



The Mediterranean Diet  
**Recipe Book**  
Eighth Edition

By Ray Darken

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# Breakfast & Light Lunches

## BAKED PEPPERS WITH FETA CHEESE

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Serves 6

6 red peppers, halved and deseeded  
Extra-virgin olive oil  
Handful of basil  
2 cloves garlic, chopped  
12 small chunks of feta cheese

**Step 1.** Preheat the oven to 200°C/gas 6.

**Step 2.** Place the peppers in a baking dish, cut side down. Drizzle with extra-virgin olive oil.

**Step 3.** Tuck the basil and garlic between the peppers. Scatter the feta on top.

**Step 4.** Bake in the oven for 30-40 minutes. Serve hot, warm, or at room temperature.



## CUMIN POTATOES

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*Serves 3 to 4*

4 medium-to-large Cypriot potatoes, halved  
1 large onion, thinly sliced horizontally  
1 1/2 teaspoon ground cumin  
1 1/2 teaspoon ground cinnamon  
2 tablespoon extra-virgin olive oil  
400g canned chopped tomatoes  
300 ml water  
freshly ground salt and black pepper



**Step 1.** Preheat the oven to 200°C/gas 6.

**Step 2.** Place the potatoes in a roasting pan. Separate the onion rings and mix with the potatoes. Sprinkle with the cumin and cinnamon, and salt and pepper to taste. Drizzle with the extra-virgin olive oil, then mix well with your hands.

**Step 3.** Tip the tomatoes into a shallow dish and crush with your hand or the back of a wooden spoon. Spread over the potatoes.

**Step 4.** Pour the water into the base of the pan. Cover with kitchen foil and place in the oven. Bake for 45 minutes, then reduce the temperature to 180°C/gas 4. Remove the kitchen foil and bake for another 30 minutes or until the potatoes are tender.

# DOUBLE TOMATO BRUSCHETTA TREAT

Serves 12

1/2 cup Sun-dried tomatoes  
6 Roma plum tomatoes, chopped  
3 cloves garlic, minced  
1/4 cup extra-virgin olive oil  
2 tablespoons balsamic vinegar  
1/4 fresh basil, stems removed  
1/4 salt  
1/4 ground black pepper  
1 French baguette  
2 cups Mozzarella cheese, shredded



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

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

**Step 3.** Slice the French baguette into 3/4 inch slabs. Get a baking sheet and arrange the slices of baguette in one layer. Broil the baguette for about 2 minutes or until the slices are slightly brown.

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

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



# GRILLED CHEESE WITH WALNUTS

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*Serves 4*

50g pine kernels  
1 pomegranate  
2 small tomino cheese, or small round goats' cheese  
3 handfuls mixed salad leaves  
Splash of red wine vinegar  
Extra-virgin olive oil  
50g walnuts  
Black pepper



- Step 1.** Put the pine nuts in a heavy-based frying pan without any oil. Heat gently for about 3 minutes, tossing the pan, until the pine nuts become golden. Be careful not to let them burn. Remove from the pan and set aside.
- Step 2.** Cut the pomegranate in half using a very sharp knife. With a teaspoon remove all the inside seeds, discarding the bitter yellow membrane and outside shell.
- Step 3.** Slice the cheeses horizontally in half - if you use a warm, wet knife, the cheese will cut easier and won't stick.
- Step 4.** Preheat a stovetop griddle until very hot. Grill the cheese on both sides. Set aside and keep warm.
- Step 5.** Meanwhile, put the salad leaves in a bowl. Dress with just enough extra-virgin olive oil to coat the leaves. Add salt and pepper to taste, and a touch of vinegar. Toss to mix, then arrange in the centre of each serving plate.

**Step 6.** Sprinkle with pine nuts, walnuts and pomegranate seeds. Then place the grilled cheese on top.

## LAYERED PANCAKES WITH PESTO AND MOZZARELLA

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*Serves 2 to 4*

Extra-virgin olive oil, for greasing  
8 pancakes  
1 quantity pesto  
1/2 quantity béchamel sauce, with nutmeg  
200g mozzarella, coarsely grated  
Black pepper

### **To serve:**

Rocket salad, dressed with balsamic vinegar and extra-virgin olive oil



**Step 1.** Preheat the oven to 180°C/gas 4. Lightly grease an ovenproof dish.

**Step 2.** Place a pancake in the base of the dish.

**Step 3.** Mix the pesto and béchamel sauces together.

**Step 4.** Smooth some of the pesto mixture over the pancake. Sprinkle with mozzarella and season lightly.

**Step 5.** Place another pancake on top with another layer of sauce, cheese and seasoning. Continue layering until you have a stack of eight pancakes.

**Step 6.** Cover with greaseproof paper and bake for 20 minutes until heated through.

**Step 7.** Serve hot or warm, with the rocket salad.

# MEDITERRANEAN BLACK OLIVE BREAD

*Yields 1 loaf of bread*

3 cups bread flour  
2 teaspoons active dry yeast  
2 tablespoons white sugar  
1 teaspoon salt  
1/2 cup chopped black olives  
3 tablespoons extra-virgin olive oil  
1 1/4 cups warm water (110°F/45°C)  
1 tablespoon cornmeal



- Step 1.** In a large bowl, mix together flour, yeast, sugar, salt, black olives, extra-virgin olive oil, and water.
- Step 2.** Turn out dough onto a floured board. Knead until smooth and elastic, 5 to 10 minutes. Set aside, and let rise about 45 minutes, until it doubles in size. Punch down. Knead well again, for about 5 to 10 minutes. Let rise for about 30 minutes, until it doubles in size.
- Step 3.** Round the dough on kneading board. Place upside down in a bowl lined with a lint-free, well floured towel. Let rise until double in size.
- Step 4.** While the bread is rising for the third time, put a pan of water in the bottom of the oven. Preheat oven to 500°F (260°C).
- Step 5.** Gently turn loaf out onto a sheet pan that has been lightly oiled and dusted with cornmeal.
- Step 6.** Bake loaf at 500°F (260°C) for 15 minutes. Reduce heat to 375°F (190°C). Bake for 30 more minutes, or until done.

## MEDITERRANEAN TUNA BAGUETTE

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Serves 2

1 medium potato, diced	<b>Dressing:</b>	2 tablespoons extra-virgin olive oil
1 tablespoon finely chopped black olives		1 tablespoon red wine vinegar
1 medium tomato, finely chopped		1 teaspoon dijon mustard
1 can (185g) tuna in springwater		
2 small frenchsticks		
30g mesclun		
2 hard-boiled eggs, sliced		

**Step 1.** Cook diced medium potato until tender; drain.

**Step 2.** To make dressing, shake 2 tablespoons extra-virgin olive oil, 1 tablespoon red wine vinegar and 1 teaspoon dijon mustard together in screw-top jar.

**Step 3.** Combine potato and dressing with 1 tablespoon finely chopped black olives, 1 finely chopped seeded medium tomato and a drained 185g can tuna in springwater in medium bowl.

**Step 4.** Halve 2 small french sticks crossways then split in half. Sandwich mesclun, hard-boiled eggs and tuna mixture between bread pieces.

**Tip:** Filling can be refrigerated for up to two days.



## MINI RATATOUILLE PARCELS

Serves 4

4 tablespoon extra-virgin olive oil	2 courgettes, diced
2 cloves garlic, crushed	2 tablespoon tomato purée
1 red onion, chopped	300ml vegetable stock
1 small aubergine	1/2 bunch basil
1 yellow pepper, diced	600 g ready-to-roll puff pastry
1 red pepper, diced	2 egg yolks, beaten



- Step 1.** Heat the extra-virgin olive oil in a frying pan and fry the garlic and onion for 2 minutes.
- Step 2.** Add the aubergine and cook for 3 minutes. Remove from the pan with a slotted spoon and drain through a sieve. Reheat the pan and fry the peppers for 2 minutes.
- Step 3.** Add the courgettes, cook for a further minute and return the aubergine to the pan. Stir in the tomato paste and mix well.
- Step 4.** Add the stock and season to taste. Cover the pan with a disc of greaseproof paper and cook over a medium heat for 6-8 minutes. Stir in the basil.
- Step 5.** Set the oven to 200C/gas 6.
- Step 6.** Roll out the pastry to 2mm and cut out discs of two sizes - half with a diameter of 10cm, and the other half with a diameter of 12cm.
- Step 7.** Arrange spoonfuls of the ratatouille mixture in the centre of the 10cm discs. Brush around the edges with egg and top with the 12cm discs, pressing down firmly to seal. Repeat the process until all of the ratatouille and pastry is

used.

**Step 8.** Using a 6cm cutter, push lightly onto the pastry around the filling to create a dome shape, then cut scallop shapes around the outside to create an attractive pattern.

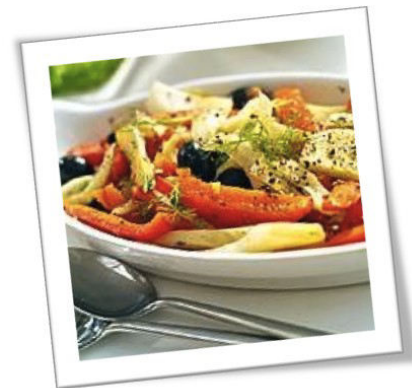
**Step 9.** Brush all over with beaten egg and bake for 8-10 minutes, until golden. Serve straight away.

## PAN-FRIED FENNEL AND PEPPERS

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*Serves 4*

2 tablespoon extra-virgin olive oil  
2 red peppers, cut into strips  
1 large head of fennel  
2 clove garlic, finely chopped  
90 g black olives  
Juice of half a lemons  
Black pepper



- Step 1.** Heat 2 tablespoons of extra-virgin olive oil in a wide frying pan; add the red peppers and fry gently for 4-5 minutes.
- Step 2.** Finely slice the head of fennel, take off the feathery fronds and save as a garnish. Add the fennel to the pan with the peppers and cook for a further 4 minutes, or until the peppers are tender and the fennel is softening but still crisp.
- Step 3.** Stir in the garlic, olives and lemon juice and season with salt and freshly ground black pepper. If required, the vegetables can be prepared and cooked in advance and reheated when required.
- Step 4.** Roughly chop the feathery fennel tops, scatter over the hot vegetables and serve immediately.



# TUNA AND OLIVE SALAD SANDWICH

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Serves 4

## For Tuna Salad:

1/4 cup mayonnaise

2 tablespoons fresh lemon juice

2 (6-oz) cans light tuna packed in extra-virgin olive oil, drained

1/2 cup chopped drained bottled roasted red peppers

10 Kalamata or other brine-cured black olives, pitted and cut lengthwise into strips

1 large celery rib, chopped

2 tablespoons finely chopped red onion

Peperoncini peppers (drained and roughly chopped) - optional

- 1 (20- to 24-inch) baguette
- 2 tablespoons extra-virgin olive oil
- green leaf lettuce

## Make Tuna Salad:

**Step 1.** Whisk together mayonnaise and lemon juice in a large bowl.

**Step 2.** Add remaining salad ingredients and stir together gently.

**Step 3.** Season with salt and pepper.

## Assemble Sandwiches:

**Step 1.** Cut baguette into 4 equal lengths and halve each piece horizontally.

**Step 2.** Brush cut sides with oil and season with salt and pepper.

**Step 3.** Make sandwiches with baguette, lettuce, and tuna salad.





# Salads

## AUBERGINE SALAD

*Serves 4 to 6*

3 medium-sized aubergines  
2 cloves of garlic, preferably new-season garlic, peeled and crushed  
150ml extra-virgin olive oil  
1 long Turkish-style red pepper or an ordinary one, halved and seeded  
Juice of half a lemon  
Salt and freshly ground black pepper  
2-3tbsp Greek yoghurt to serve  
A few sprigs of flat leaf parsley



- Step 1.** Cook the whole aubergines and pepper on a barbecue or under a hot grill, for about 15 minutes, turning them every so often until the skin blackens. Remove from the grill and leave the aubergine to cool a little - put the pepper into a sealed freezer bag or in a bowl covered with clingfilm for about 15 minutes. This creates steam and allows the skin to be peeled more easily.
- Step 2.** Peel the skin from the pepper with the help of a knife and chop it finely as you can. Cut the aubergines in half and scoop the flesh onto a chopping board. Chop the flesh over several times until it's almost a purée, then put it into a bowl with the red pepper, garlic, extra-virgin olive oil and lemon. Season with salt and pepper and mix well with a spoon. f
- Step 3.** To serve, spoon the mixture onto a plate, make a well in the centre and spoon the yoghurt in the middle.

Sprinkle with chopped parsley and serve with Turkish flat bread (warmed on the barbecue if you like) if you can get it or focaccia if you can't. Serve the salad at room temperature, not refrigerated, or leave it in a bowl covered with clingfilm in a warm place.

## AVOCADO AND BLOOD ORANGE SALAD

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Serves 2

2 medium avocado, peeled and sliced  
2 blood oranges, peeled and segmented  
1 small red onion, thinly sliced  
large handful rocket  
8 large green olives, pitted, sliced  
For the dressing  
2 tablespoon sherry vinegar  
4 tablespoon extra-virgin olive oil



**Step 1.** Toss the avocado, orange segments and onion with the rocket leaves.

**Step 2.** Whisk the sherry vinegar and extra-virgin olive oil together, tip in the sliced olives, and drizzle over the dressing. Serve straight away.

## CHARRED VEGETABLE AND COUSCOUS SALAD

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300g couscous	1/2 bunch spring onions, finely chopped
1 garlic clove	1 aubergine, cut into 2 cm cubes
100ml extra-virgin olive oil	1 courgette, cut into 2 cm cubes
A sprig of fresh thyme	1 red pepper, de-seeded and cut into 2 cm cubes
1/2 chicken stock cube	75 ml red wine vinegar
Salt	A handful of rocket leaves
8 asparagus spears, peeled and cut in half	1/2 bunch fresh basil, roughly shredded

**Step 1.** Place the couscous in a bowl. Measure out 300 ml of water, place in a saucepan and add 50 ml of extra-virgin olive oil, the garlic, thyme and stock cube. Season with salt. As soon as the water boils, remove from the heat and pour it over the couscous. Mix well and cover. Let sit for 10 min.

**Step 2.** Take the cling film off the bowl of couscous, remove the garlic and thyme and fluff the couscous up with a fork. Once all the grains are separated, add to the vegetables. Add the rocket and basil, check the seasoning and serve.



# MEDITERRANEAN SALAD WITH PINE NUTS

Serves 6

## For the Couscous:

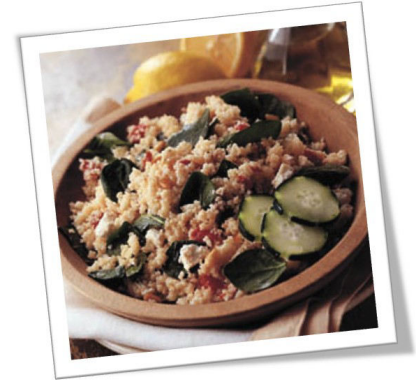
1 1/2 cups water  
1 cup uncooked couscous

## For the Dressing:

3 tablespoons lemon juice  
1 tablespoon extra-virgin olive oil  
1 tablespoon cider vinegar  
2 tablespoons honey

## For the Salad:

3 cups fresh baby spinach leaves, washed, stems removed  
1/3 cup chopped roasted bell pepper  
4 ounces feta cheese, crumbled  
3 tablespoons toasted pine nuts



- Step 1.** Heat water in 2-quart saucepan over medium heat until water comes to a boil (3 to 4 minutes). Stir in couscous. Cover; remove from heat. Let stand 5 minutes. Fluff with fork. Pour into large bowl; chill 10 minutes.
- Step 2.** Meanwhile, combine lemon juice, extra-virgin olive oil, vinegar and honey in small bowl.
- Step 3.** Add dressing and all salad ingredients to couscous; toss lightly. Serve immediately or refrigerate 1 to 2 hours.

## ROASTED MEDITERRANEAN PEPPERS

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2 red peppers  
2 green peppers  
2 yellow peppers  
12 ripe tomatoes, scalded and peeled  
6 tinned anchovies, halved lengthways  
2 clove garlic, finely chopped  
12 tablespoon extra-virgin olive oil  
freshly ground black pepper  
Focaccia, to serve



- Step 1.** Preheat the oven to 220°/gas 7. Slice each pepper in half lengthwise, including the stalk and scoop out the seeds. Place the pepper halves in a shallow ovenproof dish.
- Step 2.** Quarter the tomatoes and divide among the 12 pepper halves. Divide the anchovy fillets and garlic and pour a tablespoon of extra-virgin olive oil into each pepper half. Season with freshly ground pepper.
- Step 3.** Bake for half an hour then reduce the heat to 180°C/gas 4 and bake for a further half an hour until the peppers have softened and are brown around the edges.
- Step 4.** Serve the peppers warm from the oven with focaccia bread.



# SALMON RAVIOLI WITH MEDITERRANEAN SALAD AND BASIL FOAM

Serves 2

## For the pasta dough:

500g flour, plus extra for dusting  
4 egg yolks  
1 egg  
1 tablespoon extra-virgin olive oil  
1 tablespoon salt

## For the basil foam:

300ml semi-skimmed milk  
Handful basil  
25g butter  
50ml single cream

## For the salad:

1 tablespoon green beans, blanched, halved  
3 olives, halved or quartered  
1 tablespoon baby capers, rinsed  
5 cherry tomatoes, halved  
1 tablespoon basil  
2 tablespoon fris e lettuce  
2 tablespoon extra-virgin olive oil

## For the salmon ravioli:

50 g salmon, diced  
Pinch salt and black pepper  
100ml double cream  
1/2 lime, zest only  
1/2 red chilli, finely diced  
1 tablespoon chopped coriander  
Pinch cayenne pepper  
2 sheets pasta dough

## For the Dough:

**Step 1.** Sift the flour and a pinch of salt into a mound on a work surface.

**Step 2.** Make a well in the centre and add the eggs and extra-virgin olive oil. Using your fingers, mix everything into a soft dough and knead for about 10 minutes, until smooth.

**Step 3.** Shape the dough into a ball and leave to rest for 15 minutes.

**Step 4.** Roll the dough onto a lightly floured surface and cut into sheets. Cover and set aside. You will probably need only a quarter of the dough for this recipe. Dry the remainder and use at a later date.

## For the Salad:



**Step 1.** Bring a large pan of water to the boil and blanch the green beans for 2-3 minutes.

**Step 2.** Drain, refresh and cut the beans in half.

**Step 3.** Add all the remaining salad ingredients and toss well to combine. Set aside.

## SALMON RAVIOLI WITH MEDITERRANEAN SALAD AND BASIL FOAM (CONT.)

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### For the Ravioli:

**Step 1.** Place the salmon in a food processor and pulse until minced. Season with salt and pepper and tip everything into a mixing bowl.

**Step 2.** Gradually add the cream, followed by the remaining ingredients.

**Step 3.** Stir to combine and transfer the bowl to the fridge to firm-up.

**Step 4.** Lay one sheet of pasta dough on a counter. Using a cutter, stamp out a 4cm round. Brush the edges with water. Stamp out around 8 rounds in total.

**Step 5.** Spoon about half the salmon mixture onto 4 of the circles. And cover with the remaining rounds. Seal well.

**Step 6.** Flute the edges by making indentations with a slightly smaller cutter.

**Step 7.** Bring a large pan of salted water to the boil and cook the ravioli, in two or three batches, for around 4 minutes each. Drain and keep warm.

**Step 8.** For the basil foam; place all the ingredients in a saucepan and bring to the boil. Using an electric stick blender, process everything until smooth. Strain and transfer the liquid into a jug and process again with the blender until it becomes foamy.

**Step 9.** To serve; divide the salad between 4 plates and top with the cooked salmon ravioli. Spoon the basil foam over and serve.

# STUFFED SHELLS FLORENTINE WITH MEDITERRANEAN SALAD

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*Serves 4 to 6*

1 box frozen creamed spinach  
Extra-virgin olive oil cooking spray  
2 bags frozen cheese-stuffed pasta shells  
1 jar tomato/basil pasta sauce  
1 cup shredded mozzarella cheese  
Aluminum foil

- Step 1.** Preheat oven to 400°F. Remove spinach from packaging and place in microwave-safe bowl. Microwave on high 4 minutes or until thawed.
- Step 2.** Coat 9- x 13-inch baking dish with cooking spray. Place shells in dish, filling side up.
- Step 3.** Stir pasta sauce into spinach, then pour over shells. Sprinkle with cheese and cover tightly with foil. Bake 50 minutes or until thoroughly heated.
- Step 4.** Remove foil and bake 8–10 more minutes to brown cheese. Serve



# TUNA SALAD

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Serves 2

## For the salad:

1/8 head romaine lettuce, torn into bite-size pieces

1/2 red tomato cut into wedges

2 ounces feta cheese, crumbled

1/2 small red onion, sliced

1/2 red pepper cut into strips

1 (6 ounce) can solid white tuna packed in water, drained

1/4 cup kalamata olives

## For the dressing:

1 tablespoon extra-virgin olive oil

1 tablespoon lemon juice

1/2 tablespoon Dijon mustard

1/2 tablespoon minced fresh tarragon

1/8 teaspoon pepper

**Step 1.** On 2 individual serving plates evenly divide the salad ingredients.

**Step 2.** In a small bowl whisk together the 5 salad dressing ingredients and drizzle evenly over each salad.





# Soups & Vegetarian

# BOUILLABAISSE

Serves 6

3 pounds of at least 3 different kinds of fish fillets, fresh or quick	3 sprigs fresh thyme or 3/4 teaspoon dried thyme	frozen
1/2 cup extra-virgin olive oil	1 bay leaf	
1-2 pounds of Oysters, clams, or mussels	2-3 whole cloves	
1 cup cooked shrimp, crab, or lobster meat, or rock lobster tails	Zest of half an orange	
1 cup thinly sliced onions	1/2 teaspoon powdered saffron	
4 Shallots, thinly sliced or the white parts of 2 or 3 leeks, thinly sliced	2 teaspoons salt	
2 cloves garlic, crushed	1/4 teaspoon freshly ground black pepper	
1 large tomato, chopped, or 1/2 cup canned tomatoes	1 cup clam juice or fish broth	
1 sweet red pepper, chopped	2 Tbps lemon juice	
4 stalks celery, thinly sliced	2/3 cup white wine	
2-inch slice of fennel or 1 teaspoon of fennel seed	Sliced French bread	



**Step 1.** Heat 1/4 cup of the extra-virgin olive oil in a large (6-qt) saucepan. When it is hot, add onions and shallots (or leeks). Sauté for a minute, then add crushed garlic (more or less to taste), and sweet red pepper. Add tomato, celery, and fennel. Stir the vegetables into the oil with a wooden spoon until well coated. Then add another 1/4 cup of extra-virgin olive oil, thyme, bay leaf, cloves and the orange zest. Cook until the onion is soft and golden but not brown.

**Step 2.** Cut fish fillets into 2-inch pieces. Add the pieces of fish and 2 cups of water to the vegetable mixture. Bring to a boil, then reduce heat and simmer, uncovered, for about 10 minutes. Add oysters, clams or mussels (though these may be omitted if desired) and shrimp, crabmeat or lobster tails, cut into pieces or left whole.

**Step 3.** Add saffron, salt, pepper. Add clam juice, lemon juice, and white wine. Bring to a simmer again and cook about 5

minutes longer.

**Step 4.** At serving time taste and correct the seasoning of the broth, adding a little more salt or pepper if need be, and maybe a touch of lemon juice. Into each soup bowl place a thick slice of crusty French bread, plain or slightly toasted. Spoon the bouillabaisse over the bread.

# EGGPLANT POMODORO PASTA

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Serves 6

2 tablespoons extra-virgin olive oil  
1 medium eggplant, (about 1 pound), cut into 1/2-inch cubes  
2 cloves garlic, minced  
4 plum tomatoes, diced  
1/3 cup chopped pitted green olives  
2 tablespoons red-wine vinegar  
4 teaspoons capers, rinsed  
3/4 teaspoon salt  
1/2 teaspoon freshly ground pepper  
1/4 teaspoon crushed red pepper, (optional)  
12 ounces whole-wheat angel hair pasta  
1/4 cup chopped fresh parsley, or basil



**Step 1.** Put a pot of water on to boil.

**Step 2.** Heat oil in a large nonstick skillet over medium heat. Add eggplant and cook, stirring occasionally, until just softened, about 5 minutes. Add garlic and cook, stirring, until fragrant, 30 seconds to 1 minute. Add tomatoes, olives, vinegar, capers, salt, pepper and crushed red pepper (if using) and cook, stirring, until the tomatoes begin to break down, 5 to 7 minutes more.

**Step 3.** Meanwhile, cook pasta in boiling water until just tender, about 6 minutes or according to package directions. Drain and divide the pasta among 6 shallow bowls. Spoon the sauce over the pasta and sprinkle parsley (or



basil) on top.

# KUMQUAT TAGINE

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Serves 6

- 1 tablespoon extra-virgin olive oil
- 2 onions, thinly sliced
- 4 cloves garlic, slivered
- 1 tablespoon minced fresh ginger
- 2 pounds boneless, skinless chicken thighs, trimmed of fat, cut into 2-inch pieces
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 3/4 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground pepper
- 1/8 teaspoon ground cloves
- 1 14-ounce can vegetable broth
- 12 ounces kumquats, seeded and roughly chopped (2 cups)
- 1 15-ounce can chickpeas, rinsed
- 1 1/2 tablespoons honey



**Step 1.** Preheat oven to 375°F.

**Step 2.** Heat oil in an ovenproof casserole or Dutch oven over medium heat. Add onions; cook, stirring often, until softened, about 4 minutes. Add garlic and ginger; cook for 1 minute, stirring constantly.

**Step 3.** Add chicken; cook, stirring often, for 8 minutes. Stir in coriander, cumin, cinnamon, salt, pepper and cloves;

cook until aromatic, about 20 seconds. Stir in broth, kumquats, chickpeas and honey. Bring to a simmer.

**Step 4.** Cover the pan and transfer to the oven. Bake, stirring occasionally, until the chicken is cooked through and the broth is bubbling and somewhat reduced, about 1 hour.

# MIDDLE EASTERN CHICKPEA AND RICE STEW

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Serves 6

- 1 tablespoon extra-virgin olive oil
- 3 medium onions, halved and thinly sliced (about 3 cups)
- 2 teaspoons ground cumin
- 2 teaspoons ground coriander
- 1 cup orange juice
- 4 cups reduced-sodium chicken broth, or vegetable broth
- 2 15-ounce cans chickpeas, rinsed
- 3 cups peeled and diced sweet potato, (about 1 pound)
- 2/3 cup brown basmati rice
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 1/2 cup chopped fresh cilantro



Heat oil in a large saucepan over medium heat; add onions and cook, stirring often, until tender and well browned, 10 to 12 minutes. Add cumin and coriander and stir for about 15 seconds. Add orange juice and broth. Stir in chickpeas, sweet potato, rice and salt. Bring to a boil; reduce heat to a gentle simmer and cover. Cook, stirring occasionally, until the rice is tender and the sweet potatoes are breaking down to thicken the liquid, about 45 minutes. Season with pepper. (The stew will be thick and will thicken further upon standing. Add more broth to thin, if desired, or when reheating.) Serve topped with cilantro.

# MOROCCAN VEGETABLE SOUP

Serves 6

2 tablespoons extra-virgin olive oil  
1 medium onion, finely diced  
2 teaspoons ground turmeric  
6 cups reduced-sodium beef broth, or water  
1 14-ounce can diced tomatoes  
2 small turnips, peeled and diced  
2 carrots, diced  
2 stalks celery, leaves included, thinly sliced

Pinch of saffron threads, (see Ingredient Note)  
12 sprigs flat-leaf parsley, plus more leaves for garnish  
8 sprigs fresh cilantro, plus more leaves for garnish  
1 large zucchini, peeled and cut into 1/4-inch dice  
2 ounces angel hair pasta, (capellini), broken into small pieces  
1-2 teaspoons salt  
1/2 teaspoon freshly ground pepper  
1 pound lamb stew meat (shoulder or leg), trimmed and cut into 1/2-inch cubes

**Step 1.** Heat oil in a Dutch oven over medium-high heat. Add onion and turmeric; stir to coat. Add meat and cook, stirring occasionally, until the onion is tender, 4 to 5 minutes. Add broth (or water), tomatoes and their juice, turnips, carrots, celery and saffron. Tie parsley and cilantro sprigs together with kitchen string and add to the pot. Bring the soup to a boil. Cover and reduce to a simmer. Cook until the meat is tender, 45 to 50 minutes.

**Step 2.** Stir in zucchini and cook, covered, until soft, 8 to 10 minutes. Add pasta and cook until soft, 4 to 10 minutes, depending on the type of pasta. Discard the parsley and cilantro sprigs. Season with salt (start with 1 teaspoon if you're using beef broth; add more if you're using



water) and pepper. Serve sprinkled with parsley and/or cilantro leaves, if desired.

## POLENTA WITH MEDITERRANEAN VEGETABLES

*Serves 4*

200g quick-cook polenta  
1 liter hot vegetable stock  
2 medium courgettes  
1 medium aubergine  
2 teaspoon thyme leaves  
3 tablespoon extra-virgin olive oil  
75g Dolcelatte cheese  
300g cherry tomatoes on the vine, divided into sprigs  
Salad leaves, to serve



- Step 1.** Put the polenta into a large saucepan, stir in the hot stock and season generously. Put over a medium heat and cook, stirring, for about 5 minutes, until thick and less grainy. Spoon into a greased, oblong tin about 1cm deep. Smooth the top and cool until set.
- Step 2.** Cut tops and bottoms off the courgettes and aubergine and run a potato peeler down the length of them to make long, thin ribbons. Put into a bowl with the thyme and drizzle 2 tablespoons of oil over it. Season and toss together.
- Step 3.** Run a knife around the set polenta. Turn out and cut into 8 pieces. Heat a griddle pan and cook the polenta over a medium heat for 5 minutes, then turn over and cook for a further 5 minutes until golden. Set aside on a large baking sheet. Griddle the vegetables over a high heat (in batches) for 3-4 minutes, turning to color evenly. Divide between the polenta, then crumble over the cheese and season.

**Step 4.** Preheat the grill. Pop the tomato sprigs next to the polenta and drizzle with the remaining oil. Grill for 2 minutes, until the cheese has melted and some tomatoes have split. Serve 2 polenta slices and a tomato sprig per person, with salad leaves.



## TORTELLINI PRIMAVERA

Serves 5

- 1 14-ounce can vegetable broth or reduced-sodium chicken broth
- 2 tablespoons all-purpose flour
- 1 tablespoon extra-virgin olive oil
- 3 cloves garlic, sliced
- 1 cup shredded fontina cheese or 3/4 cup shredded Parmesan cheese
- 1 tablespoon chopped fresh tarragon, dill or chives or 1 teaspoon dried tarragon
- 1/8 teaspoon salt
- 4 cups chopped vegetables, such as broccoli, carrots and snap peas
- 1 16-ounce package frozen cheese tortellini



**Step 1.** Put a large pot of water on to boil.

**Step 2.** Meanwhile, whisk broth and flour in a small bowl. Heat oil in a large skillet over medium heat. Add garlic and cook, stirring, until just beginning to brown, 1 to 2 minutes. Add the broth mixture to the pan, bring to a boil and cook, stirring occasionally, until the sauce is thick enough to coat the back of a spoon, about 3 minutes. Remove from the heat and stir in cheese, tarragon (or dill or chives) and salt.

**Step 3.** Add vegetables and tortellini to the boiling water; return the water to a simmer and cook until the vegetables and tortellini are tender, 3 to 5 minutes. Drain; add to the pan with the sauce and stir to coat.



Dinner

# BROCHETTE OF SCALLOPS WITH SAFFRON AND LEMON RISOTTO

Serves 4

## For the brochettes:

12 scallops  
12 thin slices pancetta  
50ml extra-virgin olive oil

## For the risotto:

50ml extra-virgin olive oil  
3 cloves garlic, diced  
4 shallots, finely diced  
300g arborio risotto rice  
125ml white wine

500ml light fish stock  
1 large pinch strands saffron  
2 lemons, grated rind  
½ lemon, juice only  
salt and black pepper  
4 sprigs flat leaf parsley

Wrap a slice of pancetta around each scallop. Take 4 metal skewers and thread 3 scallops onto each skewer; leave on one side while you make the risotto.

## For the risotto:

- Step 1.** Heat the extra-virgin olive oil in a medium saucepan, tip in the garlic and shallots and cook until softened - about 1 minute. Add the rice and cook for another 3 minutes or so, until the rice has absorbed the extra-virgin olive oil and become translucent.
- Step 2.** Pour in the wine and cook until the wine has reduced by half, stirring all the time. Add half the fish stock and the saffron; cook gently until the rice has absorbed the liquid.
- Step 3.** Continue to add the remaining liquid, a little at a time, making sure the rice has absorbed all the liquid before adding more. Stir in the lemon rind and juice. The rice, by now should be soft and creamy, although it should retain a little bite - extra stock may be needed. While the risotto is cooking, griddle the scallops.
- Step 4.** Preheat a griddle to high. Season the skewered scallops with a little salt and pepper, and lightly brush the brochettes with extra-virgin olive oil. Cook them on the griddle for about 2 minutes on each side.



**Step 5.** To serve, spoon a portion of the risotto rice in the middle of each plate, and arrange the scallops over each serving. Drizzle with a little extra-virgin olive oil and garnish with a sprig of flat-leafed parsley on top.

## CHICKEN WITH OLIVES

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Serves 8

8 skinless, boneless chicken breasts  
salt to taste  
2 tablespoons extra-virgin olive oil  
4 cloves garlic, crushed  
1 bay leaf  
1/4 teaspoon dried thyme  
1/4 teaspoon ground black pepper  
4 tomatoes, peeled and quartered  
20 pimento-stuffed green olives  
1 1/4 cups dry white wine  
1 1/4 cups chicken broth



- Step 1.** Season chicken with salt. Heat extra-virgin olive oil in a large skillet over medium high heat; brown chicken in oil, about 5 minutes each side. Add garlic, bay leaf, thyme and pepper and mix well, then stir in tomatoes, olives, wine and broth.
- Step 2.** Reduce heat to low and simmer, uncovered, for 45 minutes or until chicken is cooked through and juices run clear. Remove garlic and bay leaf and serve.

# GRIDDLED SALMON WITH CHAR-GRILLED ASPARAGUS

Serves 6

6 x 200 g salmon, skinned and pin boned  
30 asparagus  
4-5 tablespoon extra-virgin olive oil  
1 clove garlic, finely chopped  
Sea salt and freshly ground black pepper

**Best accompanied with:** assorted salad

## For the salsa:

6 smoked-rashers of streaky bacon, cut into lardons  
3 cm ginger, finely chopped  
2 small red onions, finely chopped  
1 clove garlic, finely chopped  
2 large beef tomatoes, diced  
1 bunch spring onions, chopped

1 teaspoon Dijon mustard  
1 tablespoon Worcestershire sauce  
1 tablespoon red wine vinegar  
1 tablespoon dark soy sauce  
4 tablespoon tomato passata leaves

**Step 1.** Drizzle the salmon fillets and asparagus stems with extra-virgin olive oil, and scatter over the chopped garlic. Season with salt and freshly ground black pepper. Leave on one side while you make the salsa.

**Step 2.** For the salsa, heat a frying pan, and cook the bacon pieces until crisp, stirring regularly.

**Step 3.** Tip in the ginger, onions and garlic, and fry briskly for a further 2 minutes.

**Step 4.** Remove the pan from the heat and stir in the tomatoes, mustard, Worcestershire sauce, red wine vinegar, soy sauce, passata, and spring onions.

**Step 5.** Fry the salmon fillets and asparagus stems on a heated griddle for about 8-10 minutes - until the asparagus is lightly charred and the salmon is just cooked through. Turn the salmon



fillets half way through cooking, and keep turning the asparagus so they are evenly cooked.

**Step 6.** Arrange the cooked asparagus on a plate and top with the salmon fillets. Spoon around the warm salsa and serve with a leafy salad, dressed with lime juice.

# GRILLED SWORDFISH WITH COUSCOUS

Serves 4

## For the couscous:

250g couscous  
1/2 cucumber  
1/2 red onion

## For the marinade:

Bunch marjoram, or oregano  
1/2 teaspoon fine sea salt  
1 red chilli, seeds removed and finely chopped  
2 tomatoes, finely chopped  
2 teaspoon white wine vinegar  
5 tablespoon extra-virgin olive oil

## For the fish:

1 x 675g fillet swordfish  
1-2 lemon, juice only



- Step 1.** Soak the couscous in boiling water according to the instructions on the packet and leave on one side.
- Step 2.** To make the marinade, finely chop the herbs and transfer to a mortar. Add the salt and red chilli and grind with a pestle, until smooth. Transfer to a large bowl and tip in the tomatoes; stir to combine.
- Step 3.** Pour in the vinegar and extra-virgin olive oil, give it a quick stir and leave on one side.
- Step 4.** With a sharp knife, cut the fish into slices, about 5cm wide. Place in a large dish and spoon over a third of the marinade. Turn the fish to ensure equal coating and leave to marinate for about 20 minutes. Preheat a grill.
- Step 5.** Meanwhile, finish making the couscous. Finely chop the cucumber and red onion and add to the warm



couscous. Pour in the marinade from the fish and stir through.

**Step 6.** Remove the swordfish from the dish and grill for 1 minute each side. Serve on top of the couscous with a good squeeze of lemon juice.

# HALIBUT WITH SHRIMP, BUTTER AND FAVETTA

Serves 2

## For the shrimp butter:

250g butter  
1/2 teaspoon thyme, leaves only  
1/2 teaspoon freshly ground salt and black pepper  
100 g potted shrimps

## For the fish:

2 x 150g halibut fillets  
2 seasoned flour  
2 tablespoon butter

## For the favetta:

400g broad beans  
1 handful thyme, leaves only  
1 clove garlic, crushed  
1 lemon, juice only  
100ml extra-virgin olive oil  
coarse salt and freshly ground black pepper



**Step 1.** Preheat the oven to 200C/gas 6.

**Step 2.** To make the butter, put the butter, thyme, shrimps, salt and pepper into a blender and process until smooth. Set aside.

**Step 3.** For the favetta; blanch the beans in boiling water for no more than 2 minutes, then plunge into ice-cold water. Drain the beans and peel off the tough outer skins.

**Step 4.** Put the beans, thyme, garlic and lemon juice in a blender and pulse until smooth. With the motor still running, gradually pour in the oil and blend until the consistency of hummus. Turn out into a bowl, season and set aside.

- Step 5.** Coat the halibut fillets in seasoned flour, shaking off any excess. Melt the butter in an ovenproof frying pan. And cook the fish for 2 minutes on each side, before transferring to the oven for a further 3 minutes.
- Step 6.** Serve the halibut in the centre of the plate with the favetta around the edge. Top with a pat of shrimp butter and serve.

## MEDITERRANEAN MACKEREL

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*Serves 4*

4 mackerel  
2 tablespoons butter or margarine  
1 glass of white wine, mustard  
1 clove of garlic  
1 tablespoonful of chopped parsley  
Salt and pepper  
Bunch of mixed herbs



- Step 1.** Clean and wash the mackerel, wipe them dry in a clean cloth and arrange them in a fireproof dish with the butter or margarine.
- Step 2.** Add salt and pepper, and spread a little continental mustard on each fish (about 1 tablespoon for 4 fish).
- Step 3.** Pour a glass of white wine over them, add the bunch of mixed herbs, and cook in a moderate oven for 25 to 30 minutes.
- Step 4.** Five minutes before you take them out, sprinkle them with finely chopped garlic and parsley. After these last five minutes are up, serve them in the dish in which you have cooked them.

## MEDITERRANEAN TURKEY WITH COUSCOUS

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2 turkey breast tenderloins, cut into 1/2-inch pieces	2/3 cup low-fat milk
2 cloves garlic, minced or pressed	1 1/2 teaspoons chopped fresh oregano or 1/2 teaspoon dried oregano
1 teaspoon paprika	1 cup couscous
1/2 teaspoon grated lemon peel	1 medium-size red bell pepper, seeded and
1/8 teaspoon salt (optional)	2 teaspoons extra-virgin olive oil
1/8 teaspoon pepper	1/3 to 1/2 cup chopped pitted calamata olive
2 teaspoons cornstarch	1/4 cup finely chopped parsley
2 tablespoons balsamic vinegar	Oregano sprigs
1 1/2 cups fat-free reduced-sodium chicken broth	

- Step 1.** In a large bowl, mix turkey, garlic, paprika, 1/4 teaspoon of the lemon peel, salt (if used), and pepper; set aside.
- Step 2.** To prepare sauce, in a bowl, smoothly blend cornstarch and vinegar. Stir in 1/2 cup of the broth. Set aside.
- Step 3.** In a 3- to 4-quart pan, combine remaining 1 cup broth, milk, chopped oregano, and remaining 1/4 teaspoon lemon peel. Bring just to a boil over medium-high heat; stir in couscous. Cover, remove from heat, and let stand until liquid has been absorbed (about 5 minutes). Transfer to a rimmed platter and keep warm; fluff occasionally with a fork.
- Step 4.** While couscous is standing, in a wide nonstick frying pan or wok, combine bell pepper and 2 tablespoons water. Stir-fry over medium-high heat until pepper is just tender-crisp to bite (about 2 minutes); add water, 1 tablespoon at a time, if pan appears dry. Remove from pan with a slotted spoon and keep warm.
- Step 5.** Heat oil in pan. When oil is hot, add turkey mixture and stir-fry just until meat is no longer pink in center; cut to test



(2 to 3 minutes). Stir reserved sauce well; pour into pan. Then add bell pepper and olives; cook, stirring, until sauce boils and thickens slightly (1 to 2 minutes). Pour turkey mixture over couscous. Sprinkle with parsley and garnish with oregano sprigs.

# MONKFISH WITH ROSEMARY AND ANCHOVY BUTTER

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Serves 2

1 clove garlic, finely chopped

1 tablespoon chopped leaves rosemary

150g soft butter

6 salted anchovy fillets

Extra-virgin olive oil, for frying

2 x 175 g monkfish tails, butterflied

1 lemon, juice only

1 handful parsley, finely chopped

2 tomatoes, peeled, de-seeded and diced



**Step 1.** Process the garlic, rosemary, butter and anchovies in a food processor until very smooth and light.

**Step 2.** Heat oil in a shallow pan and fry the monkfish over medium-high heat for 2-3 minutes on each side until golden and cooked through. Remove the fish from the pan and keep warm. Discard any remaining oil.

**Step 3.** Add the butter mixture to the pan and melt over medium heat. When gently foaming, add the lemon juice, parsley and tomato, pour over the fish and serve.

## PASTA CON VONGOLE

*Serves 4 to 6*

1.5kg clams  
350g linguine  
3 tablespoon extra-virgin olive oil  
1 clove garlic  
1 bunch parsley, finely chopped  
80ml Italian white wine



- Step 1.** Clean the clams thoroughly and discard any that remain open when tapped as this indicates that they are already dead.
- Step 2.** In a pan of boiling, salted water, cook the pasta according to the packet instructions.
- Step 3.** Meanwhile, heat the extra-virgin olive oil in a lidded saucepan and sauté the garlic and most of the parsley. Add the clams, then pour in the white wine. Cover and continue cooking for 2-3 minutes, shaking the clams around in the pan from time to time, until the shells open. Uncover the pan and allow the liquid to boil to reduce slightly.
- Step 4.** When the pasta is al dente, drain it in a colander and add to the pan of clams. Stir in the last of the chopped parsley, season to taste and serve.



# PENNE WITH CHICKEN, ARUGULA, ROASTED TOMATOES AND FETA

*Serves 4*

3 12-ounce bags cherry tomatoes  
2 tablespoons extra-virgin olive oil  
5 large garlic cloves, chopped  
3/4 teaspoon dried crushed red pepper  
2 cups shredded roasted chicken breasts without skin  
8 ounces penne pasta  
6 cups arugula leaves  
1/2 cup crumbled feta cheese



- Step 1.** Preheat oven to 475°F. Mix cherry tomatoes, oil, garlic, and crushed red pepper on rimmed baking sheet. Sprinkle with salt and pepper. Bake until tomatoes are soft and beginning to brown in spots, stirring occasionally, about 20 minutes. Transfer tomato mixture, including any juices, from sheet to large skillet. Add chicken to skillet and simmer until heated through, about 5 minutes.
- Step 2.** Meanwhile, cook pasta in large pot of boiling salted water until just tender but still firm to bite, stirring occasionally. Ladle out 1/4 cup pasta cooking water and reserve. Drain pasta; return to pot.
- Step 3.** Add tomato mixture, arugula, and reserved 1/4 cup pasta cooking water to pasta; toss over medium heat just until arugula begins to wilt, about 30 seconds. Season to taste with salt and pepper. Transfer pasta to bowl. Sprinkle with feta cheese and serve.

## SALMON MEDITERRANEAN STIR-FRY

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Serves 2

8-12 oz. Salmon, cut into bite size  
1 Onion, sliced thin  
1 tablespoon garlic  
1 tablespoon capers  
2 cups Escarole  
2 tablespoon cream or H&H  
2 tablespoon pine nuts  
1/3 cup white wine (optional)  
1 tablespoon dill  
Salt & Pepper to taste  
Serve over linguine and garnish with dill



**Step 1.** Cut ingredients into desired sizes.

**Step 2.** Add a little oil or cooking spray of your choice to the pan. Heat pan to 375° F/ medium high heat.

**Step 3.** Add salmon. Stir around for 2 minutes.

**Step 4.** Add onion, capers, and garlic. Stir around for 2 minutes.

**Step 5.** Add escarole, sea salt and pepper to taste. Finish with cream, wine, pine nuts and dill. Stir around for an additional minute. Serve over linguine and garnish with dill.



Sweets

## APRICOT-BULGAR PUDDING CAKE WITH CUSTARD SAUCE

Serves 8

1/2 cup chopped dried apricots	2 large eggs, separated
1/3 cup granulated sugar	2/3 cup low-fat milk
1 teaspoon finely slivered orange zest	2 tablespoons brown sugar
1 cup freshly squeezed orange juice	Custard Sauce, (recipe follows)
1 cup water	1/2 cup finely chopped toasted pistachios, preferably salted
1/2 cup bulgur	



- Step 1.** Combine apricots, sugar, orange zest, orange juice and water in a medium saucepan. Bring to a boil; reduce heat to a simmer and cook, stirring occasionally, until the apricots are very tender, about 10 minutes. Stir in bulgur and increase heat to high. Return to a boil; reduce heat to a low simmer and cook, stirring occasionally, until the bulgur is tender, about 20 minutes. Remove from the heat and let cool, uncovered, for 10 minutes.
- Step 2.** Position a rack in the center of the oven; preheat to 350°F.
- Step 3.** Whisk egg yolks and milk in a large bowl until well combined. Slowly whisk in the bulgur mixture.
- Step 4.** Beat egg whites in a medium bowl with a mixer on medium-high speed until stiff peaks form. Fold into the bulgur mixture using a rubber spatula.
- Step 5.** Transfer the batter to an 8-inch-square baking dish. Push brown sugar through a sieve evenly over the batter. Place the baking dish in a roasting pan and transfer to the oven. Pour very hot tap water into the

roasting pan until it comes about halfway up the sides of the baking dish. Bake until the cake is puffed and golden, 30 to 40 minutes.

**Step 6.** Carefully remove the baking dish from the hot water, transfer to a wire rack and let cool to room temperature before serving. Top each serving with some Custard Sauce and a sprinkling of pistachios.

# BLACKBERRY BUCKLE

Serves 9

1/2 cup shortening  
1 cup sugar, divided  
1 egg, beaten  
2 1/2 cups all-purpose flour, divided  
2 1/2 teaspoons baking powder  
1/2 teaspoon salt  
1/2 cup milk  
2 cups fresh or frozen blackberries  
2 teaspoons lemon juice  
1/2 teaspoon ground cinnamon  
1/4 cup cold butter



- Step 1.** In a large mixing bowl, cream the shortening and 1/2 cup sugar until light and fluffy. Add the egg and mix well. Combine 2 cups flour, baking powder and salt; add to the creamed mixture alternately with the milk, beating well after each addition.
- Step 2.** Spread into a greased 9-in. square baking dish. Toss the blackberries with lemon juice; sprinkle over batter. In a small bowl, combine the cinnamon and remaining sugar and flour; cut in the butter until mixture resembles coarse crumbs. Sprinkle over berries.
- Step 3.** Bake, uncovered, at 350 degrees F for 45-50 minutes or until a toothpick inserted near the center comes out clean. Refrigerate leftovers.

## FRUIT IN SHELL

1 small pear, peeled and diced	2 tablespoon sugar
1 nectarine, diced	3 tablespoon rum
1 slice watermelon, seeded and diced	1 pineapple
12 strawberries, hulled and halved	Juice 1 orange
1 kiwi fruit, peeled and sliced	Juice 1 lemon
6-8 blackberries	Several pitted cherries
1/4 cup blueberries	Few whole strawberries for decoration
1 tablespoon soft butter	



**Step 1.** Place pear, nectarine, watermelon, halved strawberries, kiwi fruit, blackberries and blueberries in mixing bowl; set aside.

**Step 2.** Heat butter in frying pan over medium heat.

**Step 3.** Add sugar and cook 3 minutes over high heat while stirring constantly. The mixture should become golden in color.

**Step 4.** Add orange and lemon juices; mix well.

**Step 5.** Stir in rum and cook 3 minutes.

**Step 6.** Pour syrup over fruit in bowl, toss and marinate 30 minutes.

**Step 7.** Slice pineapple in half, lengthwise.

**Step 8.** Using sharp knife and spoon, cut and scoop out insides from shells.

**Step 9.** Reserve pineapple flesh for other recipes.

**Step 10.**

When fruit is ready, spoon into hollowed shells and decorate with cherries and whole strawberries.



## POMEGRANATE POACHED PEARS

*Serves 4*

- 4 ripe, firm Bosc pears
- 1 1/2 cups pomegranate juice
- 1 cup sweet dessert wine, such as Muscatel or Riesling
- 2 tablespoons sliced almonds
- 1/2 cup pomegranate seeds
- 4 tablespoons reduced-fat sour cream, or low-fat plain yogurt
- 4 fresh or dried bay leaves, for garnish

**Step 1.** Peel pears, leaving them whole and stems intact. Slice off the bases so the pears will stand upright. Use an apple corer to remove cores, if desired, working from the base up.

**Step 2.** Place the pears on their sides in a large saucepan or small Dutch oven. Pour pomegranate juice and wine over the pears. Bring to a simmer over medium-high heat. Cover, reduce heat to low and simmer gently until the pears are tender when pierced with the tip of a sharp knife, 30 to 45 minutes. Turn very gently once or twice as they cook so they color evenly. Using a slotted spoon, transfer the pears to a shallow bowl and set aside.

**Step 3.** Boil the poaching liquid over high heat until the sauce is reduced to 1/2 cup, 15 to 20 minutes.

**Step 4.** Meanwhile, toast almonds in a small dry skillet over medium-low heat, stirring constantly, until light golden and fragrant, 2 to 3 minutes. Transfer to a small bowl to cool. Cover and refrigerate pears in sauce for up to



2 days. Serve at room temperature.

**Step 5.** To serve, spoon 1 tablespoon sauce onto each of 4 dessert plates. Place a pear upright on each plate. Drizzle remaining sauce over each pear. Sprinkle pomegranate seeds around the pears and top with the almonds. Garnish each serving with a dollop of sour cream (or yogurt) and a bay leaf.

# STRAWBERRY TARTS

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Serves 6

12 (4 inch) prepared tart shells, baked  
2/3 cup white sugar  
2 1/2 tablespoons cornstarch  
1 pinch salt  
1 cup apple juice  
3 cups fresh strawberries

## To Make Glaze:

- Step 1.** Blend the sugar, cornstarch, and salt; stir into apple juice. Cook over a medium heat, stirring constantly until smooth and thick. Allow to cool for 10 minutes.
- Step 2.** Spread a small quantity of the glaze over the bottoms of the shells. Arrange washed and hulled fresh berries over the glaze, slicing if necessary to fit into the tarts. Spoon remaining glaze carefully over the berries, covering them well. Chill for 2 to 4 hours. Serve garnished with whipped cream if desired.

