon kosher salt  
1/4 cup finely chopped Spanish onion  
1 teaspoon minced garlic  
1/2 teaspoon red pepper flakes  
1/2 cup dry white wine  
1 cup vegetable broth or low-sodium chicken broth  
1 bunch rapini, stems trimmed, cut into 2-inch pieces  
1/4 teaspoon lemon zest  
Toasted fresh breadcrumbs to garnish (optional)



**Step 1.** Bring a large pot of salted water to a boil.

**Step 2.** Heat oil and butter in a large skillet over high heat. Add chickpeas and salt and sauté until they begin to turn golden in colour, about 5 minutes. Add next three ingredients, turn heat to medium and cook until onions are translucent, about 2 minutes.

**Step 3.** Return heat to high and deglaze with wine, cooking for 1 minute and scraping any flavourful brown bits from the bottom of the pan. Add broth and simmer until most of the liquid is reduced, about 10 minutes.

**Step 4.** Cook rapini in boiling water for 2 minutes. Remove rapini and drain thoroughly, pressing out as much liquid

as possible using a wooden spoon.

**Step 5.** Transfer rapini to chickpea mixture, add lemon zest and toss to mix well. Sprinkle with toasted breadcrumbs and serve.

# LEMON-BAKED SALMON

Serves 6

6 5-oz. salmon filets	12 asparagus spears
6 teaspoon extra-virgin olive oil	1 500-g box acini de peppe pasta
2 tablespoon fresh tarragon, chopped	1 pint cherry tomatoes, halved
2 tablespoon fresh marjoram, chopped	1 tablespoon lemon juice
2 tablespoon fresh thyme	1 cup chives
2 tablespoon grated lemon zest	2 teaspoon kosher salt

**Step 1.** Preheat oven to 375 F.

**Step 2.** Bring a large pot of well-salted water to a boil.

**Step 3.** Place filets on a parchment-lined baking sheet.

**Step 4.** Drizzle each filet with 1 teaspoon olive oil. Season with salt and pepper.

**Step 5.** Mix together tarragon, marjoram, thyme and lemon zest. Divide and sprinkle the herb mixture over the filets.

**Step 6.** In the boiling water, blanch asparagus spears for 2 minutes. Save the boiling water to cook your pasta.

**Step 7.** Cut asparagus into 1-inch pieces.

**Step 8.** Cook pasta until al dente, approximately 8 minutes.

**Step 9.** While pasta is cooking, place salmon into oven and cook for 8-10 minutes.

**Step 10.** Drain pasta and mix with tomatoes, asparagus, lemon juice, chives and salt.

**Step 11.** Serve salmon on a bed of the pasta mixture.



## PAN-SEARED CALAMARI WITH GRAPEFRUIT SAUCE

*Serves 4*

1 pound cleaned small calamari (about 3 inches long)	2 teaspoon granulated sugar
3 tablespoon extra-virgin olive oil	2 tablespoon unsalted butter, chilled
1 teaspoon fresh thyme leaves	2 cup baby arugula
1 tablespoon minced garlic	1 cup sunflower sprouts
2 tablespoon finely diced sweet onion	1 pink grapefruit, peeled and segmented
1/2 cup fresh pink grapefruit juice	

**Step 1.** Pull off calamari flaps, if attached, and discard. Cut calamari open to make flat pieces and, using a sharp knife, score inner side of pieces in criss-cross pattern (do not cut all the way through). Cut in half and place in a bowl with the tentacles. Add 1 tablespoon olive oil, thyme and 2 teaspoons garlic, and season with salt and pepper.

**Step 2.** In a small pot, heat remaining oil on medium-low heat. Add onion and remaining garlic. Cook, stirring often, until onions are translucent, about 3 minutes. Add grapefruit juice and sugar, increase heat and simmer until reduced by half. Remove from heat and add cold butter, shaking pan or stirring until butter melts and thickens sauce. Season to taste with salt and freshly ground black pepper. Set aside and keep warm, but do not boil again or sauce will separate.

**Step 3.** Heat a lightly oiled grill pan and, working in batches, grill calamari, criss-cross-side down first, turning once, until tender, about 3 minutes in total. Cook tentacles the same way. Keep warm.



**Step 4.** Toss arugula, sunflower sprouts and grapefruit in a bowl with salt and pepper. Divide among six plates and top with grilled calamari. Drizzle reserved grapefruit sauce over top.

# PARMESAN CRUSTED CHICKEN WITH GARLIC GLAZED CARROTS

Serves 4

1 tablespoon extra-virgin olive oil, plus more for preparing pan  
1/3 cup roughly chopped walnuts  
1 tablespoon unsalted butter  
1 pound baby carrots, washed, trimmed, or larger carrots halved lengthwise  
1/2 teaspoon minced garlic  
1 1/2 cup low sodium chicken broth or water  
2 egg whites, lightly beaten  
1 tablespoon Dijon mustard  
4 (6-7oz) skinless, boneless chicken breasts  
2 cup finely grated parmesan cheese  
1 teaspoon chopped fresh thyme leaves



- Step 1.** Preheat broiler to high and set oven rack to top position. Lightly oil a rimmed sheet pan with olive oil and set aside.
- Step 2.** Set a large skillet over medium heat. Add walnuts to dry pan and cook, stirring often until golden brown and fragrant, about 4 to 5 minutes. Transfer walnuts to a plate and set aside. Return skillet to medium heat and add butter and oil. Add carrots and garlic and cook, stirring often until carrots are well coated and garlic is cooked but not brown, about 4 minutes. Add 1 cup of broth, adding more if necessary, and simmer until carrots are tender and most of liquid is absorbed, about 8 minutes. Add thyme, remove from heat and keep warm.
- Step 3.** Meanwhile, mix egg whites with Dijon mustard and set aside. Place chicken breasts on a cutting board. With a knife parallel to the cutting board, cut chicken breasts in half lengthwise to create two thin chicken breast cutlets. Working with one cutlet at a time, dip chicken into egg white mixture and then coat in Parmesan cheese and place on prepared



sheet pan.

**Step 4.** Broil chicken breasts until crunchy and golden on one side, flip over and continue to cook on other side until cooked through, about 4 minutes per side. Toss carrots with walnuts just before serving. Divide chicken cutlets and carrot mixture among four plates and serve with any remaining broth from pan.

# SPICY SHRIMP WITH GRILLED VEGETABLES

*Serves 4 to 6*

1 tablespoon each caraway, coriander and cumin seeds  
2 teaspoon red pepper flakes  
1/2 cup extra-virgin olive oil, plus 2 tablespoons  
1 clove garlic, finely sliced  
1 350-ml jar roasted red peppers, drained and rinsed  
3 tablespoons honey  
12 green onions, trimmed  
2 slice small eggplants, cut into 1/2 inch-thick  
2 pound large shrimp, peeled and deveined

- Step 1.** Preheat barbecue to medium-high. In a small skillet over medium-high heat, toast spices and pepper flakes until fragrant, about 1 minute. Transfer to food processor and pulse. In same skillet, heat 1/2 cup oil, add garlic and cook until lightly golden, about 2 minutes. Add to spice mixture, with roasted red peppers and honey, and process until smooth (seeds may still be visible). Transfer sauce to serving bowl and set aside.
- Step 2.** In a large bowl, season vegetables with salt and pepper and toss with remaining oil. Set aside. In another bowl, combine shrimp with 2 tablespoons prepared sauce.



**Step 3.** Grill vegetables until tender and nicely charred, about 10 minutes. Grill shrimp, about 3 minutes per side. Serve shrimp and vegetables with extra sauce on the side.

# SWEET AND SOUR APPLE HONEY CHICKEN

Serves 4

- 4 5-oz boneless, skinless chicken breasts
- 1 teaspoon extra-virgin olive oil
- 1 cup unsweetened applesauce
- 1/4 cup water
- 3 tablespoon honey
- 1/2 teaspoon salt
- 1 1/2 cup thinly sliced red pepper
- 2 green onions, cut in half lengthwise, then cut into 1 1/2-inch lengths

- Step 1.** In a bowl, season chicken breasts with salt and pepper and toss with oil.
- Step 2.** In a heavy 10-inch skillet over high heat, sear chicken until lightly browned, about 2 minutes per side.
- Step 3.** In a bowl, combine applesauce, water, honey and salt. Add to skillet and bring to a boil.
- Step 4.** Stir in red pepper, cover and turn down heat to simmer. Cook for approximately 15 minutes, turning chicken breasts over once. The sauce should be thick. If not, remove cooked chicken and continue cooking sauce over high heat until thickened. Stir in green onions and serve.



# SWORDFISH KEBOBS

Serves 6

2 tablespoon extra-virgin olive oil

1-2 teaspoon Herbes de Provence

1/2 teaspoon salt

1/2 teaspoon freshly ground black pepper

1-1/2 Pound swordfish steak, trimmed and cut into 1-inch pieces

6 slice thin pancetta or bacon

6 metal or wooden skewers soaked in water 30 minutes

**Step 1.** Prepare a charcoal or gas grill for medium-high heat or preheat a ridged grill pan over medium-high heat.

**Step 2.** In a large bowl, whisk oil, Herbes de Provence, salt, and pepper to blend. Add swordfish cubes and toss to coat.

**Step 3.** Thread swordfish cubes alternately with 1 slice of pancetta onto each skewer, wrapping pancetta around fish cubes as you go.

**Step 4.** Grill skewers until swordfish is just opaque in the centre and pancetta is crisp, about 8 minutes, turning and brushing often with remaining marinade.



# TUNA STEAK WITH BLACK BEANS

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Serves 2

2 teaspoon lime juice  
1 teaspoon fish sauce (nam pla)  
2 teaspoon chili oil  
1 teaspoon honey  
1 can black beans  
2 tablespoon chopped fresh cilantro  
2 thin-cut tuna steaks, approximately 1/2-oz each  
1/2 teaspoon Sea salt

**Step 1.** Heat a cast iron grillpan and, while it's heating up, prepare the black-bean salad.

**Step 2.** In a bowl, whisk the lime juice, fish sauce, chili oil and honey.

**Step 3.** Drain and rinse the beans, then toss in dressing to coat well. Add most of the cilantro and divide between two dinner plates.

**Step 4.** Cook tuna steaks for 20 seconds per side. If the steaks are thick, give them another 30 seconds each side; cut into one to check that it's cooked as you like it before placing on the plate with beans. Add tomatoes or any other salad you like. Sprinkle the tuna steaks with coarse sea salt (not table salt).





# Sweets

# APPLE, DATE, AND GINGER CRISP

Serves 4

4 tablespoons light-brown sugar  
4 tablespoons unsalted butter, melted  
2 tablespoons grated fresh ginger  
1/2 teaspoon ground cinnamon  
1 teaspoon grated orange zest  
4 pitted Medjool dates, chopped into 1/4-inch pieces  
2 Granny Smith apples, peeled, halved, cored, and cut into 1/2-inch wedges  
2 Macoun apples, peeled, halved, cored, and cut into 1/2-inch wedges  
9 gingersnap cookies, finely crumbled (3/4 cup)  
2 tablespoons chopped pecans  
2 tablespoons old-fashioned rolled oats  
1/2 cup thick unsweetened yogurt

**Step 1.** Preheat oven to 350 degrees. In a medium bowl, combine 3 tablespoons sugar, 1 tablespoon melted butter, grated ginger, cinnamon, orange zest, and dates. Add apples and toss to combine. Transfer mixture to an 8-inch square baking dish.

**Step 2.** In a small bowl, combine gingersnaps with pecans, remaining sugar, oats, and remaining butter. Using your fingertips, work mixture to form a crumble topping. Distribute topping over apples. Cover dish tightly with aluminum foil. Bake until fruit mixture is bubbling, about 30 minutes. Uncover and continue baking until





topping has browned and apples are tender when pierced with a paring knife, about 20 minutes. Let cool 10 minutes before serving with yogurt.

# BLUEBERRY SPELT OAT BARS

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*Serves 10*

1 cup rolled oats  
1 cup spelt flour  
1/3 cup packed natural brown sugar  
1/8 teaspoon salt  
1/4 teaspoon baking soda  
1/4 teaspoon ground cinnamon  
1/4 cup sunflower seeds  
1/4 cup dried blueberries  
1/2 cup sunflower oil  
5 tablespoon orange juice, divided  
1/2 cup blueberry fruit preserve



**Step 1.** Preheat oven to 325°F and grease a 8x8 inch baking pan. Set aside.

**Step 2.** In a large bowl, combine oats, flour, sugar, salt, baking soda, cinnamon, sunflower seeds and blueberries.

**Step 3.** Add oil and 3 tablespoons of the orange juice. Mix well. Save a 1/2 cup of the mixture and press the rest of the oats into the prepared baking pan.

**Step 4.** In a bowl, mix the blueberry preserves with the last two tablespoons of orange juice. Spread preserve mixture over the oats then sprinkle with the remaining 1/2 cup of oats.

**Step 5.** Bake in the oven for 30 to 35 minutes. Cool in the pan on a wire rack. Allow to cool completely before cutting into bars. Makes about 10 bars.



# MAPLE PECAN APPLE CRISP

*Serves 6 to 8*

1/2 cup chopped pecans  
1/2 cup all-purpose flour (plus 1 tablespoon)  
1/3 cup packed light-brown sugar  
1/2 teaspoon ground cinnamon  
1/2 teaspoon salt  
1/2 cup (1 stick) unsalted butter, cold, cut into small cubes  
3/4 cup old-fashioned rolled oats  
3 pound apples, such as empire, gala, or granny smith, peeled, cored, and cut lengthwise into 1/2-inch chunks  
1/3 cup maple syrup  
1 tablespoon fresh lemon juice  
1 teaspoon pure vanilla extract



**Step 1.** Preheat oven to 375°F.

**Step 2.** In the bowl of a food processor, pulse pecans until chopped. Transfer to a large bowl and set aside. Return bowl to food processor, combine 1/2-cup flour, sugar, cinnamon and salt and pulse until blended. Add butter and pulse until mixture is the texture of a coarse meal. Transfer to bowl with pecans, add rolled oats and stir until well blended. Mixture can also be blended in a large bowl using a pastry blender or two knives, if preferred. Transfer to freezer until needed.

**Step 3.** In another large bowl, toss apples with maple syrup lemon juice, remaining 1 tablespoon flour and vanilla.

Transfer to a shallow 2-quart baking dish and sprinkle with oat mixture. Place baking dish on a rimmed sheet pan and bake until golden brown and apples are tender when pierced with a knife, about 45 to 55 minutes. Cool 10 minutes before serving.

# SEMIFREDDO WITH DRIED CHERRIES

Serves 8

## For the semifreddo:

1/3 cup freshly made strong espresso or coffee, hot  
1/2 cup sugar  
1 cup fresh ricotta cheese  
1 tablespoon amaretto  
1/2 tablespoon grated lemon zest  
Pinch of salt  
3 large eggs, at room temperature, yolks and whites separated  
6 crisp amaretti cookies

## For the fruit:

1/4 cup kirsch (cherry liqueur)  
1/4 cup sugar  
Zest of 1/4 lemon, in strips  
1 tablespoon lemon juice  
1/4 teaspoon coarsely ground black pepper  
2 cups (1/2 pound) dried cherries

**Step 1.** While the espresso is still hot, add all but 2 tablespoons of sugar and stir until dissolved. Cool.

**Step 2.** Set a fine-mesh strainer over a large bowl and with a wooden spoon or a spatula, push ricotta through. Add half of the espresso mixture, amaretto, lemon zest, and salt, and whisk until well combined.

**Step 3.** Combine egg yolks and remaining espresso in a stainless-steel bowl and whisk until eggs are foamy. Set the bowl over, not in, a pan of simmering water, being careful not to let the bottom of the bowl touch the water. Continue whisking until the mixture is foamy, light colored, and tripled in bulk. This could take up to 10 minutes. If cooking too



quickly, turn heat off and work over the hot water. Cool to room temperature.

**Step 4.** Meanwhile, with an electric mixer, whip egg whites until foamy. Add remaining 2 tablespoons sugar and whip to stiff peaks.

## SEMIFREDDO WITH DRIED CHERRIES (CONT.)

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**Step 5.** Stir 1/4 cup of cooled yolk mixture into the ricotta mixture to lighten. Fold in the remaining yolk mixture and 1/3 of the whites. Gently fold in remaining egg whites. Spoon mixture into prepared loaf pan and gently smooth top. Crumble the amaretti cookies and spread over the top. Cover with plastic wrap and freeze at least 24 hours.

**For the fruit:** Combine kirsch and sugar in a medium stainless-steel saucepan. Place over low heat and stir until sugar dissolves, about 1 minute. Add remaining ingredients and mix well. Remove from heat and let sit for at least 2 hours or overnight at room temperature.

**To serve:** Remove semifreddo from the freezer 20 minutes before serving. Uncover top; invert semifreddo onto a serving platter and remove plastic wrap. Cut into 1-inch slices, spoon on cherries, and serve.



# STRAWBERRY GRANITA

Serves 4

5 tablespoons sugar  
1 quart (4 cups) ripe strawberries, washed and hulled  
1 tablespoon fresh lemon juice  
2 tablespoons vodka (optional)  
1/8 teaspoon ground black pepper  
1 tablespoon aged balsamic vinegar  
1 tablespoon basil leaves, cut into thin strips

**Step 1.** To make the sugar syrup, combine 3/4 cup water and 4 tablespoons sugar in a small saucepan. Cook over medium heat, stirring until sugar has dissolved, about 2 minutes. Cool to room temperature.

**Step 2.** Place half the strawberries in a blender with the sugar syrup, lemon juice, and vodka, if using. Puree. Transfer to a fine mesh sieve and press on puree, pushing the pulp through. Discard seeds remaining in sieve.

**Step 3.** Pour mixture into a shallow 8-inch square pan. Freeze 2 to 3 hours, or until almost completely frozen. Scrape granita with a fork to make it flaky. Freeze for another hour and scrape again. When ready to serve, scrape again.

**Step 4.** About 30 minutes before serving, quarter remaining strawberries lengthwise and transfer to a bowl. Add remaining tablespoon sugar, pepper, and vinegar; mash slightly with a fork, keeping mixture chunky. Add



basil.

**Step 5.** To serve, scrape some granita into four glasses and top with smashed strawberries.

# WALNUT SHORTBREAD

Serves 16

1 1/4 cups walnuts  
3/4 cup all-purpose flour  
1/2 cup whole-wheat flour  
2/3 cup confectioners' sugar  
1/2 teaspoon salt  
1/2 cup (1 stick) unsalted butter, melted  
2 tablespoons extra-virgin olive oil  
2 teaspoons finely grated lemon zest  
1 teaspoon freshly squeezed lemon juice

**Step 1.** Preheat oven to 350 degrees. Butter and flour two 8-inch round cake pans; set aside. In a food processor, combine nuts, flours, sugar, and salt; pulse until nuts are finely ground but not oily. Add the butter, oil, lemon zest, and lemon juice; pulse until the mixture just comes together.

**Step 2.** Divide the mixture between the two pans and press in until even. With a sharp knife, cut each round of dough into 8 wedges. Lightly prick the tops with the tines of a fork. Bake until set and pale tan, about 22 minutes.

**Step 3.** Transfer to a wire rack and cut through each wedge. Cool 10 minutes,



then invert onto a plate and transfer to a wire rack to cool completely.