



The Mediterranean Diet
Recipe Book
Ninth Edition

By Ray Darken

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Breakfast & Light Lunches

BUTTERNUT AND BARLEY PILAF

Serves 6

2 teaspoons extra-virgin olive oil

1 medium onion, chopped

1 14-ounce can reduced-sodium chicken broth, or vegetable broth

1 3/4 cups water

1 cup pearl barley

2 cups cubed peeled butternut squash, (3/4-inch cubes)

1/3 cup chopped flat-leaf parsley

1 teaspoon freshly grated lemon zest

1 tablespoon lemon juice

1 clove garlic, minced

1/4 teaspoon salt, or to taste

Freshly ground pepper, to taste

Heat oil in a large saucepan over medium heat. Add onion and cook, stirring often, until softened, 2 to 3 minutes. Add broth, water, barley and squash; bring to a simmer, reduce heat to medium-low and simmer until the barley and squash are tender and most of the liquid has been absorbed, about 45 minutes. Add parsley, lemon zest, lemon juice, garlic, salt and pepper; mix gently.



GREEK SALAD WITH SARDINES

Serves 4

- 3 tablespoons lemon juice
- 2 tablespoons extra-virgin olive oil
- 1 clove garlic, minced
- 2 teaspoons dried oregano
- 1/2 teaspoon freshly ground pepper
- 3 medium tomatoes, cut into large chunks
- 1 large English cucumber, cut into large chunks
- 1 15-ounce can chickpeas, rinsed
- 1/3 cup crumbled feta cheese
- 1/4 cup thinly sliced red onion
- 2 tablespoons sliced Kalamata olives
- 2 4-ounce cans sardines with bones, packed in olive oil or water, drained

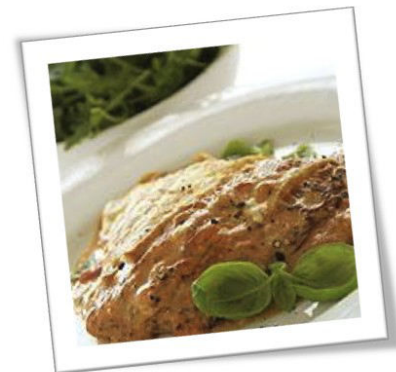


Whisk lemon juice, oil, garlic, oregano and pepper in a large bowl until well combined. Add tomatoes, cucumber, chickpeas, feta, onion and olives; gently toss to combine. Divide the salad among 4 plates and top with sardines.

LAYERED PANCAKES WITH TOMATO AND MOZZARELLA

Serves 2 to 4

Extra-virgin olive oil, for greasing
8 pancakes
1 quantity fresh tomato sauce
1/2 quantity béchamel sauce, with nutmeg
200 grams mozzarella, coarsely grated
Handful of basil
Black pepper



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 tomato and béchamel sauces together.

Step 4. Smooth some of the tomato mixture over the pancake. Sprinkle with mozzarella and a few basil leaves. Season lightly.

Step 5. Place another pancake on top with another layer of sauce, cheese, basil 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.

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

MEDITERRANEAN DOLMAS

Serves 4

1/2 cup sun-dried tomatoes, sliced
1/4 cup fresh dill, chopped
1/4 cup raisins
1/2 cup pine nuts
2 tablespoons extra-virgin olive oil
Pinch of salt
1 collard leaf



Step 1. Soak the tomatoes in 1 cup of water for 10 minutes, until soft. Mix together the dill, raisins, nuts, oil, and salt. Add the tomatoes and mix well.

Step 2. Cut the collard leaf from its stem. Cut each leaf piece in half, for a total of four roughly equal-sized pieces.

Step 3. Fill each leaf piece with a quarter of the tomato-raisin-nut filling. Fold down the top and bottom edges of each leaf, rotate it 90 degrees, and roll it up. Repeat with each leaf piece. Serve at room temperature.

MEDITERRANEAN RAVIOLI SALAD

2 packages Spinach and Feta Ravioli
3 tablespoons extra-virgin olive oil
6 garlic cloves, minced
1 1/2 cups (355 ml) broccoli florets, blanched
1 1/2 cups (355 ml) cauliflower florets, blanched
1 cup (240 ml) cooked white beans
2 ounces (60 grams) sun-dried tomatoes, oil packed, julienned
2 bunches arugula leaves
1 tablespoon (15 ml) Romano cheese, grated black pepper, to taste

Step 1. Cook ravioli according to package directions, lightly oil and chill.

Step 2. In a large skillet heat olive oil.

Step 3. Add garlic and cook over a medium heat until lightly toasted.

Step 4. Add blanched broccoli, cauliflower, cooked white beans and sun-dried tomatoes.

Step 5. Sauté for 3-4 minutes.

Step 6. Toss with cooked ravioli and arugula leaves.

Step 7. Top with grated Romano cheese and fresh ground black pepper.



MEDITERRANEAN WRAP

Serves 1

- 1 tablespoon 1/3-less fat cream cheese
- 1 (9-inches) spinach or tomato-basil wrap
- 3/4 cup chopped fresh baby spinach
- ½ small avocado, sliced
- 1/3 cup crumbled feta cheese
- 1/4 cup chopped tomato
- 2 tablespoons sliced black olives
- 1 to 1 1/2 tablespoons chopped fresh basil
- 1 tablespoon wine vinaigrette



Step 1. Spread cream cheese over 1 side of wrap. Top with chopped spinach and remaining ingredients.

Step 2. Roll up wrap tightly. Cut diagonally in half.

PARSNIPS

Serves 8

3-1/2 pounds small parsnips

3 tablespoons extra-virgin olive oil

1/4 teaspoon salt

1/4 teaspoon pepper

1 3.5 ounces jar capers, drained (1/2 cup)

1 cup pitted kalamata olives, coarsely chopped

Step 1. Peel and slice the parsnips diagonally into 1-1/2-inch-long pieces. In a large saucepan, cook parsnips, covered, in a small amount of boiling lightly salted water for 12 to 15 minutes or until tender; drain.

Step 2. Gently toss parsnips with olive oil, salt, and pepper. Transfer to a serving dish. Top with olives and capers. Serve immediately. Makes 8 side-dish servings.

Reach for a different jar: Prepare parsnips as above except, omit the olive oil and toss parsnips with 1/4 cup raspberry-mustard and drizzle with about 2 tablespoons of honey. Or, omit olives and capers and use 1 cup jarred caramelized onions.



PASTA WITH GOATS' CHEESE AND BLACK OLIVES

Serves 4

Black pepper
450 grams penne
3 cloves garlic, crushed
8 tinned anchovies, chopped
4 tablespoons extra-virgin olive oil, plus extra for drizzling
200 grams pitted black olives, chopped
200 grams goats' cheese, roughly crumbled
4 tablespoons finely chopped flat leaf parsley



Step 1. Bring a large pan of salted water to the boil.

Step 2. Add the penne and cook until al dente, around 10 minutes.

Step 3. Meanwhile, mix together the garlic, anchovy and olive oil into a paste.

Step 4. Drain the cooked pasta and transfer to a large bowl. Toss with the garlic paste, chopped olives and goats' cheese. Season with freshly ground pepper.

Step 5. Drizzle with olive oil and sprinkle with parsley. Serve at once.

SHRIMP SALTIMBOCCA WITH POLENTA

Serves 4

- 1 16- to 18-ounce tube polenta, cut into 8 rounds
- 1 thin slice prosciutto (about 1/2 ounce)
- 2 tablespoons lemon juice
- 1 1/4 teaspoons cornstarch
- 1 pound peeled and deveined raw shrimp (21-25 per pound)
- 1/4 teaspoon freshly ground pepper, divided
- 1 tablespoon extra-virgin olive oil
- 2 tablespoons finely diced onion
- 3/4 cup clam juice (see Note) or reduced-sodium chicken broth
- 1 tablespoon chopped fresh sage or 3/4 teaspoon dried rubbed



- Step 1.** Position rack in center of oven; preheat broiler. Coat a baking sheet with cooking spray.
- Step 2.** Place polenta rounds and prosciutto on the baking sheet. Broil on the center rack until the prosciutto is crisp, 4 to 5 minutes. Transfer the prosciutto to a plate. Continue broiling the polenta, turning once, until golden brown, about 10 to 12 minutes per side.
- Step 3.** Meanwhile, whisk lemon juice and cornstarch in a small bowl. Sprinkle shrimp with 1/8 teaspoon pepper. Heat oil in a large nonstick skillet over medium heat. Add onion and cook, stirring, until beginning to brown, 2 to 3 minutes. Add shrimp and cook, stirring, until the shrimp just turn pink but aren't cooked through, about 2 minutes. Pour in clam juice (or broth), bring to a boil and cook until the liquid is slightly reduced, about 2 minutes more.

Step 4. Whisk the cornstarch mixture again and add to the pan along with sage and the remaining 1/8 teaspoon pepper. Cook, stirring, until thickened, 1 to 2 minutes. Top the polenta with the shrimp and sauce, crumble the prosciutto over the top and serve immediately.

STRAWBERRY-STUFFED FRENCH TOAST

Serves 4

1 8 ounce package cream cheese,
softened
1/2 cup powdered sugar
1 tablespoon vanilla extract
1/2 tablespoon cinnamon
8 slices bread, white or whole wheat

3 cups strawberries, hulled and sliced
3 eggs, beaten
2 tablespoons milk
4 tablespoons butter, optional
2 tablespoons powdered sugar, sifted

Step 1. In a small bowl, combine the cream cheese, 1/2 cup powdered sugar, vanilla extract and cinnamon; mix until smooth. Spread one side of each slice of bread evenly with the cream cheese mixture. On the cream cheese side of four slices of bread, layer with some sliced strawberries evenly over the surface of each slice. Top each slice with a remaining slice of bread, pressing the cream cheese side down onto the strawberries. Press together gently to seal berries inside sandwich.

Step 2. In a shallow bowl, combine the eggs and milk; mix well and set aside.

Step 3. Preheat oven to 200°F. Spray a large baking sheet lightly with cooking spray and place in oven. Spray a large non-stick skillet with cooking spray or melt 1 tablespoon butter in skillet over medium-high heat.

Step 4. Dip strawberry sandwiches into the egg mixture, turning to soak each side. Place soaked sandwich in the



hot skillet and cook on each side until browned. Remove sandwich from skillet and place on baking sheet in warm oven and repeat until all sandwiches are cooked.

Step 5. Just before serving, cut each sandwich diagonally; top with remaining strawberries and sprinkle with 2 tablespoons powdered sugar. Serve with Warm Strawberry Syrup or maple syrup.



Salads

AUBERGINE, FETA AND MINT SALAD

Serves 3 to 4

1 aubergine
Extra-virgin olive oil
150 grams feta cheese, crumbled
1 small clove garlic, finely chopped
Handful of mint leaves, shredded
Handful of coriander leaves, shredded
Squeeze of lemon juice
Black pepper



Step 1. Preheat the oven to 220°C/gas 7.

Step 2. Brush the aubergine slices on both sides with oil and season with salt and pepper. Place on a roasting tray in a single layer. Roast for 15-20 minutes, turning, until golden. Allow to cool to room temperature.

Step 3. Arrange the aubergine slices on a serving plate. Scatter the crumbled feta over the top, along with the garlic, mint and coriander. Add a squeeze of lemon juice and serve.

CORSICAN MINT SALAD

Serves 2 to 4

For the dressing:

Zest and juice of 1 lemon
6 sprigs mint
1 teaspoon Dijon mustard
6 tablespoons extra-virgin olive oil
pinch of sugar
1 tablespoon white wine
Black pepper

For the salad:

1/2 avocado
100 grams green beans, lightly cooked
1/2 red onion, thinly sliced
3 palm hearts, sliced
Bunch of rocket
Zest of 1 lemons



Step 1. To make the dressing, place the lemon zest into a bowl.

Step 2. Finely chop half of the mint (reserve the remaining for the salad) and add this to the lemon zest.

Step 3. Stir in the Dijon mustard, olive oil and a pinch of sugar.

Step 4. Add the white wine and season and whisk in the lemon juice. Season to taste with salt and freshly ground black pepper, and set aside.

Step 5. To make the salad, cut the avocado into slices and place them in the bowl on top of the dressing. Add the green beans and finely sliced red onion.

Step 6. Add the sliced palm hearts, the rocket and the remaining mint. Toss to coat the salad thoroughly in the dressing and serve immediately.

GRILLED HALOUMI AND ROMANO PEPPER SALAD

Serves 4

4 Romano peppers, seeds removed and halved	For the dressing:
1.5 tablespoons red wine vinegar	1 lime, zest and juice
130 ml extra-virgin olive oil, plus extra for brushing	1 tablespoon salted capers, well rinsed
3 cloves garlic, halved	1 small chilli, seeds removed and finely chopped
Pinches salt	16 large leaves basil, coarsely shredded
Pinches sugar	
pinches cayenne pepper	
250 grams halloumi cheese	
100 grams wild rocket	



Step 1. Preheat the oven to 190C/gas 5.

Step 2. Place the peppers in a baking tray just large enough to hold them; pour over the red wine vinegar and 75 ml of the olive oil. Add the halved garlic, season with salt, sugar and cayenne and cover with foil.

Step 3. Bake for 10 minutes, before removing the foil and continue cooking for a further 10 minutes.

Step 4. While the peppers are in the oven, slice the halloumi into 8 pieces and set aside.

Step 5. To make the dressing, combine the lime zest and juice, the remaining olive oil, capers, chilli and sliced basil in a large bowl.

Step 6. Once the peppers are cooked, add them, along with their cooking juices, to the dressing. Slice the cooked garlic finely and add to the bowl.

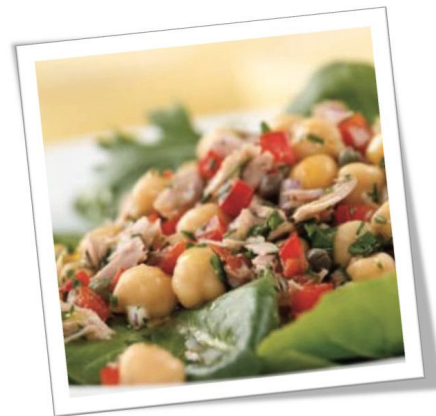
Step 7. Heat a griddle, brush the sliced halloumi with a little olive oil and grill for 2-3 minutes on one side only.

Step 8. Tip the cheese into the pepper salad and toss well, before serving the salad on 4 plates. Combine the rocket in the remaining dressing and serve on the side.

MEDITERRANEAN TUNA ANTIPASTO SALAD

Serves 4

1 15- to 19-ounce can beans, such as chickpeas, black-eyed peas or kidney beans, rinsed
2 5- to 6-ounce cans water-packed chunk light tuna, drained and flaked
1 large red bell pepper, finely diced
1/2 cup finely chopped red onion
1/2 cup chopped fresh parsley, divided
4 teaspoons capers, rinsed
1 1/2 teaspoons finely chopped fresh rosemary
1/2 cup lemon juice, divided
4 tablespoons extra-virgin olive oil, divided
Freshly ground pepper, to taste
1/4 teaspoon salt
8 cups mixed salad greens



Combine beans, tuna, bell pepper, onion, parsley, capers, rosemary, 1/4 cup lemon juice and 2 tablespoons oil in a medium bowl. Season with pepper. Combine the remaining 1/4 cup lemon juice, 2 tablespoons oil and salt in a large bowl. Add salad greens; toss to coat. Divide the greens among 4 plates. Top each with the tuna salad.

POMEGRANATE, ORANGE AND MINT SALAD

Serves 4

5-6 large oranges

1 large pomegranate, seeds removed and any juices reserved

2 tablespoons extra-virgin olive oil

6 tablespoons freshly squeezed orange juice

Black pepper

15 grams mint leaves

Step 1. To get lovely slices of orange without any bitter pith, use a sharp knife to take a slice off the bottom and top of the oranges so you can see the juicy flesh, then place on a chopping board and carefully cut away the skin and pith, following the curve of the orange. Cut the fruit into horizontal slices and repeat with the remaining oranges, reserving any juice for the dressing.

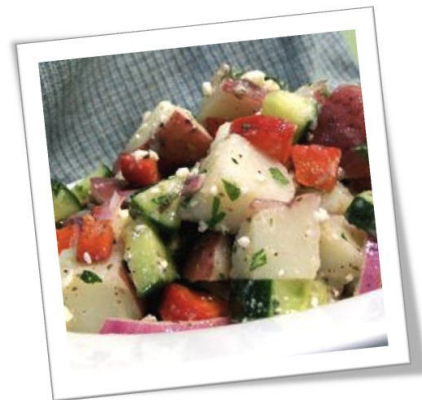
Step 2. Arrange the orange slices on a large glass serving plate and sprinkle over the pomegranate seeds. To make the dressing, whisk together the olive oil in a small bowl with the orange juice and any reserved pomegranate juice. Season to taste and drizzle over the salad. Scatter over the mint leaves and serve.



POTATO SALAD

Serves 16

2 pounds potatoes
1 green bell pepper, minced
1 cucumber, sliced and quartered
1/2 cup sliced red onion
8 ounces crumbled feta cheese
1 lemon, juiced
1/2 cup Italian-style salad dressing
Salt and pepper to taste
3 pita breads, cut into wedges



Step 1. Bring a large pot of salted water to a boil. Add potatoes and cook until tender but still firm, about 15 minutes. Drain, cool and chop.

Step 2. In a large bowl, combine the potatoes, green peppers, cucumbers, red onion and cheese.

Step 3. Whisk together the lemon juice, salad dressing, salt and pepper. Pour over salad and toss to coat. Serve with pita bread wedges if desired.

SHRIMP AND COUSCOUS SALAD

Serves 8

2 cups couscous
2 cups water
3/4 cup extra-virgin olive oil
1/4 cup apple cider vinegar
1 teaspoon Dijon mustard
1 teaspoon ground cumin
1 clove garlic, crushed
Salt and pepper to taste
1 red bell pepper, chopped
1 yellow bell pepper, chopped
1 1/2 pounds cooked shrimp, peeled and deveined
2 medium tomatoes, chopped
1 cup chopped fresh parsley
1 cup crumbled feta cheese



Step 1. Pour water into a saucepan, and bring to a boil. Stir in couscous, cover, and remove from heat. Let stand for 5 minutes, then immediately fluff with a fork. Set aside to cool.

Step 2. In a small bowl, whisk together the olive oil, cider vinegar, Dijon mustard, garlic, salt and pepper. Set aside.

Step 3. In a large salad bowl, toss together the shrimp, cooled couscous, red and yellow bell peppers, tomatoes, parsley and feta cheese. Whisk vinaigrette to blend, then pour in about half of it over the couscous. Toss to

coat, and add more dressing to coat thoroughly without drenching. Refrigerate at least 2 hours before serving.



Soups & Vegetarian

CARROT SOUP WITH ORANGE AND FENNEL

Serves 4 to 6

350 grams grated carrots
1 large bulb fennel, trimmed and cut into thin slices
1 garlic clove, crushed
Juice of two oranges (150 ml), sieved
50 ml white dry wine
50 grams butter
50 ml double cream
Salt, pepper

Step 1. In a large saucepan heat the butter and sauté the fennel until it starts to soften.

Step 2. Add the carrot and garlic. Continue cooking for another 1-2 minutes and pour in the wine.

Step 3. Fill the pan with 1-1.5 liters of water and simmer until carrots are tender, about 15 minutes. Season well.

Step 4. Whizz everything in a blender until smooth. If you want a velvet texture pass through a sieve. Up to this point you can prepare the soup one or two days before.

Step 5. Just before serving, heat the soup below boiling point and add the cream. Whisk it to incorporate and let it boil for 1 minute. Remove from heat.

Step 6. Serve the soup with additional cream and decorate with star anise.



COLD CUCUMBER SOUP WITH RAW SPINACH AND LIME

Serves 2

1/2 cup of sweet onion, chopped
2 tablespoons of white wine
2 cloves of roasted garlic (or sauté it with the onion in wine)
1 seedless cucumber
1 lime (zest and juice)
12 ounces of brown rice milk
1 cup of raw spinach
1/2 teaspoon of sea salt
2 tablespoons of parsley, finely minced (optional)



- Step 1.** Sauté the onion in white wine until translucent. Remove from heat and cool to room temperature.
- Step 2.** Cut the skin from the cucumber in four slices leaving a rectangle of cucumber. Dice the cucumber with skin, into small dice. Reserve the diced cucumber with the skin for a soup garnish.
- Step 3.** Cut the cucumber without skin into large chunks that will fit in the blender. Put the cucumber (without skin) in the blender. Add the cooled onions, and roasted garlic, lime juice, rice milk, raw spinach and sea salt. Process until the mixture is smooth. Taste for seasoning before refrigerating.
- Step 4.** Store the soup in the refrigerator until it is completely cold. Top with diced cucumber, lime zest and minced parsley (if using). I also like to finish my soups with a little freshly grated Himalayan sea salt and black

pepper.

Step 5. You can top with a dollop of tofu sour cream or a teaspoon of good extra-virgin olive oil.

GELLED MEDITERRANEAN BOUILLON

Serves 6

1 tablespoon extra-virgin olive oil	1 tablespoon lemon juice
1/2 cup chopped onion	1/8 teaspoon pepper
1/2 cup chopped green bell pepper	1 (25-ounces) envelope unflavored gelatin
1 garlic clove, minced	1/4 cup cold water
1 small zucchini	1/3 cup plain yogurt
1 tomato, peeled, diced	1 tablespoon mayonnaise
1 tablespoon chopped fresh parsley	1 teaspoon chopped chives or green onion
1 (12-ounces) can tomato juice	1/4 teaspoon Beau Monde or Bon Appetit seasoning
1 (10-1/2-ounces) can concentrated chicken broth	



Step 1. In a heavy 4-quart pot, heat the oil. Add the onion, green pepper and garlic, and sauté over medium-high heat until the onion is tender.

Step 2. Grate zucchini without peeling and add the zucchini, tomato and parsley to the onion mixture. Pour the tomato juice and broth over the vegetable mixture. Stir in the lemon juice and pepper. Cover and let it simmer for 10 minutes.

Step 3. In a small bowl, sprinkle gelatin over cold water and let it stand for 3 to 4 minutes to soften. Remove soup from heat.

Step 4. Stir the gelatin mixture into the soup. Pour the soup into a 2-quart container or casserole with a lid then cover and refrigerate until gelled for at least 3 hours.

Step 5. In a small bowl, combine yogurt, mayonnaise, chives or green onion and Beau Monde or Bon Appetit seasoning.

Refrigerate until needed

GIANT BEANS' OVEN STEW (PLAKI)

Serves 6

1 pound of beans, the very big ones
2 onions
3 garlic cloves
1 cup of extra-virgin olive oil
2 tablespoons of concentrated tomato pulp and some fresh or canned tomato
3 sprigs of celery
Half a small bunch of parsley
2-3 medium size carrots
Salt, pepper, a dash of cayenne powder and some thyme

Soak the beans in water overnight. Next day, boil them in a pot until half-cooked: then drain them. In another pot saute the minced onion and garlic with the oil and add the celery, the finely chopped parsley, the carrots cut in round slices or diced, and the tomato and tomato concentrate diluted in water, salt, thyme, cayenne and pepper. When all this comes to a boil put the beans in an oven dish with the sliced tomatoes, the sauce on the top and some olive lbsoil, cook till ready. Eat hot or cold.



MEDITERRANEAN FISH SOUP

Serves 6

3 tablespoons extra-virgin olive oil	1 orange, juiced
1 large onion, thinly sliced	2 (3-inch) strips orange zest
2 medium ribs celery, cut thinly on the diagonal	2 fennel bulbs, cut crosswise into 1/3-inch slices
8 cloves garlic, peeled and smashed	3/4 cup peeled, seeded and chopped fresh tomatoes
1/3 cup white wine	1 1/2 teaspoons kosher salt, plus more for seasoning fish
2 tablespoons tomato paste	Freshly ground black pepper
3 pinches saffron threads	1 1/2 pounds firm white fish fillets
8 cups fish or shrimp stock, or a combination of both	1 pound shrimp, peeled and deveined
1/4 teaspoon crushed red pepper flakes	1 tablespoon chopped fresh parsley leaves

Step 1. In a 6 quart saucepan or soup pot, heat the oil over low heat. Add the onion, celery, and garlic and cook until tender, 6 to 8 minutes. Add the white wine, tomato paste, saffron, stock, crushed red pepper, orange juice, and orange zest and bring to a simmer. Cook uncovered, for about 45 minutes, or until liquid is reduced by about one-third.

Step 2. Add the fennel and tomatoes and cook until the fennel is tender, about 20 minutes. Season with salt and freshly ground black pepper, to taste.

Step 3. Season the fish fillets with salt and freshly ground black pepper. Cut



the fillets into 1 1/2-inch chunks. Add the fish, shrimp, and parsley to the broth and allow to cook, gently stirring only once or twice, until the fish is cooked through, about 5 minutes. Serve in shallow bowls with croutons.

MEDITERRANEAN STEW WITH OLIVES AND ORANGES

1 tablespoon extra-virgin olive oil
1-1/2 pounds lean boneless beef, cut into cubes
1 medium onion, chopped (1/2 cup)
3 cloves garlic, minced
1 cup chicken or beef broth
1 7-1/2-ounce can tomatoes, cut up (1 cup)
1 red sweet pepper, seeded, roasted,* and coarsely chopped (1/3 cup)
1/4 cup imported Greek olives, pitted and cut up
2 teaspoons finely shredded orange peel
1-1/2 teaspoons dried Italian seasoning, crushed
2 medium yellow summer squash, halved lengthwise and sliced
3 oranges, peeled and sectioned
Pepper to taste
3 cups hot cooked couscous or orzo



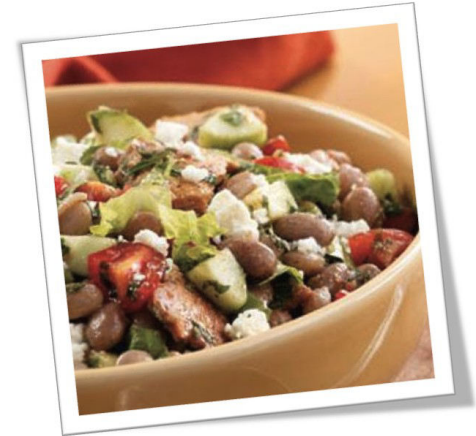
Step 1. Heat oil in a Dutch oven. Brown meat, half at a time, in hot oil. Return all meat to pan along with onion and garlic. Cook and stir for 1 minute. Add broth, undrained tomatoes, roasted pepper, olives, orange peel, and Italian seasoning. Cover and bake in a 350 degree F oven for 1-1/2 hours, or cook on range-top over low heat for 1-1/4 hours.

Step 2. Add squash and bake 30 minutes more or simmer 15 minutes more or until meat is tender. Just before serving, add oranges and season to taste with pepper. Serve with hot cooked couscous or orzo.

TOASTED PITA AND BEAN SALAD

Serves 4

2 6-inch whole-wheat pita breads, cut or torn into bite-size pieces
2 cloves garlic, peeled
1/8 teaspoon salt
2 tablespoons fresh lemon juice
2 tablespoons ground toasted cumin seeds
3 tablespoons extra-virgin olive oil
Freshly ground pepper to taste
2 cups cooked pinto beans, well drained and slightly warmed
1 cup diced plum tomatoes or 1/2 pint cherry tomatoes, quartered
1/2 cucumber, peeled and diced
1 cup sliced romaine lettuce
1 cup crumbled feta cheese
3 tablespoons chopped fresh parsley
3 tablespoons chopped fresh mint



Step 1. Preheat oven to 400°F.

Step 2. Spread pita pieces out on a large baking sheet. Bake until crisp and beginning to brown, 5 to 7 minutes. Let cool on the pan.

Step 3. Mash garlic and salt with the back of a chef's knife to form a paste. Transfer to a bowl, add lemon juice and ground cumin and whisk to blend. Add oil in a slow, steady stream, whisking continually. Season with

pepper.

Step 4. Place beans, tomatoes and cucumber in a serving bowl. Add the toasted pita, lettuce, feta, parsley, mint and the dressing; toss to mix. Season with more pepper. Serve immediately.

VEGETARIAN STUFFED VINE LEAVES (DOLMADES YALANTZI)

50 vine-leaves
some mint, parsley and dill
1 cup glaze rice
2 medium lemons, 1 cup extra-virgin olive oil
2 medium onions
5-6 lettuce leaves
1 vegetable stock cube (optional)
1 medium corvettes, salt, pepper



Step 1. Wash the vine-leaves and scald them until they soften without disintegrating. Take them out of the water with a draining-spoon and set them aside to cool.

Step 2. Grate the onions, put them in a sieve and pour boiling water through them. Put the washed onions, the rice(washed and sieved) , the lettuce-leaves (finely-chopped), the courgette (grated), the olive oil and the other materials in a bowl. Squeeze a lemon into the mixture, dissolve the stock cube in a little hot water and add, and stir well.

Step 3. Open out the vine-leaves one by one, setting aside those which have torn. Lay a vine-leaf flat on your hand, with the stalk away from you. With a pair of scissors, snip off the stalk. Put a little stuffing at the root of the stalk, then fold the vine-leaf into a little package, starting at the end where the stuffing is and then carefully folding in the sides. Repeat for all the vine-leaves.

Step 4. Line the bottom of a saucepan with the torn leaves and place the dolmades on top of them, making sure that they are quite tightly packed together. Squeeze the second lemon over the dolmades, carefully add glassful

of water, and cover with a plate of almost the same diameter as the saucepan: this will ensure that the dolmades cook uniformly . Bring very gently to the boil and simmer with the lid on.

Step 5. Add more olive oil if necessary. After 30 minutes, check if the rice is done. Take the pan off the heat.



Dinner

FISH COUSCOUS WITH ONION T'FAYA

Serves 8

1/2 cup raisins	1/2 teaspoon freshly ground pepper
4 tablespoons extra-virgin olive oil, divided	3 large onions, (2-2 1/2 pounds), very thinly sliced
2 tablespoons butter	1 tablespoon sugar
8 saffron threads	2 1/3 cups reduced-sodium chicken broth, fish broth or vegetable broth, divided
2 teaspoons salt	2 1/2 pounds Pacific halibut, or other firm white fish, skinned and cut into 2-inch wide pieces
1 teaspoon ground ginger	Freshly ground pepper, to taste
1 teaspoon ground turmeric	1 tablespoon extra-virgin olive oil
1/2 teaspoon ground allspice	1/2 cup sliced or slivered almonds
1/2 teaspoon ground nutmeg	1 cup whole-wheat couscous
1/2 teaspoon ground cinnamon	

Step 1. Place raisins in a small bowl and cover with warm water; let soak for 10 minutes. Drain.

Step 2. Crush saffron and salt together in a mortar and pestle until a coarse powder forms. Combine with ginger, turmeric, allspice, nutmeg, cinnamon and pepper in a small bowl.

Step 3. Heat 2 tablespoons olive oil and butter in a Dutch oven over medium heat. Add the spice mixture and cook, stirring, until the mixture starts to foam. Add onions, sugar and the plumped raisins. Cook, stirring occasionally, until the onions turn light brown, 20 to 25 minutes. Add 1 cup broth and nestle fish into the onion mixture. Cover and cook until the fish is flaky, 8 to 10 minutes. Remove from the heat and season with pepper. Cover and set aside.



- Step 4.** Meanwhile, heat canola oil in a small skillet over medium-high heat. Add almonds and cook, stirring, until just beginning to turn golden, about 1 minute. Drain on paper towels.
- Step 5.** Bring the remaining 1 1/3 cups broth and the remaining 2 tablespoons olive oil to a boil in a small saucepan. Add couscous in a stream. Stir once. Cover, remove from the heat and let stand for 5 minutes. Fluff with a fork.
- Step 6.** To serve, mound the couscous on a shallow platter. Top with the fish and onion t'faya and sprinkle the almonds on top.

GRILLED SALMON AND ZUCCHINI WITH RED PEPPER SAUCE

Serves 4

1/3 cup sliced almonds, toasted
1/4 cup chopped jarred roasted red peppers
1/4 cup halved grape tomatoes , or cherry tomatoes
1 small clove garlic
1 tablespoon extra-virgin olive oil
1 tablespoon sherry vinegar , or red-wine vinegar
1 teaspoon paprika, preferably smoked
3/4 teaspoon salt, divided
1/2 teaspoon freshly ground pepper, divided
1 1/4 pounds wild-caught salmon fillet , skinned and cut crosswise into 4 portions
2 medium zucchini , or summer squash (or 1 of each), halved lengthwise
Extra-virgin olive oil cooking spray
1 tablespoon chopped fresh parsley , for garnish



Step 1. Preheat grill to medium.

Step 2. Process almonds, peppers, tomatoes, garlic, oil, vinegar, paprika, 1/4 teaspoon salt and 1/4 teaspoon pepper in a food processor or blender until smooth; set aside.

Step 3. Coat salmon and zucchini (and/or summer squash) on both sides with cooking spray, then sprinkle with the remaining 1/2 teaspoon salt and 1/4 teaspoon pepper. Grill, turning once, until the salmon is just cooked through and the squash is soft and browned, about 3 minutes per side.

Step 4. Transfer the squash to a clean cutting board. When cool enough to handle, slice into 1/2-inch pieces. Toss

in a bowl with half of the reserved sauce. Divide the squash among 4 plates along with a piece of salmon topped with some of the remaining sauce. Garnish with parsley, if desired.

LEMON-GARLIC MARINATED SHRIMP

Serves 12

3 tablespoons minced garlic
2 tablespoons extra-virgin olive oil
1/4 cup lemon juice
1/4 cup minced fresh parsley
1/2 teaspoon kosher salt
1/2 teaspoon pepper
1 1/4 pounds cooked shrimp

Place garlic and oil in a small skillet and cook over medium heat until fragrant, about 1 minute. Add lemon juice, parsley, salt and pepper. Toss with shrimp in a large bowl. Chill until ready to serve.

TIP: Cover and refrigerate for up to 2 hours.



MEDITERRANEAN SHRIMP WITH GARLIC CHIPS

Serves 4

2 tablespoons extra-virgin olive oil
2 -3 garlic cloves, sliced
1 tablespoon fresh rosemary, chopped
1/4-1/2 teaspoon crushed red pepper flakes
1 lb shrimp, peeled and deveined
Salt and pepper
1 lemon

Step 1. Heat a large skillet over medium heat.

Step 2. Add the oil and garlic slices

Step 3. Cook until garlic is a light golden brown - do not over cook. Remove garlic from pan.

Step 4. In the same pan, add rosemary, red pepper flakes, and shrimp. Season with salt and pepper.

Step 5. Cook, stirring until just cooked through, about 3 or 4 minutes.

Step 6. Squeeze some lemon juice over shrimp and top with garlic chips.



MUSSEL, SHRIMP AND ROASTED RED PEPPER PAELLA

1 each large red bell pepper

1 cup white wine

2 shallots

1/2 teaspoon thyme leaves, or 1 tablespoon fresh thyme

6 whole black peppercorns

1 bay leaf

2 pounds mussels in shells

1/2 pound shrimp

1 8 ounces bottle clam juice

Chicken broth

1 teaspoon saffron, crumbled

2 teaspoons extra-virgin olive oil

2 cups finely chopped onions

2 cloves garlic, minced

1 16 ounces can tomatoes, chopped

1 green bell pepper, chopped

Salt and pepper

1 1/4 cups arborio rice

2 tablespoons italian parsley, chopped



Step 1. Cut bell peppers into 4 pieces (4 sides). Press flat. Place in pan under broiler until blackened. Remove and place in zip lock baggie. Let stand 5 minutes. Remove and scrape blackened skin from peppers. Chop and set aside.

Step 2. In large pot combine wine, shallots, thyme, peppercorns, and bay leaf. Bring to a boil. Add mussels and cook for 4 minutes. Add shrimp and cook another 4 minutes. Remove shellfish from pot. Cool. Pour any liquid in bowl with shellfish back into pot. Remove mussels from shells, reserving several for garnish (about 3 per person). Strain cooking liquid through cheesecloth back into pot. Add clam juice and saffron and simmer for 5 minutes. Transfer liquid to large measuring cup. Add chicken broth to measure 3 cups.

Step 3. In heavy skillet heat oil. Add onions and garlic and green bell peppers. Saute until softened. Add drained tomatoes. Season with salt and pepper. Stir in rice and reserved broth. Bring to a boil, reduce heat to low and simmer, covered until rice is tender (30 to 40 minutes). Add reserved shellfish and heat. Add parsley. Garnish with unshelled cooked mussels.

PENNE WITH VODKA SAUCE AND CAPRICOLA

Serves 6

12 ounces whole-wheat penne
1 2-ounce piece capicola, or pancetta, finely diced
1 small onion, chopped
3 cloves garlic, chopped
1/2 cup vodka
1 28-ounce can crushed tomatoes
1/4 cup half-and-half
2 teaspoons Worcestershire sauce
1/4-1/2 teaspoon crushed red pepper
1/4 cup chopped fresh basil
Freshly ground pepper, to taste



- Step 1.** Bring a large pot of water to a boil. Cook penne until just tender, 12 minutes or according to package directions.
- Step 2.** Meanwhile, cook capicola (or pancetta) in a large saucepan over medium heat until crisp, about 4 minutes. Drain on a paper towel.
- Step 3.** Return the saucepan to medium-low heat; add onion and garlic and cook until the onion is translucent, about 1 minute. Increase heat to high; add vodka and bring to a boil. Boil until reduced by about half, about 2 minutes. Stir in tomatoes, half-and-half, Worcestershire sauce and crushed red pepper to taste; reduce to a simmer and cook until thickened, about 10 minutes.

Step 4. Drain the pasta; serve topped with the sauce and sprinkled with the capicola (or pancetta), basil and pepper.

ROASTED COD WITH WARM TOMATO-OLIVE-CAPER TAPENADE

Serves 4

1 pound cod fillet
3 teaspoons extra-virgin olive oil, divided
1/4 teaspoon freshly ground pepper
1 tablespoon minced shallot
1 cup halved cherry tomatoes
1/4 cup chopped cured olives
1 tablespoon capers, rinsed and chopped
1 1/2 teaspoons chopped fresh oregano
1 teaspoon balsamic vinegar

Step 1. Preheat oven to 450°F. Coat a baking sheet with cooking spray.

Step 2. Rub cod with 2 teaspoons oil. Sprinkle with pepper. Place on the prepared baking sheet. Transfer to the oven and roast until the fish flakes easily with a fork, 15 to 20 minutes, depending on the thickness of the fillet.

Step 3. Meanwhile, heat the remaining 1 teaspoon oil in a small skillet over medium heat. Add shallot and cook, stirring, until beginning to soften, about 20 seconds. Add tomatoes and cook, stirring, until softened, about 1 1/2 minutes. Add olives and capers; cook, stirring, for 30 seconds more. Stir in oregano and vinegar; remove from heat. Spoon the tapenade over the cod to serve.



SALMON AND NOODLE BOWL

Serves 4

1 9-ounces package refrigerated fettuccine
2 tablespoons extra-virgin olive oil
1 pound skinless, boneless 1-inch thick salmon, cut in 8 pieces
Salt and ground black pepper
6 cups packaged fresh baby spinach
1/2 cup bottled roasted red or yellow sweet peppers
1/2 cup reduced-calorie balsamic vinaigrette salad dressing

Step 1. Prepare pasta according to package directions.

Step 2. Meanwhile, brush 1 tablespoon olive oil on salmon. Sprinkle with salt and pepper. Heat an extra-large skillet over medium heat; add salmon. Cook 8 to 12 minutes or until salmon flakes, turning once. Remove salmon; cover and keep warm. Add spinach, sweet peppers, and remaining oil to skillet. Cook and stir 1 to 2 minutes, until spinach is wilted. Drain pasta; add to skillet. Add dressing; toss to coat. Season with salt and pepper. Divide spinach-pasta mixture among four bowls. Top with salmon.



SALMON PANZANELLA

Serves 4

8 Kalamata olives, pitted and chopped
3 tablespoons red-wine vinegar
1 tablespoon capers, rinsed and chopped
1/4 teaspoon freshly ground pepper, divided
3 tablespoons extra-virgin olive oil
2 thick slices day-old whole-grain bread, cut into 1-inch cubes
2 large tomatoes, cut into 1-inch pieces
1 medium cucumber, peeled (if desired), seeded and cut into 1-inch pieces
1/4 cup thinly sliced red onion
1/4 cup thinly sliced fresh basil
1 pound center-cut salmon, skinned and cut into 4 portions
1/2 teaspoon kosher salt



Step 1. Preheat grill to high.

Step 2. Whisk olives, vinegar, capers and 1/8 teaspoon pepper in a large bowl. Slowly whisk in oil until combined. Add bread, tomatoes, cucumber, onion and basil.

Step 3. Oil the grill rack. Season both sides of salmon with salt and the remaining 1/8 teaspoon pepper. Grill the salmon until cooked through, 4 to 5 minutes per side.

Step 4. Divide the salad among 4 plates and top each with a piece of salmon.

STUFFED CHICKEN THIGHS BRAISED IN TOMATO SAUCE

Serves 10

For the Stuffing and the Chicken:

1 cup frozen (thawed) or cooked spinach, squeezed dry
1 cup fresh breadcrumbs from day-old bread, preferably whole-wheat
4 ounces fresh chicken livers, coarsely chopped (optional)
1/2 cup freshly grated Parmesan cheese
1 large egg, lightly beaten 2 tablespoons chopped fennel fronds
2 tablespoons finely chopped shallots
1 tablespoon chopped garlic
2 teaspoons chopped fresh thyme
3/4 teaspoon freshly ground pepper, divided
1/2 teaspoon salt, divided
10 4- to 5-ounce boneless, skinless chicken thighs, trimmed
2 tablespoons extra-virgin olive oil

For the Sauce:

2 cups finely chopped onion
1/2 cup finely chopped carrot
1/2 cup diced fennel bulb
1/4 cup finely chopped shallot
2 tablespoons minced garlic (optional)
1 1/2 cups dry white wine
3 cups reduced-sodium chicken broth
1 28-ounce can crushed tomatoes
2 tablespoons chopped fresh basil
2 teaspoons chopped fresh thyme
1/2 teaspoon freshly ground pepper
1/4 teaspoon salt

To prepare stuffing & chicken:

Step 1. Combine spinach and breadcrumbs in a medium bowl with chicken livers (if using), Parmesan, egg, fennel fronds (if using), 2 tablespoons shallot, 1 tablespoon garlic, thyme, 1/2 teaspoon pepper and 1/4 teaspoon salt until well blended. Cover and refrigerate for at least 30 minutes or up to 1 day.

Step 2. Place a chicken thigh skinned-side down on a work surface. Fill the thigh with 2 to 3 tablespoons of the stuffing, first filling the area (or pocket) left by the bone and placing the rest in the center of the thigh. Roll the thigh closed and secure with 2 pieces of kitchen string. Repeat with the remaining thighs and stuffing. (You may leftover

stuffing.) Season with the remaining 1/4 teaspoon pepper and salt.

Step 3. Heat oil in a large, heavy, high-sided skillet or Dutch oven over medium-high heat. Reduce heat to medium and add half the thighs, seam-side down. Cook, turning 2 or 3 times, until brown on all sides, 7 to 10 minutes total. Transfer to a clean plate and repeat with the remaining thighs.

STUFFED CHICKEN THIGHS BRAISED IN TOMATO SAUCE (CONT.)

To prepare sauce:

Step 1. Add onion, carrot, fennel, 1/4 cup shallot and 2 tablespoons garlic to the pan. Cover and cook, stirring occasionally, until the vegetables are soft and beginning to brown, about 5 minutes. Add wine and scrape up any browned bits; bring to a boil over medium heat and continue to boil until the liquid is reduced by about half, 6 to 8 minutes. Stir in broth, tomatoes, basil, thyme and the chicken thighs. Bring to a boil over high heat; reduce heat to a simmer and cook, uncovered and turning the thighs occasionally, until cooked through and tender, 35 to 40 minutes.

Step 2. Remove the thighs with a slotted spoon; tent with foil to keep warm. Simmer the sauce further to thicken it, if desired, or thin with a little broth or water if it's too thick. Season with 1/2 teaspoon pepper and 1/4 teaspoon salt. Serve the chicken with the sauce.





Sweets

BANANA CAKE

Makes 1 loaf

3 very ripe bananas
120 grams wholemeal flour
30 grams cocoa powder
30 grams cornflour
1 large egg
3 tablespoons brown sugar or better yet, muscovado or palm sugar
1 teaspoon lemon juice
3 tablespoons melted margarine

1 teaspoon baking powder
1/2 teaspoon of cinnamon powder
A dash of nutmeg
A dash of salt
A handful of chopped nuts (optional)
Grated rind of 1 lemon
Extra-virgin olive oil

- Step 1.** Preheat the oven. Brush a one liter loaf with extra-virgin olive oil, and line the base with non-stick baking paper.
- Step 2.** Sift all the dry ingredients, except nuts into a bowl.
- Step 3.** Mash the banana, or process it in food processor.
- Step 4.** In the food processor, add the egg, melted margarine, lemon juice, and rinds to the banana and process it until evenly mixed.
- Step 5.** Stir to the dry ingredients evenly. Add the nuts and mix it evenly.
- Step 6.** Spoon to the tin and smooth the top. Bake for 40 – 45 minutes, or until firm and the golden brown. Turn out from the loaf and



cool.

Step 7. Decorate with sprinkled icing sugar or brush it with honey.

CATALAN CREAM

Serves 4

1 cup/200 grams sugar
4 egg yolks
1 tablespoon cornstarch
1 stick of cinnamon Gyrated rind of % lemon
2 cups/500 ml milk

Step 1. Beat together the egg yolks and 3/4 cup/150 grams sugar in a pot until blended and frothy.

Step 2. Add the cinnamon and lemon rind, and pour on the milk.

Step 3. Slowly heat the mixture, stirring constantly, until it begins to thicken and the resistance can be felt.

Step 4. Remove from the heat. Remove the cinnamon stick, and divide the cream between 4 individual heat-safe dishes.

Step 5. Cool and place in the refrigerator.

Step 6. Before serving this dessert, scatter the remaining sugar over the surface of each portion. Preheat the broiler.

Step 7. Place the dishes under the broiler until the sugar topping begins to caramelize. Serve immediately.



HALVAS

Serves 8 to 10

200 gr of sugar
200 gr of coarse semolina
400 ml of fresh milk
200 gr of butter
100 gr of pine nuts
ground cinnamon or marinated fruit

Step 1. In a pan, melt the butter; add the semolina and the pine nuts and brown over very low heat for 1 hour, stirring constantly.

Step 2. Heat the milk with the sugar and add this to the semolina. Cover the pan and cook for approximately 40 minutes, stirring from time to time. Remove the mixture from the heat and cover with a tea towel.

Step 3. Leave it covered until it has cooled and just prior to serving lightly mix with a fork. Sprinkle the surface with cinnamon or decorate with marinated fruit.



KWAREZIMAL

400 grams plain flour
1 spoon baking powder
300 grams sugar
200 grams blanched almonds
4 almond essence
100 grams cherries cut
2 spoons golden syrup
2 teaspoons mixed spice
1/2 teaspoon ground cloves

2 spoons rose water
1 lemon rind
1 orange rind
1 spoon cocoa powder
3 spoons water

For the coating:

A jar and a half golden syrup
200 grams blanched almonds, finely cut

Step 1. Butter two trays and dust with some flour.

Step 2. Combine the flour, baking and cocoa powder in a small skillet. Add the sugar, the blanched almonds, the almond essence, the mixed spice and the ground cloves.

Step 3. Mix everything together and then add the cherries, the lemon and orange rinds. Stir and add the rose water and the golden syrup. Stir and carefully add enough water, spoon by spoon to create a pastry that is not too dry nor too soft.

Step 4. Water your hands and form sausage-like shapes with the mixture. Place on the trays and flatten them slightly (leave enough space between each one since they tend to melt while in the oven) Bake for 22 minutes.

Step 5. Remove from oven and let them stand for 2 minutes. Whilst hot, coat the kwarezimal with golden syrup and



then the finely cut almonds.

ORANGE AND CARDAMOM WALNUT CAKE

Serves 8 to 10

14 grams coarse semolina
11 1/2 grams brown sugar
1 1/2 grams walnuts, finely ground
13 grams extra-virgin olive oil
3 teaspoons baking powder
5 eggs
Zest and juice of two oranges
1 teaspoon ground cardamom
8 1/2 grams honey
13 grams sugar

Step 1. Preheat the oven to 180 C.

Step 2. Combine the ground walnuts with the semolina and baking powder.

Step 3. Beat the olive oil with the sugar and gradually add the eggs.

Step 4. Continue beating and add the orange zest and cardamom.

Step 5. With a spatula or wooden spoon fold in the semolina mix until you get a homogenous batter.

Step 6. Butter a rectangular baking tray and fill with the batter.

Step 7. Bake for 40-45 minutes until golden.



Step 8. In the meantime prepare the syrup. Measure the orange juice and add as much water as to get 330 ml of liquid. Boil together with the sugar and honey for 3-4 minutes.

Step 9. While the cake is still hot cut through it to mark the pieces and then drench in syrup. Let it cool and serve with ice-cream or yoghurt.

RIPE FIG TART

1 roll sable pastry
700 grains ripe figs, not soft
20 grains butter
4 tablespoons honey

For the Walnut Cream:
80 grains almond powder
50 grains Sugar
1 teaspoon vanilla
40 grains butter
1 whole egg
1 teaspoon almond liqueur
Toasted almonds for garnish

For the sable:
250 grains flour
75 grains sugar
150 grains soft butter
1 whole egg
1 teaspoon vanilla powder
Pinch of salt



Make the sable pastry:

Step 1. Put the flour, sugar, butter, vanilla and salt in a bowl.

Step 2. Work the dough until crumbly.

Step 3. Make a well in the center dough and add the egg, working the dough With the hands.

Step 4. Gather the dough into a ball and wrap in plastic wrap. Refrigerate for 1 hour.

Make the Fig Tart:

Step 1. Roll the pastry out and put in a buttered tart pan. Pre-heat the oven to 210°C.

Step 2. Prepare the almond cream. Put the almond powder, the sugar and the softened butter in a bowl, mix with a fork until creamy.

Step 3. Add the other egg and the almond liqueur and beat for a few more minutes.

Step 4. Place the pastry sheet in a buttered tart pan and pierce it with a fork. Spread the almond cream over the pastry and place the tart in the oven for 30 minutes.

STRAWBERRY-BASIL SORBET

32 1/2 grams strawberries
11 1/2 sugar
180 ml water
1/2 cup basil leaves
2 tablespoons strawberry liqueur (optional)

- Step 1.** Boil water and sugar for 5 minutes and set aside to cool.
- Step 2.** Process strawberries in a blender with the basil until smooth.
- Step 3.** Combine strawberry pulp with the syrup and place it in the fridge to cool well. The coolest the mix the smoother the sorbet.
- Step 4.** Strain the mix to rid it of the basil leaves and strawberry pips.
- Step 5.** Process in an ice cream maker.
- Step 6.** Serve immediately, or put in the freezer and enjoy later for a firmer sorbet.

