



The Mediterranean Diet
Recipe Book
Fifth Edition

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TABLE OF CONTENTS

<i>Table of Contents</i>	<u>2</u>
BREAKFAST AND LIGHT LUNCHES	
<i>Black Olive and Goat Cheese Sandwich</i>	<u>5</u>
<i>Eggplant Omelet with Coriander and Caraway</i>	<u>6</u>
<i>Frittata with Ricotta Salata, Green Onions and Parsley</i>	<u>7</u>
<i>Greek Potato and Almond Dip</i>	<u>8</u>
<i>Grilled Cheese and Tomato Stacks</i>	<u>9</u>
<i>Grilled Lobster Rolls</i>	<u>10</u>
<i>Mediterranean Crusted Cod with Roasted Cherry Tomatoes</i>	<u>11</u>
<i>Mediterranean Flat Breads</i>	<u>12</u>
<i>Sweet Couscous with Nuts and Dates</i>	<u>13</u>
SALADS	
<i>Arugula Salad with Oranges and Caramelized Fennel</i>	<u>15</u>
<i>Fennel and Orange Salad</i>	<u>16</u>
<i>Mediterranean Chef Salad with Polenta Croutons</i>	<u>17</u>
<i>Mediterranean Couscous and Lentil Salad</i>	<u>18</u>
<i>Mediterranean Roasted Vegetable Salad</i>	<u>19</u>
<i>Mixed Greens and Marinated Anchovies</i>	<u>20</u>
<i>Radicchio Salad with Oranges and Olives</i>	<u>21</u>
<i>Watercress, Pear, and Pomegranate Salad</i>	<u>22</u>
SOUPS AND VEGETARIAN	
<i>Cheese, Bread and Egg Soup</i>	<u>24</u>
<i>Cucumber Gazpacho with Shrimp and Melon</i>	<u>25</u>

<u>Greek Mussel and Potato Stew</u>	<u>26</u>
<u>Green Bean, Zucchini and Potato Stew</u>	<u>27</u>
<u>Moroccan Herbed Olives</u>	<u>28</u>
<u>Monkfish and Clam Bourride</u>	<u>29</u>
<u>Roasted Red Pepper Soup with Tiger Prawns and Scallops</u>	<u>30</u>
<u>Tunisian Aromatic Fish Soup with Potatoes</u>	<u>31</u>

DINNER

<u>Fish Steaks Braised with Bell Peppers, Olives and Lemons</u>	<u>33</u>
<u>Fricassée of Lobster with Pasta</u>	<u>34</u>
<u>Greek Salad with Orzo and Black-Eyed Peas</u>	<u>35</u>
<u>Grilled Shrimp with Cherokee and Oxheart Tomato Tartare</u>	<u>36</u>
<u>Grilled Stripped Bass with Lemon and Fennel</u>	<u>37</u>
<u>Mahi-Mahi in Tomato Olive Sauce</u>	<u>38</u>
<u>Potato and Tuna Turnovers</u>	<u>39</u>
<u>Red Mullet Baked in Grape (vine) Leaves</u>	<u>40</u>
<u>Sautéed Chicken with Tomatoes, Olives and Feta</u>	<u>41</u>
<u>Squid in Red Wine and Tomato Sauce</u>	<u>42</u>
<u>Veal Scallops with Bacon and Potatoes</u>	<u>43</u>

SWEETS

<u>Cherry Tart</u>	<u>45</u>
<u>Flourless Lemon-Almond Cake</u>	<u>46</u>
<u>Neapolitan Biscotti</u>	<u>47</u>
<u>Quick Pear Tarts with Ice Cream</u>	<u>48</u>



Breakfast & Light Lunches

BLACK OLIVE AND GOAT CHEESE SANDWICH

Serves 8

Goat cheese:

1 pound fresh goat cheese
1/4 cup cream
2 tablespoons chopped thyme leaves

Tapenade:

1 cup pitted Kalamata olives
2 anchovy fillets
2 teaspoons capers packed in brine, rinsed and drained
1/2 teaspoon smashed garlic

Goat Cheese:

Place all the ingredients in a bowl and stir to combine. Set aside.

Tapenade:

Place all of the ingredients in a food processor fitted with the metal blade and process until finely chopped. Transfer to a bowl and set aside.

Step 1. Lay the tortillas in front of you. Spread 1/4 cup of the goat cheese over the center portion of each tortilla. Spread 1 generous tablespoon of the tapenade over the goat cheese.

Step 2. Cut each pepper half into 6 strips and lay 3 strips along the center of each tortilla. Top the pepper with some frisée.

Step 3. Fold two sides of the tortilla over the frisée, then roll up the

Assembly:

8 flour tortillas, 10 inches in diameter
2 roasted red bell peppers
2 cups frisée, coarse ends trimmed, curly tips torn into pieces



tortilla. Cut each wrap crosswise into 4 pieces and serve from a platter.

EGGPLANT OMELET WITH CORIANDER AND CARAWAY

Serves 8

3 medium eggplants (about 1 pound each)	1 teaspoon caraway seeds, crushed in mortar with pestle
5 tablespoons extra-virgin olive oil	1/2 teaspoon ground coriander
2 large onions, sliced	3/4 teaspoon salt
4 garlic cloves, minced	1/4 teaspoon pepper
6 large eggs	1 lemon, cut into wedge
3/4 cup coarsely chopped fresh parsley	

Step 1. Preheat broiler. Pierce eggplants all over with fork. Place eggplants in baking pan.

Step 2. Broil eggplants until skins blacken and flesh feels very soft to touch, turning occasionally, about 25 minutes. Cool eggplants; stem and peel. Transfer eggplants to colander and let drain 30 minutes, turning occasionally and pressing with spoon to extract liquid. Transfer eggplants to bowl; mash.

Step 3. Heat 3 tablespoons oil in heavy large skillet over medium-low heat. Add onions; sauté until golden, about 20 minutes. Add garlic and sauté 4 minutes. Set aside.

Step 4. Whisk eggs in large bowl to blend. Mix in mashed eggplant, onion mixture, chopped parsley, caraway, coriander, salt and pepper.

Step 5. Preheat broiler. Heat remaining 2 tablespoons oil in large broiler-proof nonstick skillet over very low heat. Add egg mixture, cover and cook until omelet is almost set, about 15 minutes. Uncover skillet and place



under broiler until top is set and pale golden, about 5 minutes. Using rubber spatula, loosen omelet and slide out onto plate. Garnish with lemon wedges. Serve hot or at room temperature.

FRITTATA WITH RICOTTA SALATA, GREEN ONIONS AND PARSLEY

Serves 6

- 3 tablespoons extra-virgin olive oil
- 1 bunch green onions, chopped
- 8 large eggs
- 6 ounces ricotta salata or feta cheese, cut into small cubes
- 1/2 cup chopped fresh Italian parsley
- 2 tablespoons milk
- 1/2 teaspoon salt
- 1/2 teaspoon pepper



- Step 1.** Heat 1 tablespoon oil in 12-inch-diameter broiler-proof nonstick skillet over medium heat. Add green onions and sauté until tender, about 3 minutes. Transfer to large bowl and cool. Add eggs, cheese, parsley, milk, salt and pepper to onions and whisk until blended.
- Step 2.** Preheat broiler. Heat remaining 2 tablespoons oil in same skillet over medium-high heat. Add egg mixture. Tilt and swirl pan to distribute evenly. Using rubber spatula, lift up edges of cooked egg to allow uncooked portion to flow under; cook until beginning to set. Reduce heat to low. Cover and cook until frittata is almost set, about 8 minutes. Transfer skillet to broiler; broil until frittata is set and top just begins to brown, about 3 minutes. Slide frittata onto plate. Cut into wedges. Serve Warm or at room temperature.

GREEK POTATO AND ALMOND DIP

Makes about 2 1/4 cups

3/4 pound russet (baking) potatoes, peeled and cut into 1-inch pieces
1/2 cup sliced almonds
1/2 cup coarse fresh white bread crumbs
3 garlic cloves
1/2 cup water
3 to 4 teaspoons fresh lemon juice, divided
2/3 cup extra-virgin olive oil, warmed

Best accompanied with: crackers



Step 1. Preheat oven to 350°F with rack in middle.

Step 2. Cover potatoes with water in a small pot and season well with salt, then simmer until tender, about 15 minutes.

Step 3. While potatoes cook, toast almonds and bread crumbs separately in oven until pale golden, 8 to 10 minutes, then cool.

Step 4. With motor running, drop garlic into a food processor and chop. Add nuts and bread crumbs and finely grind. Pulse in water, 3/4 teaspoon salt, and 1 tablespoon lemon juice.

Step 5. Drain potatoes and coarsely mash with fork, then add to processor with oil and pulse to combine. Add lemon juice to taste and thin with a little water if desired.

GRILLED CHEESE AND TOMATO STACKS

Serves 4 to 6

1 teaspoon extra-virgin olive oil
1 teaspoon finely chopped fresh mint
1/4 teaspoon ground cumin
1/2 pound Halloumi cheese, cut into 1/4-inch-thick slices
16 white or whole wheat mini pitas
2 ripe medium tomatoes, cored, halved, cut into 1/4-inch-thick slices
Salt

Step 1. Whisk 1 teaspoon oil, mint, cumin, and pinch of freshly ground black pepper in medium bowl to blend. Add cheese slices; toss to coat. Marinate at room temperature at least 30 minutes and up to 2 hours. **DO AHEAD: Can be made 2 days ahead. Cover; chill.**

Step 2. Prepare barbecue (medium-high heat). Grill pitas until warm and grill marks appear, about 1 minute per side; transfer to serving plate. Grill cheese until grill marks appear and cheese begins to melt, about 1 minute per side. Stack each warm pita with slice of tomato and cheese. Drizzle with oil and sprinkle tomatoes lightly with sea salt.



GRILLED LOBSTER ROLLS

Serves 4

2 10 to 12-ounce lobster tails, thawed if frozen
2 teaspoons extra-virgin olive oil
4 whole-wheat hot-dog buns
1 cup snow peas, trimmed
1/4 cup minced celery
1/4 cup reduced-fat mayonnaise
1 tablespoon plus 2 teaspoons lemon juice

1 tablespoon minced shallot
2 teaspoons Dijon mustard
1 teaspoon chopped fresh tarragon
1/2 teaspoon freshly ground pepper
1/8 teaspoon salt, or more to taste
1/4 teaspoon garlic powder



Step 1. Preheat grill to medium-high.

Step 2. Lay lobster tails on a cutting board with the soft side of the shell facing up. Cut the tails in half lengthwise through the shell using kitchen shears, starting from the fan. Run your fingertips along the inside of the shell to loosen the meat in the shell. Brush the meat with oil.

Step 3. Lay the tails on the grill, cut-side down, and cook until the meat is lightly charred and the shell is beginning to turn red, 5 to 6 minutes. Turn and continue grilling until the meat is opaque and cooked through and the shell is completely red, 2 to 4 minutes more. Transfer the lobster to a cutting board. Meanwhile, toast buns over indirect heat, 3 to 5 minutes.

Step 4. While the lobster cools, bring a small pan of water to a boil. Cook snow peas until bright green, 1 minute. Drain, refresh under cold water and slice very thinly (almost shredded). When the lobster is cool enough to

handle, remove the shell and coarsely chop the meat.

Step 5. Mix celery, mayonnaise, lemon juice, shallot, mustard, tarragon, pepper, salt and garlic powder in a large bowl. Stir in the chopped lobster and snow peas. Divide the salad among the toasted buns.

MEDITERRANEAN CRUSTED COD WITH ROASTED CHERRY TOMATOES

Serves 4

2 large cloves garlic, crushed
pinch of dried red chilli flakes
1 tablespoon chopped flat leaf parsley
4 tablespoon extra-virgin olive oil
4 200g cod fillets, skinned and boned
2 lemons
2 small vines of baby cherry tomatoes
4 large sprigs fresh rosemary
green salad, to serve

For the couscous:

400 g quick-cook couscous
1 tablespoon chopped flat leaf parsley
squeeze of lemon juice
2 spring onions, finely chopped
4 tablespoon extra-virgin olive oil



- Step 1.** Preheat the oven to 220°C/gas 7. Place the garlic in a bowl with the chilli flakes, parsley and half of the extra-virgin olive oil. Season and mash into a paste.
- Step 2.** Place the cod fillets in a shallow dish. Spread the garlic mixture all over the cod, cover and leave in the refrigerator to marinate for between 10 minutes and 4 hours, to allow the flavors to combine.
- Step 3.** Trim the lemons, cut them into thin slices and carefully remove any pips. Divide the slices into four portions, place in a large ovenproof dish and sit a piece of cod on top of each portion. Place the cherry tomato vines alongside and tuck in the rosemary sprigs.
- Step 4.** Drizzle the remaining extra-virgin olive oil over the tomatoes and rosemary, then bake in the preheated oven for 10 minutes, until the cod is just tender and the tomatoes are warmed through and just beginning to burst.
- Step 5.** Meanwhile, make the couscous. Follow the cooking instructions on the packet. Mix the parsley, lemon juice,

spring onions and extra-virgin olive oil into the cooked couscous.6. Serve the fish at once with the lemon couscous and a fresh green salad.

MEDITERRANEAN FLAT BREADS

Serves 4 to 6

For the flat breads:

500g strong bread flour
25g yeast
15g salt
280 ml water
1 tablespoon extra-virgin olive oil

For the topping:

1 tablespoon extra-virgin olive oil
6 plum tomatoes
1 bunch of basil, torn
black pepper
1 mozzarella, sliced
75 manchego cheese, finely sliced
12 slices of salami



Step 1. First make the flat breads. Combine the flour, yeast, salt and water to form a dough. Knead for five minutes and rest for 10 more minutes.

Step 2. Divide the dough into five balls and roll out to the size of your frying pan.

Step 3. Fry the flat bread in a little extra-virgin olive oil for about two minutes on each side. Remove and place to one side. Repeat with the rest of the dough balls.

Step 4. Heat the rest of the extra-virgin olive oil in a frying pan. Add the plum tomatoes and fry until softened, stirring now and then.

Step 5. Mix in the basil, season with salt and freshly ground pepper and fry, stirring often, until reduced and thickened.

Step 6. Spread the tomato sauce over the flat breads. Top them with the mozzarella, Manchego and salami.

Step 7. Preheat the grill. Grill the topped breads until the cheese melts and serve warm from the grill.

SWEET COUSCOUS WITH NUTS AND DATES

Serves 8

2 2/3 cups couscous (about 1 pound)

2 2/3 cups water

1/2 cup sugar

1/4 cup extra-virgin olive oil

1 1/2 cups chopped toasted mixed nuts (such as walnuts, blanched almonds, hazelnuts, pistachios and pine nuts)

1 8-ounce box pitted dates, cut into pieces

2 cups milk, hot

Additional sugar

Step 1. Place couscous in large bowl. Bring 2 2/3 cups water, 1/2 cup sugar and oil to boil in heavy large saucepan, stirring to dissolve sugar. Pour mixture over couscous and stir until well blended. Cover and let stand 10 minutes. Fluff with fork to separate grains. Mix nuts and dates into couscous. Transfer couscous to 13x9x2-inch baking dish. Cool. Cover with foil. *(Can be prepared 4 hours ahead. Let stand at room temperature.)*

Step 2. Preheat oven to 350°F. Bake couscous until heated through, about 20 minutes. Spoon into bowls. Serve, passing hot milk and additional sugar separately.





Salads

ARUGULA SALAD WITH ORANGES AND CARAMELIZED FENNEL

Serves 8

2 large fresh fennel bulbs, trimmed, each cut vertically into 12 wedges with some core attached
6 fresh thyme sprigs
6 tablespoons extra-virgin olive oil, divided
1/4 cup Sherry wine vinegar
1 tablespoon Dijon mustard
4 oranges, all peel and white pith cut away, halved vertically, thinly sliced crosswise
2 5-ounce packages baby arugula

Step 1. Preheat oven to 400°F. Combine fennel wedges, thyme, and 4 tablespoons oil in large bowl; toss to coat. Arrange fennel, cut side down, on large rimmed baking sheet. Sprinkle with salt and pepper. Roast until fennel is tender and brown, turning once, about 40 minutes. Discard thyme sprigs. DO AHEAD: Can be made 2 hours ahead. Let stand at room temperature.

Step 2. Whisk vinegar, mustard, and 2 tablespoons oil in large bowl. Season dressing with salt and pepper. Add fennel, orange slices, and arugula. Toss to coat. Transfer salad to large shallow bowl.



FENNEL AND ORANGE SALAD

Serves 25

6 tablespoons fresh lemon juice
1 tablespoon Dijon mustard
1 cup extra -virgin olive oil
12 large fennel bulbs, trimmed, halved lengthwise, cored, sliced crosswise
20 oranges
3 large heads of radicchio
1/2 cup thinly sliced fresh mint leaves

Step 1. Whisk lemon juice and mustard in small bowl. Gradually whisk in oil. Season with salt and generous amount of pepper. Place fennel in large bowl. Add dressing; toss to coat. Season with salt and pepper. *(Can be made 1 day ahead. Cover and chill.)*

Step 2. Cut peel and white pith from oranges. Cut oranges into 1/4-inch-thick rounds. Line large platters with whole radicchio leaves. Overlap oranges atop radicchio. Toss fennel to coat with dressing, then spoon into center of platters. Sprinkle with mint and serve.



MEDITERRANEAN CHEF SALAD WITH POLENTA CROUTONS

Serves 4

1 package (18 ounces) fat-free, plain precooked polenta	1/4 teaspoon black pepper
Extra-virgin olive oil cooking spray	1/4 teaspoon red pepper flakes
2 pints grape tomatoes	1 head romaine, torn (about 6 cups)
2 tablespoons balsamic vinegar	20 basil leaves
1 cup canned cannellini beans, rinsed and drained	4 ounces fresh part-skim mozzarella, cut into small cubes
1/2 teaspoon salt	

Step 1. Heat oven to 400°F. Halve polenta lengthwise, then halve each piece lengthwise. Slice crosswise 7 times (to yield 32 triangles). Coat a small baking sheet with cooking spray; evenly arrange triangles; coat tops with cooking spray. Place tomatoes on a small rimmed baking sheet; spray with oil and toss.

Step 2. Place both sheets in oven for 10 minutes; remove tomatoes from oven and stir. Return to oven and cook until croutons are toasted on 1 side and tomatoes are wrinkled and brown in spots, about 20 minutes more. Remove tomatoes.

Step 3. Flip croutons; return to oven for 20 minutes more. Pour vinegar over tomatoes; transfer to a bowl. Mix in beans, salt, pepper and pepper flakes; set aside. Divide romaine and basil among 4 plates. Pour tomato mixture over greens; top with croutons and cheese.



MEDITERRANEAN COUSCOUS AND LENTIL SALAD

Serves 6

1 cup lentilles du *Puy* (French green lentils) or brown lentils
3 tablespoons white-wine vinegar
1 1/4 cups water
1 cup couscous
1/2 teaspoons salt
1/4 cup extra-virgin olive oil

1 large garlic clove, minced and mashed to a paste with 1/4 teaspoon salt
1/2 cup finely chopped fresh mint leaves
1 bunch arugula, stems discarded and leaves washed well, spun dry, and chopped
2 cups vine-ripened cherry tomatoes, halved
1/4 pound feta, crumbled (about 1 cup)

Step 1. In a small saucepan simmer lentils in water to cover by 2 inches until tender but not falling apart, 15 to 20 minutes, and drain well. Transfer hot lentils to a bowl and stir in 1 tablespoon vinegar and salt and pepper to taste. Cool lentils completely, stirring occasionally.

Step 2. In a saucepan bring water to a boil and add couscous and salt. Remove pan from heat and let couscous stand, covered, 5 minutes. Fluff couscous with a fork and transfer to a large bowl. Stir in 1 tablespoon oil and cool completely, stirring occasionally.

Step 3. In a small bowl whisk together garlic paste, remaining 2 tablespoons vinegar, remaining 3 tablespoons oil, and salt and



pepper to taste. Stir lentils and dressing into couscous. Chill salad, covered, at least 3 hours and up to 24.

Step 4. Just before serving, stir in remaining ingredients and season with salt and pepper.

MEDITERRANEAN ROASTED VEGETABLE SALAD

Serves 20

1 1 1/2-pound eggplant, cut lengthwise into 1-inch-wide slices

2 large red onions, cut into 1-inch pieces

2 pounds red-skinned potatoes, cut into 1 x 3/4-inch pieces

9 tablespoons extra-virgin olive oil

2 large red bell peppers, cut into 1 1/2-inch squares

4 zucchini, halved lengthwise, cut crosswise into 1 1/2-inch pieces

2 tablespoons Dijon mustard

2 tablespoons balsamic vinegar

3/4 cup chopped fresh basil

2 heads radicchio, cut into 1 1/2-inch pieces

2 1/2-ounce packages arugula, cut into bite-size pieces

1 1/2 cups coarsely grated Pecorino Romano cheese

Step 1. Preheat broiler. Brush eggplant with extra-virgin olive oil. Sprinkle with salt and pepper. Broil until brown and just cooked through, about 2 minutes per side. Transfer to paper towels and drain.

Step 2. Preheat oven to 425°F. Combine onions and potatoes on large baking sheet. Drizzle with 3 tablespoons oil; toss to coat. Season with salt and pepper. Place peppers on medium baking sheet. Add 1 tablespoon oil; toss to coat. Season with salt and pepper. Roast vegetables until tender and light golden, stirring occasionally, about 35 minutes for peppers and about 1 hour for potatoes and onions. Transfer to large bowl. Place zucchini on medium baking sheet. Add 1 tablespoon oil; toss to coat. Season with salt and pepper. Bake until crisp-tender, about 20 minutes. Transfer to bowl with vegetables. Cut eggplant into 1-inch squares and add to vegetables in bowl.

Step 3. Combine mustard and vinegar in small bowl. Gradually mix in remaining 4 tablespoons extra-virgin olive oil.



Add basil. Add dressing to salad and mix to coat. (Can be made 1 day ahead. Cover; chill. Bring to room temperature before continuing.)

Step 4. Mix radicchio, arugula and cheese into salad. Season with salt and pepper.

MIXED GREENS AND MARINATED ANCHOVIES

Serves 4

2/3 cup plus 1/4 cup extra-virgin olive oil	12 1/2-inch-thick baguette slices
1/4 cup chopped fresh oregano	1 5-ounce bag mixed baby greens
2 tablespoons fresh lemon juice	2 tablespoons balsamic vinegar
3 garlic cloves, minced	
2 teaspoons grated lemon peel	
1/2 teaspoon dried crushed red pepper	
2 2-ounce cans anchovies packed in oil or two 3.75-ounce cans sardines packed in oil, drained well	

- Step 1.** Blend 2/3 cup extra-virgin olive oil, oregano, lemon juice, garlic, lemon peel, and crushed red pepper in medium bowl; transfer 1/4 cup marinade to small bowl and reserve. Mix anchovies into remaining marinade. Let stand 2 hours at room temperature.
- Step 2.** Preheat oven to 350°F. Brush bread slices on both sides with reserved marinade; arrange on baking sheet. Bake until toasts are golden, about 10 minutes.
- Step 3.** Place greens in large bowl. Add balsamic vinegar and remaining 1/4 cup extra-virgin olive oil; toss to coat. Season to taste with salt and pepper. Divide greens among 4 plates. Top each salad with anchovies; garnish each with 3 toasts.



RADICCHIO SALAD WITH ORANGES AND OLIVES

Serves 6 to 8

3 oranges

2 tablespoons Sherry wine vinegar

1/3 cup extra-virgin olive oil

2 cups (loosely packed) mâche

1 large head of frisée, halved, torn into pieces (about 6 cups loosely packed)

1 large head of Chioggia, Tardivo, or Castelfranco radicchio, halved, torn into pieces (about 5 cups loosely packed)

1/2 medium red onion, thinly sliced (about 2 cups)

1/2 cup Kalamata olives, pitted, halved

4 ounces feta cheese, crumbled

Step 1. Cut peel and white pith from oranges. Working over small bowl and using small sharp knife, cut between membranes to release segments. Squeeze membranes to release juice. Combine 1/4 cup orange juice and vinegar in small bowl (reserve remaining juice for another use). Whisk in extra-virgin olive oil. Season with salt and pepper.

Step 2. Toss mâche, frisée, and radicchio in large bowl. Add orange segments, sliced red onion, and Kalamata olives. Drizzle orange dressing over salad and toss well to coat. Sprinkle with crumbled feta cheese and serve.



WATERCRESS, PEAR, AND POMEGRANATE SALAD

Serves 6

1/4 cup extra-virgin olive oil	2 large bunches watercress, thick stems trimmed
3 tablespoons pure pomegranate juice	1 head butter lettuce, torn into bite-size pieces
3 tablespoons white wine vinegar	2 firm but ripe pears, halved, cored, each half cut into 6 wedges
2 tablespoons walnut oil	1/2 cup crumbled ricotta salata cheese or feta cheese
1/2 teaspoon Dijon mustard	1/2 cup fresh pomegranate kernels

Step 1. Whisk first 5 ingredients in small bowl. Season with salt and pepper.

Step 2. Combine watercress and lettuce in bowl. Pour all but 2 tablespoons dressing over; toss to coat. Divide greens among 6 plates. Arrange 4 pear wedges in spoke pattern on each plate. Drizzle 2 tablespoons dressing over pears. Sprinkle with cheese and pomegranate kernels.





Soups & Vegetarian

CHEESE, BREAD AND EGG SOUP

Serves 6

12 4x3x1/2-inch slices country-style whole wheat or sourdough bread
1/3 cup extra-virgin olive oil
8 cups canned low-salt chicken broth
2 large eggs
1/2 cup freshly grated pecorino Sardo or pecorino Romano cheese
1/4 cup chopped fresh Italian parsley
8 ounces fresh water-packed mozzarella cheese, diced

- Step 1.** Preheat oven to 400°F. Brush bread slices generously on both sides with extra-virgin olive oil. Place bread on baking sheet. Bake until light golden, turning once, about 5 minutes per side.
- Step 2.** Bring broth to boil in large pot. Whisk eggs and cheese in medium bowl to blend. Gradually add egg mixture to boiling broth, stirring to form egg strands, about 1 minute. Add parsley; season with salt and pepper.
- Step 3.** Place 2 bread slices in each of 6 soup bowls. Sprinkle with diced mozzarella cheese. Ladle soup into bowls.



CUCUMBER GAZPACHO WITH SHRIMP AND MELON

Serves 6

1 3/4 large cucumbers, peeled, seeded, and coarsely chopped (about 3 1/4 cup), plus 1/4 large cucumber, peeled, seeded, and cut into small dice

2 scallions (white and green parts), coarsely chopped

1/2 cup (loosely packed) assorted fresh herbs, such as basil, chives, and mint, coarsely chopped, plus 1/4 cup finely chopped

1 (1/2-inch) piece fresh ginger, coarsely chopped

1 small clove garlic, coarsely chopped

3 tablespoons extra-virgin olive oil

1/4 cup plain low-fat yogurt

3/4 teaspoon kosher salt

1/4 teaspoon freshly ground black pepper

1/4 teaspoon hot sauce

1/4 pound large shrimp (31 to 40 count per pound) peeled, cooked, and cut into medium dice (about 8 shrimp)

1/2 cup seedless watermelon or cantaloupe, cut into small dice



Step 1. In blender or food processor, combine coarsely chopped cucumber, scallions, coarsely chopped herbs, ginger, garlic, extra-virgin olive oil, and yogurt and process until smooth, about 1 minute. Stir in 1/2 teaspoon salt, pepper, and hot sauce, then transfer to large airtight container and refrigerate 1 hour or up to 4 hours.

Step 2. In small bowl, stir together shrimp and remaining cucumbers, herbs, and salt.

Step 3. Fold watermelon or cantaloupe into soup. Divide soup evenly among 4 chilled bowls and top each with dollop of shrimp mixture. Serve immediately.

GREEK MUSSEL AND POTATO STEW

Serves 4

1/4 cup extra-virgin olive oil
2 medium onions, chopped
2 garlic cloves, thinly sliced
2 medium russet potatoes, peeled, cut into 1/2-inch cubes
3 medium tomatoes, peeled, seeded, diced
1 carrot, thinly sliced
1 1/4 cups water
3 tablespoons chopped fresh Italian parsley
20 mussels, scrubbed, debearded



Step 1. Heat oil in heavy large saucepan over medium heat. Add onions and garlic; sauté until soft, about 7 minutes. Add potatoes, tomatoes and carrot. Reduce heat; simmer until thick, stirring often, about 12 minutes. Add water and parsley. Bring to simmer. Cover; cook until potatoes are tender, about 15 minutes. Season with salt and pepper.

Step 2. Add mussels. Cover; simmer until mussels open, about 5 minutes. Discard any that do not open.

GREEN BEAN, ZUCCHINI AND POTATO STEW

Serves 6 to 8

1/4 cup extra-virgin olive oil

1 cup chopped onion

1 pound fresh green beans, trimmed, halved crosswise

1/4 teaspoon cayenne pepper

8 ounces zucchini, cut into 1-inch-thick slices

8 ounces russet potatoes, peeled, cut into 1-inch cubes

3/4 cup chopped fresh Italian parsley

1 28-ounce can Italian-style tomatoes, drained, juices reserved, tomatoes chopped



Heat oil in heavy large nonstick skillet over medium-high heat. Add onion and sauté 5 minute Add green beans and cayenne pepper and sauté until onion is translucent, about 3 minutes. Add zucchini, potatoes and parsley. Pour tomatoes and their juices over vegetables. Bring to boil. Reduce heat. Cover and simmer until potatoes are tender, stirring frequently, about 45 minutes. Season with salt and pepper. Remove from heat. (Can be prepared 1 day ahead. Cover and refrigerate.) Serve warm or at room temperature.

MOROCCAN HERBED OLIVES

1 pound Kalamata or Greek olives
1/4 cup extra-virgin olive oil
2 tablespoons snipped parsley
2 tablespoons snipped fresh cilantro
1 tablespoon lemon juice
1/2 teaspoon crushed red pepper
2 cloves garlic, finely chopped

- Step 1.** Rinse olives under cold running water; drain. Place in 1-quart jar with tight-fitting lid.
- Step 2.** Mix remaining ingredients; pour over olives. Cover tightly and refrigerate, turning jar upside down occasionally, 1 to 2 weeks.
- Step 3.** Serve at room temperature. These keep well if tightly covered and refrigerated.



MONKFISH AND CLAM BOURRIDE

Serves 4

6 small (1 1/2- to 2-inch) red potatoes (3/4 pound)
2 large leeks (white parts only), cut crosswise into 1/4-inch-thick slices
1 (1-pound) piece monkfish fillet, cut into 2-inch chunks
Slow-braised tomatoes
4 garlic cloves, 3 thinly sliced and 1 halved crosswise
24 small hard-shelled clams (2 pounds) less than 2 inches wide, scrubbed well
1 large fennel bulb, stalks discarded and bulb halved lengthwise, cored, and thinly sliced lengthwise

1/2 cup dry white wine
1/2 cup water
1 teaspoon dried hot red pepper flakes
1 teaspoon finely grated fresh lemon zest
8 fresh basil leaves, chopped
2 tablespoons chopped fresh parsley
4 (3/4-inch-thick) slices crusty bread, toasted
1 cup thinly sliced shallots
3 tablespoons extra-virgin olive oil

Best accompanied with: aioli and green olive tapenade

Garnish: 8 whole fresh basil leaves

- Step 1.** Quarter potatoes, then cover by 1 inch with salted cold water in a 3-quart saucepan and simmer, covered, until just tender, 7 to 10 minutes. Drain in a colander, then cool.
- Step 2.** Wash leeks in a bowl of cold water, agitating water to loosen any sand, and lift leeks from water to a sieve to drain. Pat dry.
- Step 3.** Pat monkfish dry and season with salt and pepper. Heat oil in a deep 12-inch heavy skillet over moderately high heat until hot but not smoking, then sear monkfish lightly on all sides until golden, about 2 minutes total (fish will not be cooked through). Transfer fish to a plate using tongs.
- Step 4.** Heat 2 tablespoons oil from slow-braised tomatoes in skillet over moderately high heat until hot but not smoking, then sauté leeks, fennel, and shallots, stirring, until softened and edges begin to brown, 4 to 6 minutes. Add sliced garlic and sauté, stirring, until fragrant, about 2 minutes.
- Step 5.** Add clams, wine, water, red pepper flakes, zest, and tomato halves and cook, covered, until clams are fully open, 6 to 10 minutes, checking every minute after 6 minutes and removing clams as they fully open. (Discard any clams that have not

opened after 10 minutes.) Using tongs, transfer clams to a large bowl or soup tureen.

Step 6. Add monkfish and potatoes to skillet and simmer, covered, until fish is just cooked through, 4 to 6 minutes. Remove from heat and stir in basil and parsley. Season with salt and pour over clams.

Step 7. While monkfish is cooking, rub one side of each toast with a cut side of halved garlic clove. Divide bourride among 4 shallow bowls. Add a garlic toast and top with a spoonful each of aioli and tapenade.

ROASTED RED PEPPER SOUP WITH TIGER PRAWNS AND SCALLOPS

Serves 4

6 red peppers, skinned, seeds removed	4 large tiger prawns, tails removed
3 tablespoon extra-virgin olive oil	1 clove garlic, finely chopped
1 teaspoon paprika	1 teaspoon finely chopped ginger
50g white breadcrumbs	25g butter
3 tablespoon balsamic vinegar	2 teaspoon lime juice
450ml fish stock	sprigs coriander, to garnish
8 large scallops	fine sea salt and freshly ground black pepper

Step 1. Preheat the oven to 200C/gas 6 and roast the pepper for 25 minutes or so, until soft. Remove from the oven and leave in a sealed plastic bag until cold. Peel the skin and remove the core and seeds.

Step 2. Place the peppers, extra-virgin olive oil, paprika, breadcrumbs and balsamic vinegar into a food processor, pour over the fish stock and blend until smooth. Transfer to the fridge.

Step 3. Season the scallops and prawns with salt and pepper and combine with the garlic and a little of the ginger.

Step 4. Melt the butter in a frying pan or griddle pan and cook the scallops and prawns for 2 minutes on each side.

Step 5. Pour the lime juice over the top of the fish and leave it to sizzle for a few seconds.



Step 6. Ladle the soup into bowls, adding 2 scallops and 1 prawn in each bowl. Garnish with the remaining ginger and coriander sprigs.

TUNISIAN AROMATIC FISH SOUP WITH POTATOES

Serves 4

- 4 cups water
- 1 pound potatoes, peeled, halved lengthwise, cut crosswise into 1/2-inch-thick slices
- 2 medium tomatoes, peeled, quartered
- 3 garlic cloves, chopped
- 2 tablespoons chopped fresh mint
- 1 1/2 tablespoons fresh lemon juice
- 1 teaspoon paprika
- 1/2 teaspoon ground cumin
- 1/4 teaspoon dried crushed red pepper
- 1/3 cup plus 1 tablespoon finely chopped cilantro or parsley
- 1 pound 1-inch-thick firm white fish fillets (such as cod, haddock or sea bass)
- 3 tablespoons extra-virgin olive oil



Combine first 9 ingredients in large pot. Add 1/3 cup cilantro and bring to boil. Reduce heat, cover and simmer 20 minutes. Uncover and simmer 10 minutes. Add fish and extra-virgin olive oil and simmer until fish is cooked, about 10 minutes. Using back of spoon, break up fish into smaller pieces. Season soup to taste with salt and pepper. Ladle soup into bowls. Sprinkle with 1 tablespoon chopped cilantro and serve.



Dinner

FISH STEAKS BRAISED WITH BELL PEPPERS, OLIVES AND LEMONS

Serves 4

4 tablespoons extra-virgin olive oil, divided
1 large onion, thinly sliced
1 red bell pepper, thinly sliced
2 garlic cloves, chopped
1 cup Kalamata olives, pitted, coarsely chopped
2 lemons, halved lengthwise, cut crosswise into thin slices
1 cup dry white wine
4 8- to 9-ounce fish steaks (such as halibut or salmon; each 1 inch thick)
1 tablespoon chopped fresh Italian parsley
Extra-virgin olive oil



- Step 1.** Heat 2 tablespoons extra-virgin olive oil in heavy large saucepan over medium-high heat. Add onion and bell pepper. Sauté until onion is translucent, about 12 minutes. Add garlic and stir 1 minute. Add olives, lemons, and wine and bring to boil.
- Step 2.** Meanwhile, heat 2 tablespoons extra-virgin olive oil in heavy large skillet over high heat. Sprinkle fish steaks with salt and pepper. Add to skillet and sauté until first side browns, about 2 minutes.
- Step 3.** Turn fish over. Add bell pepper mixture and juices; add parsley. Reduce heat to medium; simmer uncovered until fish is just opaque in center, about 5 minutes. Season with salt and pepper.
- Step 4.** Divide fish and sauce among shallow bowls; drizzle with extra-virgin olive oil.

FRICASSÉE OF LOBSTER WITH PASTA

Serves 4

2 1/2-pound whole live lobsters
1/4 cup extra-virgin olive oil
9 shallots, chopped (about 1 1/2 cups)
2 tablespoons Cognac or brandy
1 cup dry white wine
1 1/2 cups whipping cream
6 ounces angel hair pasta

- Step 1.** Cook lobsters in large pot of boiling salted water 4 minutes (lobsters will not be completely cooked through). Working over bowl to collect juices, twist off lobster heads to separate from tails. Cut heads in half lengthwise. Cut tails into thick medallions (do not remove shells). Crack claws but leave intact.
- Step 2.** Heat oil in heavy large skillet over high heat. Add shallots and sauté until soft, about 5 minutes. Add lobster with shells and juices and Cognac and ignite carefully. Cover skillet to extinguish flame. Add wine and simmer 3 minutes. Add cream and simmer until sauce thickens slightly, about 3 minutes. Season sauce to taste with salt and pepper. Remove from heat. Cover to keep warm.
- Step 3.** Cook pasta in large pot of boiling salted water until just tender but still firm to bite, stirring occasionally. Drain. Transfer to platter. Spoon lobster with sauce over pasta and serve.



GREEK SALAD WITH ORZO AND BLACK-EYED PEAS

Serves 4

- 3/4 cup orzo
- 1 (15-ounce) can black-eyed peas, drained and rinsed
- 1 large tomato, diced (1 cup)
- 2 tablespoons chopped flat-leaf parsley
- 2 tablespoons red-wine vinegar
- 2 tablespoons extra-virgin olive oil, divided
- 1/2 seedless cucumber, halved lengthwise, cored, and diced (1 cup)
- 1/2 cup pitted Kalamata olives, slivered
- 1/3 cup thinly sliced red onion
- 1 teaspoon grated lemon zest
- 2 tablespoons fresh lemon juice
- 1 tablespoon finely chopped oregano
- 2 to 3 cups coarsely chopped romaine
- 1/2 pound feta, crumbled (1 cup)
- 4 to 8 peperoncini

Best Accompanied with: Pita Chips

Step 1. Cook orzo according to package instructions. Drain in a sieve and rinse under cold water until cool. Drain well.

Step 2. Toss black-eyed peas, tomato, and parsley with vinegar, 1 tablespoon oil, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Marinate, stirring occasionally, 15 minutes.



- Step 3.** Meanwhile, toss together orzo, remaining tablespoon oil, cucumber, olives, onion, lemon zest and juice, oregano, 1/2 teaspoon salt, and 1/4 teaspoon pepper in a large bowl.
- Step 4.** Divide black-eyed-pea mixture (with juices) among jars and layer orzo salad, romaine, and feta on top. Add 1 or 2 peperoncini to each jar.

GRILLED SHRIMP WITH CHEROKEE AND OXHEART TOMATO TARTARE

Serves 6

- 2 Giant Oxheart tomatoes (about 12 ounces total)
- 2 Cherokee Purple tomatoes (about 12 ounces total)
- 1 teaspoon fleur de sel or coarse kosher salt plus additional for sprinkling
- 2 tablespoons coarsely chopped fresh opal or green basil plus additional whole leaves for garnish
- 2 tablespoons extra-virgin olive oil (preferably Ligurian), divided, plus additional for brushing
- 1 garlic clove, minced
- 1 teaspoon minced shallot
- 6 uncooked unpeeled jumbo shrimp (about 2 ounces each), cut in half lengthwise through shell, deveined, shell still attached

Step 1. Cut all tomatoes into 1/3-inch cubes; place in large bowl. Add 1 teaspoon fleur de sel; toss. Let stand 15 minutes. Transfer tomatoes to strainer set over large bowl; let stand 45 minutes to drain well, tossing often. Transfer tomatoes to medium bowl; stir in chopped basil, 1 tablespoon extra-virgin olive oil, garlic, and shallot. Season with fleur de sel and ground black pepper.

Step 2. Line six 3/4-cup ramekins or custard cups with plastic wrap, leaving long overhang. Fill each ramekin with scant 1/2 cup tomato mixture; press to compact. Cover with plastic overhang, pressing firmly. **DO AHEAD: Can be made 2 hours ahead. Let stand at room temperature.**

Step 3. Prepare barbecue (medium-high heat). Open up plastic wrap on ramekins. Invert 1 ramekin onto each of 6



plates, releasing tomato mixture. Brush shrimp with extra-virgin olive oil; sprinkle with fleur de sel and pepper. Grill shrimp, shell side down, 1 1/2 minutes. Turn shrimp over and grill just until opaque in center, about 1 1/2 minutes longer. Arrange 2 shrimp halves atop tomatoes on each plate. Drizzle remaining 1 tablespoon extra-virgin olive oil over tomatoes, garnish with whole basil leaves, and serve.

GRILLED STRIPPED BASS WITH LEMON AND FENNEL

Serves 4

1/4 cup extra-virgin olive oil
2 tablespoons fresh lemon juice
2 garlic cloves, crushed
2 1 1/2-pound whole striped bass, cleaned
Coarse salt
1/2 cup (packed) coarsely chopped fresh fennel fronds
5 1/8-inch-thick lemon slices

Step 1. Prepare barbecue (medium-high heat). Whisk first 3 ingredients in medium bowl. Season with salt and pepper. Set aside.

Step 2. Make three 1/2-inch-deep diagonal slits in skin on each side of fish. Brush fish generously inside and out with garlic oil. Sprinkle fish inside and out with coarse salt. Stuff slits with half of fennel fronds. Place remaining fennel fronds inside fish. Place fish in grilling basket. Top fish with lemon slices, overlapping slightly. Close grilling basket (fish and lemon slices should be secured by basket). Grill fish until cooked through, about 10 minutes per side. Remove fish with lemon slices from



basket and carefully transfer to platter. Serve.

MAHI-MAHI IN TOMATO OLIVE SAUCE

Serves 4

2 tablespoons extra-virgin olive oil
1 cup chopped onion
1 cup dry white wine
1 teaspoon anchovy paste
2 14 1/2-ounce cans diced tomatoes with garlic, basil, and oregano in juice
4 6-ounce mahi-mahi fillets
1/2 cup large green olives, quartered, pitted
3 teaspoons chopped fresh oregano, divided
1 teaspoon (packed) finely grated orange peel
Country-style white bread cut into 1/2-inch-thick slices, toasted



Step 1. Heat oil in heavy large skillet over medium-high heat. Add onion; sauté until translucent and beginning to brown, about 4 minutes. Add wine and anchovy paste. Boil until reduced to 3/4 cup, about 3 minutes. Add tomatoes with juice; bring to boil.

Step 2. Sprinkle fish with salt and pepper. Add fish to skillet atop tomato mixture. Reduce heat to low, cover, and simmer until fish is cooked through, about 9 minutes. Using slotted metal spatula, transfer fish to plate and tent with foil to keep warm. Mix olives, 2 teaspoons oregano, and orange peel into sauce in skillet. Increase heat to high and boil until sauce is reduced and thickened, about 6 minutes. Season to taste with salt and pepper. Place 1 fish fillet on each of 4 plates. Pour sauce over and around fish, sprinkle with remaining 1 teaspoon oregano, and serve with warm toasted bread.

POTATO AND TUNA TURNOVERS

Makes 6

12 ounces potatoes, peeled, quartered
2 large eggs
1 3/4 teaspoons salt
1 6-ounce can tuna packed in oil, drained, 2 tablespoons oil reserved
3/4 cup chopped green onions
1 tablespoon drained capers
18 sheets frozen phyllo pastry, thawed
1/4 cup chopped fresh Italian parsley
1/4 cup vegetable oil plus additional vegetable oil (for frying)



- Step 1.** Place potatoes, whole eggs (do not crack), and 1 teaspoon salt in heavy large pot. Add enough cold water to cover. Partially cover pot. Bring to simmer over medium heat. Simmer 10 minutes. Remove eggs. Continue simmering until potatoes are tender, about 15 minutes longer. Drain. Transfer potatoes to large bowl. Crack eggs; remove shells. Add eggs to bowl with potatoes. Using fork, coarsely mash potatoes and eggs. Mix in tuna, reserved tuna oil, green onions, capers, 1/4 teaspoon pepper, and remaining 3/4 teaspoon salt; set aside.
- Step 2.** Line 2 baking sheets with plastic wrap. Stack phyllo sheets on work surface. Using shears and a 9-inch plate as a guide, cut phyllo into 18 rounds. Working quickly, stack 3 phyllo rounds on work surface. (Cover remaining phyllo sheets with plastic, then damp kitchen towel to prevent drying.) Place generous 1/4 cup filling in center of phyllo. Sprinkle with 1/6 of parsley. Brush edge with oil. Fold phyllo to form half-moon, pressing slightly. Fold edge over, pressing to seal. Transfer turnover to baking sheet. Repeat with remaining phyllo, filling, parsley, and oil.
- Step 3.** Line baking sheet with 3 paper towels. Pour oil into large skillet to depth of 1/2 inch. Heat oil to 350°F. Slide 1 turnover into oil. Fry until bottom is golden, about 1 minute. Using slotted spatula, transfer turnover onto plate. Slide back into oil.

Fry until bottom is golden, about 1 minute. Drain on baking sheet. Repeat with remaining turnovers.

RED MULLET BAKED IN GRAPE (VINE) LEAVES

Serves 4

4 red mullet or snapper, 2 1/4 lb (1 kg) total weight, scaled and cleaned
salt and pepper

1/2 cup (120 ml / 4 fl oz) extra-virgin olive oil, plus extra for brushing

5 garlic cloves, finely chopped

1/2 cup (25 g / 1 oz) finely chopped fresh parsley

5 oz (150 g) grape (vine) leaves, blanched

4 tablespoons freshly squeezed lemon juice

1 lemon, thinly sliced



Rinse the fish under cold running water and pat dry with paper towels. Season with salt and pepper, brush with a little oil, and chill in the refrigerator for 30 minutes. Preheat the oven to 350°F (180°C/Gas Mark 4) and brush an ovenproof dish with oil. Combine the garlic and parsley in a bowl, season with salt and pepper, and divide the mixture among the cavities of the fish. Wrap each fish in 1 or 2 grape leaves, depending on its size, leaving the heads and tails uncovered. Put the fish into the prepared dish, pour the oil and lemon juice over them, and place a slice of lemon on each. Bake for about 20 minutes, or until the fish flakes easily, and serve immediately.

SAUTÉED CHICKEN WITH TOMATOES, OLIVES AND FETA

Serves 6

6 skinless boneless chicken breast halves, trimmed,
pounded to 1/3-inch thickness
1/2 cup plus 2 tablespoons extra-virgin olive oil
1/3 cup fresh lemon juice
8 teaspoons chopped fresh oregano
2 garlic cloves, pressed

30 pitted Kalamata olives, cut lengthwise into slivers
16 grape tomatoes, stemmed, quartered lengthwise
1/2 cup crumbled feta cheese

Step 1. Score top of chicken breasts with sharp knife; place in large glass baking dish. Whisk 1/2 cup oil, lemon juice, 6 teaspoons oregano, and garlic in small bowl to blend. Season dressing to taste with salt and pepper. Chill 3 tablespoons dressing for tomatoes. Pour remaining dressing over chicken; turn chicken to coat. Cover; refrigerate at least 3 hours and up to 6 hours, turning occasionally.

Step 2. Toss olives, tomatoes, feta, remaining 2 teaspoons oregano, and reserved dressing in medium bowl. Heat remaining 2 tablespoons extra-virgin olive oil in heavy large skillet over medium-high heat. Add chicken and sauté until cooked through, about 3 minutes per side. Transfer to platter; season to taste with salt and pepper. Spoon tomato mixture onto chicken.



SQUID IN RED WINE AND TOMATO SAUCE

Serves 4

1/4 cup extra-virgin olive oil

3 cups sliced onions

1 pound cleaned squid, tentacles left whole, bodies
crosswise into 1/2-inch rings

1 pound plum tomatoes, chopped

1 cup dry red wine

3 tablespoons chopped fresh basil

3 tablespoons chopped fresh parsley

2 tablespoons chopped fresh oregano

2 tablespoons tomato paste

cut

Heat the extra-virgin olive oil in heavy large skillet over medium-high heat. Add onions and sauté until golden, about 7 minutes. Add squid and sauté 1 minute. Add tomatoes, wine, basil, parsley, oregano, tomato paste, and crushed red pepper. Simmer until squid is tender and sauce thickens slightly, stirring occasionally, about 5 minutes. Season to taste with salt and pepper.



VEAL SCALLOPS WITH BACON AND POTATOES

Serves 4

3 thick-cut bacon slices, chopped
1 pound russet potatoes, peeled, cut into 1/2-inch cubes
1 3/4 pounds veal scallops
1/2 cup all purpose flour
2 tablespoons (1/4 stick) butter
1 cup canned low-salt chicken broth
1/3 cup dry vermouth
2 garlic cloves, thinly sliced
2 teaspoons chopped fresh thyme



- Step 1.** Cook bacon in heavy large nonstick skillet over medium-high heat until crisp. Using slotted spoon, transfer bacon to small bowl. Add potatoes to drippings in skillet. Cover and cook until potatoes are tender, stirring occasionally, about 8 minutes. Transfer potatoes to medium bowl; cover to keep warm. Reserve skillet.
- Step 2.** Sprinkle veal with salt and pepper; coat with flour and shake off excess. Add butter to skillet and melt over medium-high heat. Working in batches, add veal to skillet and cook until brown and cooked through, about 2 minutes per side. Transfer veal to platter. Add broth, vermouth, garlic, and thyme to skillet and bring to boil, scraping up any browned bits. Boil until sauce is reduced to 3/4 cup, about 3 minutes. Mix in bacon. Season sauce with salt and pepper. Pour sauce over veal. Surround with potatoes; serve.



Sweets

CHERRY TART

Serves 8 to 10

Crust:

2 cups all purpose flour
1/2 cup sugar
1 teaspoon salt
1 cup chilled unsalted butter, cut into 1/2-inch cubes
1 large egg

Filling:

1 cup cherry preserves
1/2 cup chopped dried Bing (sweet)
cherries

Glaze:

1 large egg

For crust:

Combine flour, sugar, and salt in processor; blend 5 seconds. Add butter and cut in, using on/off turns, until mixture resembles fine meal. Add egg and process just until moist clumps form. Gather dough into ball; divide in half. Flatten each half into disk. Wrap in plastic and chill until firm enough to roll, about 1 hour. (Can be prepared 1 day ahead. Keep chilled.)

For filling:

- Step 1.** Position rack in bottom third of oven and preheat to 325°F. Mix preserves, chopped cherries, peel, and almond extract in medium bowl.
- Step 2.** Roll out 1 dough disk on lightly floured surface to 11-inch round. Transfer round to 9-inch-diameter tart pan with removable bottom. Press dough gently into pan; trim overhang even with top of pan sides. Spread filling in crust; sprinkle with pistachios. Roll out second dough disk on lightly floured surface to 11-inch round; cut into 3/4-inch-wide strips. Arrange several strips, spaced 3/4 inch apart, over filling. Top with more strips at slight angle, forming lattice. Press strip ends to edge of pan, trimming overhang.

For glaze:

Beat egg and whole milk in small bowl to blend. Brush some of glaze over lattice crust; sprinkle with 2 tablespoons sugar.

Bake tart until crust is golden brown and cherry filling is bubbling thickly, about 1 hour 5 minutes. Cool tart completely in pan on rack. (Tart can be prepared 1 day ahead. Cover and store at room temperature.)

FLOURLESS LEMON-ALMOND CAKE

Serves 8

1 1/3 cups blanched slivered almonds
8 tablespoons sugar
4 large eggs, separated
5 teaspoons packed grated lemon peel
1/2 teaspoon ground cinnamon
Pinch of salt

Step 1. Preheat oven to 375°F. Butter and flour 9-inch-diameter cake pan with 1/2-inch-high sides. Line bottom of pan with waxed paper. Finely grind almonds with 2 tablespoons sugar in processor. Combine yolks, 2 tablespoons sugar, lemon peel, cinnamon and salt in medium bowl. Using electric mixer, beat until thick and smooth, about 2 minutes. Stir in almond mixture. Using clean beaters, beat egg whites in large bowl until soft peaks form. Gradually add 4 tablespoons sugar, beating until stiff but not dry. Fold large spoonful of whites into almond mixture. Gently fold in remaining whites.

Step 2. Transfer batter to pan. Bake until tester inserted into center comes out clean, about 35 minutes. Cool in pan on rack. Turn out onto platter. Remove waxed paper.



NEAPOLITAN BISCOTTI

Makes about 4 Dozen

1 1/2 cups whole almonds
2 cups all purpose flour
3/4 cup sugar
1/2 teaspoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon ground cinnamon
1/3 cup honey
1/4 cup vegetable oil
1 large egg
1 large egg yolk
1 teaspoon finely grated orange peel



- Step 1.** Position rack in center of oven and preheat to 350°F. Line large baking sheet with foil. Butter foil. Finely grind 3/4 cup almonds in processor. Transfer to large bowl. Add flour, sugar, baking powder, baking soda and cinnamon. Whisk honey, oil, egg, yolk and orange peel in small bowl to blend. Add to dry ingredients and stir until dough just begins to hold together (if dough seems firm and dry, let stand 10 minutes to soften).
- Step 2.** Turn out dough onto lightly floured work surface. Add remaining 3/4 cup almonds and knead to distribute evenly. Divide dough in half. Roll each half into 12-inch-long, 2-inch-wide log. Place logs on prepared sheet, spacing 4 inches apart. Bake until firm to touch and dark brown (logs may crack), about 40 minutes.
- Step 3.** Cool logs on sheet on rack 15 minutes. Transfer logs to work surface. Using serrated knife, cut logs diagonally into 1/2-inch-thick slices. Place cut side down on same foil-lined sheet and bake until light brown

and dry, about 12 minutes. Cool on sheet on rack. (Can be made 1 week ahead. Store airtight at room temperature.)

QUICK PEAR TARTS WITH ICE CREAM

Serves 4

1 17.3-ounce package frozen puff pastry (2 sheets), thawed
2 large Bosc pears, peeled, halved, cored, cut lengthwise into 1/8-inch-thick slices
2 tablespoons (1/4 stick) unsalted butter, melted
4 tablespoons sugar
Vanilla ice cream
Brandy

Preheat oven to 425°F. Roll out 1 pastry sheet on floured work surface to 1/8-inch thickness. Using 6-inch plate as aid, cut out 2 rounds. Repeat rolling and cutting with second pastry sheet, forming 4 rounds total. Place rounds on heavy large baking sheet, spacing apart. Using 1 pear half for each tart, fan out pear slices in center of each round. Brush tarts with melted butter; sprinkle each with 1 tablespoon sugar. Bake until pears are tender and pastry is golden, about 22 minutes. Transfer tarts to plates. Top each with ice cream and drizzle with brandy.

