



The Mediterranean Diet
Recipe Book
Third Edition

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Breakfast & Light Lunches

ALMOND PANCAKES

Serves 10 to 12

1/2 teaspoon yeast
2 tablespoons water
1/2 teaspoon granulated sugar
4 cups flour
1 cup milk
2 eggs
1 cup confectioners' sugar
3 tablespoons corn oil
1 tablespoon ground cardamom
1 teaspoon baking powder
2 cups almonds, roasted and ground



- Step 1.** Dissolve one package of dry yeast in the 1/8 cup of water that is slightly cool to the touch, about 85 degrees F. Add 1/2 teaspoon of sugar to feed the yeast. Stir to dissolve yeast and sugar. It will take about 10 minutes until the yeast begins to bubble or foam. If it does not foam it is not alive and should not be used.
- Step 2.** Put the flour in a bowl; add the milk, eggs, baking powder and yeast mixture; mix together to form a batter; set aside to rise.
- Step 3.** Grease a frying pan with a little oil; pour into the pan half a ladle of batter. Spread the batter quickly into a thin pancake and fry over medium heat until the top bubbles, then turn over and brown the other side. Repeat using all batter. Mix the sugar, cardamom and almonds together. Stuff each pancake with the

mixture; roll into finger shapes, and arrange on a serving dish; sprinkle with some ground almonds.

BAKED EGGS WITH HAM, SAUSAGE AND PEAS

Serves 4

1 medium onion, finely chopped	4 ounces fully cooked smoked ham, diced
1 clove garlic, finely chopped	1 smoked chorizo sausage, cut into 1/4-inch slices
1 tablespoon extra-virgin olive oil	4 eggs
1 (16 ounce) can tomatoes (with liquid)	1/4 cup cooked green peas
1/2 teaspoon granulated sugar	2 tablespoons chopped pimento
1/4 teaspoon paprika	1 tablespoon minced parsley

Step 1. Cook and stir onion and garlic in oil in 2-quart saucepan until onion is tender. Add tomatoes, sugar and paprika; break up tomatoes with fork. Heat to boiling; reduce heat. Simmer uncovered, stirring occasionally, 15 minutes.

Step 2. Cook and stir ham and chorizo sausage in 8-inch skillet until sausage is done, about 5 minutes; drain.

Step 3. Divide tomato mixture evenly among 4 ungreased 1-ounce custard cups. Break 1 egg over mixture in each cup. Arrange ham mixture, peas and pimiento around each egg. Sprinkle with parsley. Bake uncovered at 400 degrees F until eggs are set, 12 to 15 minutes.

Step 4. Serve in custard cups.



CATALAN TOMATO BREAD

1 (1 pound) loaf French or Italian bread
1 or 2 large cloves garlic, peeled
2 to 3 tablespoons extra-virgin olive oil
1 (1/2 pound) ripe tomato, rinsed

- Step 1.** Slice loaf in half horizontally. Set halves, cut side upon a 15 x 12-inch baking sheet. Broil about 4 inches from heat until toasted, about 2 minutes. If crust side is soft, turn over and toast 1 to 2 minutes longer.
- Step 2.** Cut garlic clove in half. Rub cloves over cut surface of bread. Brush or drizzle bread with oil. Cut tomato in half horizontally; rub cut sides over toast, squeezing slightly to release juices.
- Step 3.** Cut bread into 1 1/2-inch wide wedges.



FRIED GOAT CHEESE WITH MINT

Served 4 to 6

(12 ounce) log goat cheese, well chilled

Flour (for coating)

1 egg, well beaten with 1/4 teaspoon dried thyme and a grating of fresh nutmeg

Extra-virgin olive oil

1 small onion, finely chopped

1 tablespoon balsamic or red wine vinegar

1 tablespoon extra-virgin olive oil

Salt and freshly-ground pepper, to taste

1/2 cup chopped fresh mint leaves



Step 1. Slice the cheese into 1/2 inch thick rounds. Dredge with flour, dip into the egg mixture, and dredge with flour again. This may be done ahead, and the cheese rounds refrigerated until ready to cook.

Step 2. Heat 1/4 inch of oil in a skillet over high heat until very hot. Carefully fry the cheese, a few at a time, until golden brown on both sides. Drain on paper towels.

Step 3. Combine the onion, vinegar, extra-virgin olive oil, salt, pepper, and mint in a small bowl and toss to combine. Place a small bed of the mint mixture on each plate and top with the fried cheese.

LEMON AND CELERY PILAF

Serves 7

1 small onion, chopped
1/4 cup butter or margarine
2 cups water
1 cup uncooked regular rice
2 stalks celery, sliced
2 teaspoons instant chicken bouillon
2 teaspoons finely shredded lemon peel
1/2 teaspoon salt
1/4 teaspoon dry mustard
1/8 teaspoon red pepper sauce
2 tablespoons snipped parsley



- Step 1.** Cook and stir onion and garlic in butter in saucepan until onion is tender.
- Step 2.** Stir in remaining ingredients except parsley. Heat to boiling, stirring once or twice; reduce heat. Cover and simmer 14 minutes without lifting cover or stirring.
- Step 3.** Remove from heat. Stir in parsley lightly with fork; cover and let steam 5 to 10 minutes.

ORANGE PISTACHIO DATE BREAD

1 cup unbleached all-purpose flour
3/4 cup whole wheat flour
1 teaspoon baking powder
1/4 teaspoon salt
1/4 cup milk
1/3 cup orange juice
Grated zest of 1 orange

1 teaspoon vanilla extract
1/2 cup unsalted butter, softened
2/3 cup granulated sugar
3 large eggs
1 cup chopped pitted dates
1/2 cup coarsely chopped shelled pistachios

Step 1. Place a rack in the lower third of oven. Preheat oven to 350 degrees F. Lightly grease and flour a 9 x 5-inch loaf pan.

Step 2. Mix the all-purpose flour, wheat flour, baking powder and salt together in one bowl.

Step 3. In another bowl, mix the milk, orange juice, zest and vanilla extract. Using an electric mixer, beat the butter and sugar in a large bowl until light and fluffy, about 2 to 3 minutes. Beat in the eggs. Gradually beat in the flour mixture and milk mixture using low speed or by hand, alternating in 3 parts. Stop when the batter has just come together - do not over-beat. Fold in the dates and pistachios. Pour the batter into the pan and bake about 70 minutes, until a wooden pick inserted in the center comes out clean. Cool in pan on rack 10 minutes. Unmold and set



loaf on rack to cool completely.

Step 4. Can be stored well-wrapped and refrigerated for 2 days before serving.

SPANISH POTATO OMELETTE

Serves 4

3/4 cup extra-virgin olive oil
4 medium potatoes, pared and cut into 1/8-inch slices
1 medium onion, cut into 1/8-inch slices
4 eggs
1/2 teaspoon salt
1/4 teaspoon pepper



- Step 1.** Heat oil in 10-inch nonstick skillet until hot. Layer potato and onion slices alternately in skillet. Cook over medium-low heat, turning frequently, until potatoes are tender but not brown, about 12 minutes. Remove potatoes and onion with slotted spoon; drain, reserving 3 tablespoons oil in skillet.
- Step 2.** Beat eggs, 1/4 teaspoon of the salt and the pepper in large bowl; gently stir in potatoes and onion. Sprinkle remaining salt over potatoes.
- Step 3.** Heat oil in skillet until hot; pour egg and potato mixture into skillet. Cook uncovered over medium-low heat until potatoes begin to brown on bottom and edge of omelet is firm (center will be wet), about 7 minutes.
- Step 4.** Shake pan occasionally to prevent omelet from sticking. Place large plate over skillet; invert omelet on plate. Slide omelet back into skillet. Continue to cook over medium-low heat until eggs are set and potatoes are golden brown, about 2 minutes longer. Turn onto serving plate; cut into wedges to serve.

SPINACH PIE

Serves 12

1/2 recipe Basic Savory Pie Dough (recipe follows)
2 pounds fresh spinach or 3 (10 ounce) packages frozen spinach
1 cup finely chopped onion
1 1/2 teaspoons salt
1/4 teaspoon pepper (optional)
1/4 cup lemon juice
1/4 cup extra-virgin olive oil
1/3 cup pine nuts browned in 3 tablespoons butter and drained
Lemon wedges

Basic Savory Pie Dough (Aajeen)

5 cups all-purpose flour
1 tablespoon salt
2 teaspoons dry yeast
1 teaspoon granulated sugar
1/4 cup lukewarm water
2 cups lukewarm water or milk
1/4 cup extra-virgin olive oil (optional)

- Step 1.** Combine flour and salt in large bowl. In another bowl, dissolve yeast and sugar in 1/4 cup lukewarm water. Let sit 5 minutes. Stir yeast mixture into remaining water, or milk and add to flour mixture. Mix well with wooden spoon and turn onto floured board. Knead well for 8-10 minutes, until dough is very elastic and smooth. Place in greased bowl and cover with dry towel. Set dough in warm spot until it has doubled. Punch down and form into a ball. Let dough rest 10 minutes. Divide dough into 25 or 40 pieces. Coat hands with oil and form each piece into a ball. Cover dough with dry towel and let rise 30 minutes. Roll balls into circles 1/4 inch thick for fatayer or fill and form into meat or spinach pies.
- Step 2.** Divide pie dough into 12-15 balls and roll into 4 inch circles about 1/8-1/4 inch thick.
- Step 3.** Wash, Drain and chop fresh spinach or cook frozen spinach, drain and chop. Lightly squeeze out moisture and place in large bowl. Add onion, salt and optional pepper to spinach. Mix well and let stand a few minutes. Stir in lemon juice and oil. Add browned pine nuts if desired. It should taste like a good salad.
- Step 4.** Place a small amount of spinach mixture in center of each round of dough. Form a triangular pie by drawing two

sides of dough to the center and pinching shut a seam from center to the corner. Then draw up the remaining flap of dough and pinch shut the remaining seams, leaving a small opening to vent the pie in the center. Or make vertical pleats of dough around the filling to form a round open tart. (The former method is more traditional). Brush with extra-virgin olive oil.

Step 5. Bake at 375 to 400 degrees F for 15 minutes , until brown on top and bottom. Serve warm or cool with lemon wedges.

SOLE MEUNIÈRE

Serves 4

4 Good sized fillets of Sole
50g. of plain flour
50g. of butter
2 Tablespoons of good extra-virgin olive oil
1 Large lemon (juice of)
2 Cloves of garlic (finely chopped)
1 Handfull of flat leaf parsley (chopped)
Salt and freshly ground black pepper

- Step 1.** Season the flour with plenty of salt and black pepper and coat the Sole fillets well making sure to shake off any excess flour.
- Step 2.** Heat the oil and butter together in a large pan (the oil will stop the butter from burning) and add the fish fillets.
- Step 3.** Cook gently on both sides for about ten minutes (depending on the the thickness of the fillets), until cooked and golden.
- Step 4.** Remove the fish from the pan and keep it warm.
- Step 5.** Add the garlic to the pan and cook (gently) for about two minutes.
- Step 6.** Add the parsley and stir.
- Step 7.** Whisk in the lemon juice - check for seasoning and you're ready to serve.



Step 8. Arrange the fish fillets on four plates and spoon over the sauce. Finish with a final sprinkling of parsley.



Salads

AVOCADO AND GRAPEFRUIT SALAD

2 large ripe avocados
2 grapefruit
Juice of 1 lemon
1/4 cup extra-virgin olive oil
Salt, to taste
Pepper, to taste

Prepare dressing with some lemon juice, extra-virgin olive oil, salt and pepper. Peel and slice the avocados and drop immediately into the dressing. Peel the grapefruit and remove all the pith. Divide into segments and cut each segment in half, add to the avocado and toss well. Chill and serve.



CURRIED SCALLOP – APPLE SALAD

Serves 4

6 teaspoons extra-virgin olive oil, divided	1 pound dry sea scallops, tough muscle removed
1/2 cup thinly sliced shallot	1/4 teaspoon freshly ground pepper
3/4 teaspoon curry powder	8 cups mixed salad greens
1 cup apple cider	1 tart apple, such as Granny Smith, diced
1/2 teaspoon salt, divided	1/4 cup dried cranberries
1 teaspoon cider vinegar	1/4 cup sliced almonds, toasted

Step 1. Heat 2 teaspoons oil in a large nonstick skillet over medium heat. Add shallot and curry powder and cook, stirring, until the shallot is beginning to soften, about 3 minutes. Add cider and 1/4 teaspoon salt. Bring to a boil and cook until reduced to 3/4 cup, about 4 minutes. Pour into a large bowl and whisk in 2 teaspoons oil and vinegar. Reserve 1/4 cup dressing in a small bowl. Wipe out the pan.

Step 2. Pat scallops dry and sprinkle with the remaining 1/4 teaspoon salt and pepper. Add the remaining 2 teaspoons oil to the pan and heat over medium-high. Add the scallops and cook until golden brown, 2 to 3 minutes per side. Transfer to a plate.

Step 3. Add salad greens, apple, cranberries and almonds to the large



bow]; toss to coat. Top with the scallops and drizzle with the reserved 1/4 cup dressing.

KING CRAB AND POTATO SALAD

Serves 6

1 3/4 pounds cooked king crab legs, thawed if frozen, meat removed and cut into 1-inch pieces	
1 1/2 pounds small red-skinned potatoes, cut into eighths	
3/4 pound green beans, trimmed	2 tablespoons white-wine vinegar
3 stalks celery, thinly sliced	1 tablespoon Dijon mustard
6 radishes, halved and thinly sliced	5 tablespoons extra-virgin olive oil
1 small red onion, diced	2 tablespoons minced fresh basil
1 clove garlic, crushed	1/2 teaspoon salt
3 tablespoons lemon juice	1/2 teaspoon freshly ground pepper

- Step 1.** Bring a large pot of water to a boil. Add beans and cook until bright green, 2 to 3 minutes. Transfer to a colander using a slotted spoon; refresh under cold water.
- Step 2.** Add potatoes to the boiling water. Cook until tender when pierced with a fork, 8 to 10 minutes. Drain in a colander; refresh under cold water until room temperature.
- Step 3.** Toss the green beans and potatoes with crab, celery, radishes and onion in a large bowl.
- Step 4.** Whisk garlic, lemon juice, vinegar and mustard in a small bowl;



slowly whisk in oil. Whisk in basil, salt and pepper. Discard the garlic; pour the dressing over the salad and toss to coat.

ONION AND TOMATO SALAD

Serves 6

2 large tomatoes, thinly sliced
1 medium onion, thinly sliced
1 serrano chile, seeded and minced
1 clove garlic, minced
2 tablespoons lemon juice
1/2 teaspoon salt
2 tablespoons minced fresh cilantro

Alternate slices of tomatoes and onions on serving platter. Mix remaining ingredients except cilantro; spoon over vegetables. Sprinkle with cilantro. Cover and refrigerate at least 1 hour.



ROAST PEPPER PEACH SALAD

Serves 4

2 sweet green peppers
2 sweet red peppers
3 ripe peaches
3 green onions, chopped
2 cloves garlic, minced
2 tablespoons (25 mL) extra-virgin olive oil
2 teaspoons (10 mL) good Balsamic vinegar
Juice of 1/2 small lemon
1 1/2 teaspoons (7 mL) granulated sugar
Generous pinch mild paprika
Generous pinch hot cayenne pepper
2 tablespoons (25 mL) chopped fresh mint
1 teaspoon (5 mL) chopped fresh dill



- Step 1.** Char the peppers all over on a stove burner or barbecue. Seal them in a paper bag for 20 minutes, then slip off the skins, drain the peppers, remove the seeds, and cut the flesh into strips.
- Step 2.** You can skin the peaches, if desired, or leave them as is. Remove the pits and slice the peaches. Add them to the peppers, then dress with the remaining ingredients.
- Step 3.** Toss gently, then cover and refrigerate for an hour to let the flavors combine. Let the salad warm for 15 minutes at room temperature, and serve.

SEAFOOD SALAD WITH CITRUS VINAIGRETTE

Serves 2

4 medium dry sea scallops, quartered (about 3 ounces), tough muscle removed
1 small grapefruit, preferably ruby-red
1 small shallot, minced
3 tablespoons white-wine vinegar
1 teaspoon Dijon mustard
Salt, to taste
1/4 teaspoon freshly ground pepper
2 tablespoons extra-virgin olive oil
6 ounces lump crabmeat
1 small head romaine lettuce, shredded (about 3 cups)
6 cherry tomatoes, halved
1 small avocado, peeled, pitted and diced



- Step 1.** Bring a small saucepan of water to a boil. Add scallops and cook until firm, opaque and just cooked through, about 1 minute. Drain and rinse under cold water until cool.
- Step 2.** Slice 1/4 inch off the bottom and top of the grapefruit; stand it on a cutting board. Using a sharp paring knife, remove the peel and pith. Hold the fruit over a medium bowl and cut between the membranes to release individual grapefruit sections into the bowl, collecting any juice as well. Discard membranes, pith, peel and any seeds. Transfer just the grapefruit sections to a serving bowl.
- Step 3.** Whisk shallot, vinegar, mustard, salt and pepper into the bowl with the grapefruit juice. Whisk in oil in a slow, steady stream. Add the scallops and crab to the dressing; toss well to coat.

Step 4. Add lettuce, tomatoes and avocado to the bowl with the grapefruit; toss to combine. Add the seafood and dressing; toss gently.

SPRING POTATO SALAD WITH TUNA

Serves 6

2 pounds medium-size-red-skinned potatoes
6 tablespoons flaked drained canned white meat tuna
1 1/2 teaspoons plus 2 tablespoons white wine vinegar
6 tablespoons extra-virgin olive oil
3 hard-boiled eggs, peeled
1/3 cup thinly sliced onion
2 tablespoons minced fresh parsley

Step 1. Cook potatoes in large pot of boiling salted water until tender, about 35 minutes. Cool. Peel potatoes and cut into 1/4-inch-thick rounds.

Step 2. Combine tuna and 1 1/2 teaspoons vinegar in small bowl. Whisk oil and remaining 2 tablespoons vinegar in another small bowl; add 1 hard-boiled egg yolk and mash. Season vinaigrette with salt and pepper. (Potatoes, tuna and vinaigrette can be made 6 hours ahead. Cover separately; chill. Rewhisk vinaigrette before continuing.)

Step 3. Thinly slice remaining 2 eggs and 1 egg white. Arrange half of potato slices in shallow dish. Season with salt and pepper. Top with half of onion, tuna, egg and parsley. Drizzle half of vinaigrette over. Repeat layering with remaining potato slices, salt and pepper, onion, tuna, egg and parsley. Drizzle remaining vinaigrette over. Serve at room temperature or chill until serving time.





Soups & Vegetarian

BALSAMIC AND PARMESAN ROASTED CAULIFLOWER

Serves 4

8 cups 1-inch-thick slices cauliflower florets
2 tablespoons extra-virgin olive oil
1 teaspoon dried marjoram
1/4 teaspoon salt
Freshly ground pepper to taste
2 tablespoons balsamic vinegar
1/2 cup finely shredded Parmesan cheese

Step 1. Preheat oven to 450°F.

Step 2. Toss cauliflower, oil, marjoram, salt and pepper in a large bowl. Spread on a large rimmed baking sheet and roast until starting to soften and brown on the bottom, 15 to 20 minutes. Toss the cauliflower with vinegar and sprinkle with cheese. Return to the oven and roast until the cheese is melted and any moisture has evaporated, 5 to 10 minutes more.



BASQUE ROASTED TOMATO SOUP

Makes 9 cups

1/4 teaspoon crushed red pepper	2 tablespoons extra-virgin olive oil
8 large (1/2 pound) shrimp, optional	1 1/2 teaspoons paprika
2 large cloves garlic crushed and peeled	1 teaspoon granulated sugar
6 cups chicken broth or homemade broth, defatted	2 onions very finely chopped
2 tablespoons snipped fresh chives or slivered basil leaves	Salt and black pepper to taste
1 tablespoon chopped fresh oregano or 1 teaspoon dried oregano	2 pounds large plum tomatoes
1 (28 ounce) can Italian plum tomatoes with basil, well drained and chopped (reserve liquid)	

Step 1. Preheat oven to 225 degrees F.

Step 2. Lightly oil a large baking sheet with nonstick spray.

Step 3. Cut fresh tomatoes in half lengthwise. Arrange, cut-side down, in a single layer on prepared baking sheet. Drizzle with 1 tablespoon oil and sprinkle with sugar. Roast for 3 hours, or until very soft and wrinkled. Let cool and set aside.

Step 4. Meanwhile, in a Dutch oven or soup pot, heat remaining 1 tablespoon oil and crushed red pepper over medium/low heat. Add onions and garlic and cook, stirring, until lightly browned, 10 to 12 minutes.

Step 5. Add paprika and oregano and cook, stirring, 1 minute longer.

Step 6. Add canned tomatoes and chicken broth. Bring to a boil, reduce heat to low and simmer, partially covered, for 25 minutes. Remove from heat and let cool.

Step 7. Strain soup into a bowl and transfer solids to a food processor or blender. Puree until smooth, adding a little broth if necessary. Return puree and broth to pot. Whisk to combine.

Step 8. Using a food mill, puree roasted tomatoes, or remove skins off tomatoes and puree in food processor and strain through a coarse sieve. Add puree to soup. (If the soup is too thick, add a little of the reserved canned tomato liquid.)

Season with salt and pepper.

Step 9. If using shrimp, cook in a large saucepan of boiling salted water until they just turn pink, 1 to 2 minutes. Drain and let cool. Peel shrimp and cut in half lengthwise.

Step 10. Ladle into warmed soup bowls and garnish with shrimp, if using, and chives (or basil). Serve immediately.

FRIED TOMATOES WITH GARLIC

4 cloves garlic, crushed
Salt and pepper to taste
1/2 small hot pepper, very finely chopped
2 tablespoons chopped fresh parsley
2 tablespoons oil
2 large, firm tomatoes, thickly sliced

- Step 1.** Thoroughly mix the garlic with the pepper, salt, and hot pepper; then stir in the parsley and set aside.
- Step 2.** Heat the oil in a frying pan over medium heat. Add the tomato slices and cook for about a minute on one side; then turn and sprinkle slices with the garlic, hot pepper, and parsley mixture. Continue to cook for another minute, shaking the pan occasionally; then turn the slices again and cook until they are done, but not mushy. Slide the tomato slices onto a plate, and serve immediately.



GARLIC SHRIMP

Serves 4

For Shrimp:

1/4 cup extra-virgin olive oil
1/2 clove garlic, finely sliced
1 whole dried gundillas chile*
1 pound medium shrimp, peeled, tails left intact, and deveined
Juice of 1/2 lemon
1 teaspoon fresh parsley, chopped

**Hot chile pepper. Red pepper flakes are a good substitute—use a pinch (1/8 teaspoon)*

Make garlic toasts:

Step 1. Preheat oven to 350°F.

Step 2. Wrap garlic clove in foil and roast until soft, 30 to 35 minutes. Unwrap and let cool. Peel cloves and place in blender. Add extra-virgin olive oil and blend until emulsified.

Step 3. Spread baguette slices on baking sheet. Lightly brush each slice with roasted garlic oil. Bake until golden brown, 13 to 15 minutes.

Cook shrimp:

In large non-stick pan over moderately high heat, heat extra-virgin olive oil until hot but not smoking. Add garlic and chile and sauté until garlic begins to turn golden brown

For Garlic Toasts:

1 garlic clove, unpeeled
1/2 cup extra-virgin olive oil
1 baguette, sliced into 1/2-inch-thick slices



around edges, 3 to 4 minutes. Add shrimp and sauté in 2 batches, turning, until golden brown and just cooked through, 2 to 3 minutes. Transfer to large bowl, sprinkle with lemon juice, and toss with parsley. Serve warm with garlic toasts.

HERBED POTATOES

Serves 4

1 1/2 pounds new potatoes

6 bay leaves

2 tablespoons extra-virgin olive oil

2 tablespoons butter or margarine

1/2 teaspoon salt

Dash of pepper

Step 1. Pare a narrow strip around center of each potato. Heat 1 inch salted water to boiling. Add potatoes and bay leaves. Heat to boiling; reduce heat. Cover and cook until potatoes are tender, 20 to 25 minutes; drain.

Step 2. Heat oil and butter in skillet until butter is melted and bubbly. Add potatoes and bay leaves; stir to coat with oil mixture. Sprinkle with salt and pepper. Cook uncovered over medium heat, turning potatoes frequently, until golden brown, 10 to 12 minutes.

Step 3. Remove bay leaves.



ISRAELI FRUIT SOUP

2 oranges, peeled	1 cup brown sugar or honey
2 stalks rhubarb, cut in pieces	1/2 teaspoon salt
4 slices fresh pineapple	1/2 teaspoon cinnamon
1 cup strawberries	2 tablespoons lemon juice
1 cup pitted cherries	1 cup sour cream
6 cups water	

Step 1. Combine all the ingredients except the sour cream. Adjust to taste. Simmer, covered, about 20 minutes, or until the fruit is tender. Puree or force through a sieve. Chill.

Step 2. Add sour cream before serving.



MOROCCAN TOMATO SOUP

Serves 4

2 tablespoons extra-virgin olive oil
1 large onion, chopped
1 teaspoon sea salt
3 tablespoons honey
1/2 teaspoons ground cinnamon
2 pounds tomatoes, peeled, seeded, and pureed or
1 (28 ounce) can pureed tomatoes
2 tablespoons tomato paste
5 cups water
1/4 cup minced fresh dill or 2 teaspoons dill weed
2 tablespoons balsamic vinegar
Fromage blanc or low-fat yogurt



- Step 1.** Heat the extra-virgin olive oil in a large soup pot and sauté the onion and salt over medium heat until the onion is translucent, about 5 minutes.
- Step 2.** Add the honey and cinnamon. Sauté, stirring, until the onion is glazed, about 4 minutes.
- Step 3.** Add the pureed tomatoes, tomato paste, water and 3 tablespoons of the dill. Stir well to blend. Bring to a rapid boil and cook, uncovered, until the contents are reduced by half, about 30 minutes, stirring occasionally.
- Step 4.** Remove the soup from heat and add the balsamic vinegar. Puree the mixture in a blender or food

processor (you may have to do this in batches). Return the soup to the kettle and reheat gently. Ladle the soup into individual soup bowls and top with the Fromage Blanc or yogurt.

POTATO AND GARLIC SOUP WITH HERBS

Serves 4

2 tablespoons extra-virgin olive oil
1 cup chopped onion
4 cups canned low-salt chicken broth or vegetable broth
2 pounds russet potatoes, peeled, cut into 1/2-inch pieces
6 large garlic cloves, peeled
1 bay leaf
1/4 cup minced chives or green onions
2 teaspoons minced fresh thyme or 3/4 teaspoon dried

Heat the extra-virgin olive oil in heavy large saucepan over medium heat. Add onion, sauté until golden, about 10 minutes. Add broth, potatoes, garlic and bay leaf; bring to boil. Reduce heat to medium-low; cover and simmer until potatoes are very tender, about 20 minutes. Cool slightly. Discard bay leaf. Coarsely puree soup in blender 1 cup at a time, about 20 seconds per batch (do not overprocess). Return soup to same saucepan. Season to taste with salt and pepper. Simmer until heated through. Ladle soup into bowls. Sprinkle with chives and thyme and serve.





Dinner

BAKED FISH, SPANISH STYLE

Serves 6

1 1/2 pounds fish steaks or fillets
1 1/2 teaspoons salt
1/4 teaspoon paprika
1/4 teaspoon pepper
1 medium green bell pepper, cut into rings
1 medium tomato, sliced
1 small onion, sliced
2 tablespoons olive or extra-virgin olive oil
1 clove garlic, finely chopped
Lemon wedges

Step 1. If fish pieces are large, cut into serving pieces. Arrange fish in ungreased 8-inch square baking dish. Sprinkle with salt, paprika and pepper. Top with green pepper rings and tomato and onion slices. Mix lemon juice, oil and garlic; pour over fish. Cover and bake at 375 degrees F for 15 minutes.

Step 2. Uncover and cook until fish flakes easily with fork, 10 to 15 minutes longer. Garnish with lemon wedges.



CHEESE-STUFFED EGGPLANT

Serves 4

2 (1 pound) eggplants
1 medium onion, chopped
2 cloves garlic, minced
1/4 cup extra-virgin olive oil
8 ounces mushrooms, thinly sliced
2 medium tomatoes, cut into wedges
1 cup salted peanuts
1 1/2 cups soft bread crumbs
2 tablespoons snipped parsley
1/2 teaspoon salt
1/2 teaspoon ground marjoram
1/2 teaspoon ground oregano
2/3 cup grated Parmesan cheese



Step 1. Cut eggplants lengthwise into halves. Cut out and cube enough eggplant from shells to measure about 4 cups, leaving a 1/2-inch wall on side and bottom of each shell; reserve shells. Cook and stir eggplant cubes, onion and garlic in oil in 10-inch skillet over medium heat 5 minutes. Add remaining ingredients except reserved shells and cheese. Cover and cook over low heat 10 minutes.

Step 2. Place eggplant shells in ungreased shallow pan; spoon peanut mixture into shells. Sprinkle cheese over

filled shells. Bake uncovered at 350 degrees F until eggplant is tender, 30 to 40 minutes.

CHICKEN MUSHROOM WITH FRESH ASPARAGUS

Four boned out, skin on chicken legs
Twelve large mushrooms
Twenty four fresh asparagus tips
Two large cloves of garlic - finely chopped
Two or three tablespoons of cognac to flambé
A large glass of medium sherry
Extra-virgin olive oil
Salt and freshly ground black pepper to taste

- Step 1.** Fry the chicken legs - skin side down - in a large pan with some of the extra-virgin olive oil. Fry for fifteen or twenty minutes on a medium heat so that the skin gets crisp and well browned.
- Step 2.** Turn the legs over and cook for a further ten minutes.
- Step 3.** Remove the chicken from the pan and keep warm in the oven, at a medium heat - 160°C/325°F - warm enough to keep that skin crispy.
- Step 4.** Fry the mushrooms in the pan until well browned - remove and drain off all fat. Keep warm.
- Step 5.** Toss the asparagus tips in the pan until just cooked - drain and keep warm.
- Step 6.** Throw the garlic into the pan and cook for two minutes.
- Step 7.** Drain off most of the oil and fat and flambé the pan with the cognac, stirring all the while.



Step 8. Add the sherry and reduce until about half of the original volume.

Step 9. Place the chicken legs onto warm dinner plates, garnish with the mushrooms and asparagus, and spoon over the juices.

GRILLED LEMON – PARSLEY VEAL CHOPS

Serves 6

Veal:

1/2 cup extra-virgin olive oil
6 tablespoons fresh lemon juice
1/3 cup chopped fresh Italian parsley
3 garlic cloves, crushed
1 tablespoon minced fresh rosemary
6 8- to 10-ounce loin or rib veal chops, each about 1 inch thick

Topping:

3 tablespoons chopped fresh Italian parsley
1 tablespoon grated lemon peel
1 1/2 teaspoons minced fresh rosemary

For veal:

Whisk first 5 ingredients in small bowl to blend. Arrange veal chops in 15x10x2-inch glass baking dish. Sprinkle chops on both sides with salt and pepper. Pour marinade over chops; turn to coat. Cover and refrigerate at least 6 hours or overnight, turning occasionally.

For topping:

Step 1. Stir together Italian parsley, lemon peel, rosemary, and garlic in small bowl to blend.

Step 2. Prepare barbecue (medium-high heat). Remove chops from marinade and sprinkle generously with salt and pepper. Grill chops



until cooked to desired doneness, about 6 minutes per side for medium-rare. Transfer chops to serving platter; sprinkle each with topping.

GRILLED SALMON WITH SALSA VERDE SAUCE

Serves 4

Salsa Verde:

2 tablespoons of extra-virgin Olive oil
The juice and zest of a large lemon
2 large cloves of garlic - bashed and finely chopped
A handful each of fresh coriander and flatleaf parsley - finely chopped
2 heaped teaspoons of capers
50g. about 2ozs of butter
Salt to taste

For Grilled Salmon:

- Step 1.** Roll the salmon cutlets in extra-virgin olive oil and season with salt and pepper.
- Step 2.** Leave to relax for half an hour.
- Step 3.** Grill on both sides until well browned.
- Step 4.** Make the Salsa Verde and serve on warm dinner plates.

For Salsa Verde:

- Step 1.** Cook the garlic slowly in the extra-virgin olive oil - don't allow it to brown, that'll just ruin the sauce.
- Step 2.** Add the parsley, coriander, lemon juice and zest and stir.

Grilled Salmon:

4 skinless and boneless salmon cutlets
Salt, black pepper and extra-virgin olive oil

chopped



Step 3. Whisk in the butter - bit-by-bit to achieve a glossy sauce.

Step 4. Stir in the capers, adjust the seasoning and serve.

MUSSELS IN WHITE WINE SAUCE

2 pounds mussels
1/4 cup finely chopped shallots or onions
2 cloves garlic, finely chopped
2 tablespoons extra-virgin olive oil
1 cup dry white wine
Pinch of saffron or paprika
Minced parsley

- Step 1.** Clean mussels. Discard any that are not tightly closed. Cook and stir shallots and garlic in oil in Dutch oven over medium heat until shallots are tender.
- Step 2.** Stir in wine and saffron. Heat wine mixture to boiling; add mussels. Cover and boil until mussels open, 3 to 5 minutes.
- Step 3.** Remove mussels to bowl with slotted spoon; keep warm. Cook remaining liquid in pan over high heat until slightly thickened, about 5 minutes. Pour sauce over mussels. Sprinkle with parsley.
- Step 4.** Serve with French bread.



PAN FRIED SALMON

Serves 4

4 Skinless - boneless Salmon cutlets - about 6ozs. each
1 Large orange - juice and zest
1 Large lemon - juice and zest
1/2 A cup (4 fl. ozs.) fish or chicken stock
1 Clove of garlic - skin on - bashed
12 Black olives pitted and halved
2 Heaped teaspoons of capers
Plain flour to dust
Corn starch to thicken the sauce (cornflour)
2 Tbs. extra-virgin olive oil to fry
Salt and freshly ground black pepper to taste



- Step 1.** Put the lemon & orange juice and the zest into a pan with the stock and bring to the boil.
- Step 2.** Simmer gently for ten minutes and adjust for seasoning.
- Step 3.** Thicken to the desired consistency with a little slaked corn starch (cornflour).
- Step 4.** Add the olives and capers and remove from the heat.
- Step 5.** Season the plain flour with plenty of salt and black pepper.
- Step 6.** Turn the Salmon cutlets over in the Seasoned flour until well covered.
- Step 7.** Now Fry the Salmon in the extra-virgin olive oil for about 10 minutes - until all surfaces are browned.
- Step 8.** Pop the cutlets into a low oven to keep warm.

Step 9. Then reheat the sauce and serve with saffron paella rice and steamed broccoli.

ROASTED BLACK SEA BASS WITH TOMATO AND OLIVE SALAD

Serves 4

For salad:

- 1 garlic clove
- 1/2 teaspoon anchovy paste
- 2 tablespoons red-wine vinegar
- 1/4 cup extra-virgin olive oil
- 1/2 pound grape tomatoes (preferably mixed colors), halved if large
- 1/2 pound cherry tomatoes (preferably mixed colors), quartered if large
- 12 Kalamata olives, pitted and coarsely chopped
- 4 sun-dried tomatoes packed in oil, chopped
- 1 1/2 tablespoons chopped oregano

Make salad:

Step 1. Mince and mash garlic to a paste with 1/2 teaspoon salt. Transfer to a bowl and whisk in anchovy paste, vinegar, and 1/4 teaspoon pepper. Whisk in oil. Toss with remaining salad ingredients. Let stand, stirring occasionally, while fish roasts.

Roast fish:

Step 1. Preheat oven to 425°F with rack in middle. Oil a 1 1/2-to 2-quart gratin or other shallow baking dish.

Step 2. Rub flesh sides of fish with 2 teaspoons oil (total) and season with 3/4 teaspoon salt and 1/4 teaspoon pepper. Divide onion slices and oregano sprigs into 2 portions and sandwich each portion between 2 fillets,

For fish:

- 4 (6-to 8-ounce) black sea bass fillets with skin, any pin bones removed
- 2 tablespoons extra-virgin olive oil, divided
- 1/2 medium red onion, thinly sliced
- 6 (3-to 4-inch) oregano sprigs

skin sides out. Tie with kitchen string crosswise at 2-inch intervals and transfer to baking dish. Score skin on top in several places with a sharp knife and drizzle with remaining 4 teaspoons oil.

Step 3. Roast fish until just cooked through, about 15 minutes. Cut off string and cut sandwiched fillets in half crosswise. Serve topped with salad.

ROASTED LEMON ASPARAGUS

1 pound asparagus, cleaned and ends trimmed
1 to 2 tablespoons extra-virgin olive oil
1 tablespoon freshly squeezed lemon juice
1 teaspoon freshly grated lemon zest
1 teaspoon anchovy paste
Salt and coarsely ground black pepper to taste

- Step 1.** Preheat oven broiler and toss asparagus with extra-virgin olive oil. Arrange in a single layer on a rimmed baking sheet and broil for 8 to 10 minutes, stirring every 2 to 3 minutes. The asparagus should be crisp and browned and slightly softened but not mushy.
- Step 2.** While asparagus cooks, mix together lemon juice, lemon zest and anchovy paste in a large bowl. Add asparagus, toss until well coated and season to taste with salt and pepper.
- Step 3.** Serve hot as a side dish, or either chilled or room temperature for an appetizer or meze.



SAFFRON PILAF

Serves 6

6 tablespoons (80 g / 3 oz) butter

2 1/4 cups (450 g / 1 lb) long-grain rice

5 cups (1.2 liters/ 2 pints) vegetable or meat stock

salt and pepper

10 saffron threads, crushed

finely chopped fresh parsley and grated kefalotiri or Parmesan cheese, to garnish

Melt the butter in a pan over high heat. When it begins to brown, add the rice, and cook, stirring constantly, until it turns opaque. Pour in 4 cups (1 liter / 1 3/4 pints) of the stock, add a pinch of salt, and bring to a boil. Reduce the heat, cover, and simmer for about 20 minutes, or until the rice has absorbed all the liquid and small holes appear on the surface. Stir the saffron into the remaining stock, add it to the rice, and stir gently. Place a clean dish towel over the top of the pan, replace the lid, and remove from the heat. Let the pilaf rest for 5-8 minutes. Serve, sprinkled with finely chopped parsley and grated cheese. This is an excellent accompaniment to roast or braised meat or fish.



SEAFOOD STEW

Serves 4

8 Smallish Fillets of Gilthead (any good firm white fish will do)
500g. About 1lb. of fresh Clams
2 or 3 Good Shallots or one small onion finely sliced.
2 Cloves of Garlic thinly sliced
2 Cayenne peppers or chilli crumbled

Juice of one large Lemon
1 pint - 2 cups of dry white wine
1 Bunch of Coriander Chopped (optional)
2 plum tomatoes sliced

- Step 1.** Skin and poach the fish fillets in white wine with a pinch of salt. Drain and keep them warm.
- Step 2.** Add the shallots, garlic, chilli, lemon juice (and a little of the rind, finely sliced if desired) and most of the coriander (keep some back to sprinkle at the end). Then reduce the liquid by half.
- Step 3.** Add the tomatoes and bring back to the boil. Add the clams and stir until they have all opened.
- Step 4.** Slake a spoonful of Cornflour (corn Starch) in some cold water and add it little by little until you achieve the desired consistency. It should be quite runny but not watery.
- Step 5.** Place the fish fillets in four bowls - spoon over the saucy clams, sprinkle over the remaining coriander and serve straight away.





Sweets

CHOCOLATE AND NUT BUTTER BITES

Serves 4

8 1/4-ounce squares bittersweet chocolate
4 teaspoons almond, cashew or pistachio butter

Top each chocolate square with 1/2 teaspoon nut butter of your choice (almond, cashew, pistachio).



FRENCH SILK PIE

Serves 10

Filling:

1 tablespoon brewed coffee	8 tablespoons packed light brown sugar, divided
1 tablespoon water	1/3 cup unsweetened cocoa powder, preferably Dutch-process
1 1/2 teaspoons unflavored gelatin	2 ounces bittersweet chocolate, chopped
1 large egg	1 1/2 teaspoons vanilla extract
1/2 cup low-fat milk	2 tablespoons dried egg whites, reconstituted according to package directions
1/2 teaspoon cream of tartar	

Crust:

30 chocolate wafers
2 tablespoons chopped pitted dates

Preheat oven to 325°F. Coat a 9-inch deep-dish pie pan with cooking spray.

To prepare crust:

- Step 1.** Combine chocolate wafers and dates in a food processor; process until finely chopped. Add water and oil and process until moistened. Press into the bottom and sides of the prepared pan.
- Step 2.** Bake until crisp, about 10 minutes. Cool completely on a wire rack.

To prepare filling and garnish:

- Step 1.** Combine coffee and water in a small bowl. Sprinkle gelatin on top and set aside to soften.
- Step 2.** Whisk egg, milk, 3 tablespoons brown sugar and cocoa in a small saucepan until smooth. Cook over low heat, whisking constantly, until thickened and an instant-read thermometer registers 160°F, 5 to 7 minutes. Do not let the mixture come to a simmer. Remove from the heat. Add the reserved gelatin mixture; stir until dissolved. Add chocolate and vanilla, stirring until melted. Set aside to cool to room temperature, about 30 minutes.
- Step 3.** Beat reconstituted egg whites and cream of tartar in a large bowl with an electric mixer on low speed until frothy.

Increase speed to high and beat until soft peaks form. Gradually add the remaining 5 tablespoons brown sugar, beating until the meringue is smooth and glossy.

Step 4. Whisk one-fourth of the meringue into the cooled chocolate mixture until smooth. Scrape the chocolate mixture into the remaining meringue and fold in with a whisk. Spoon the filling into the crust and chill, uncovered, until set, about 3 hours.

INDOOR S'MORES

Serves 4

2 whole graham crackers, broken in half
4 marshmallows
2 tablespoons bittersweet chocolate chips, melted

Step 1. Position oven rack in the upper third of the oven; preheat broiler.

Step 2. Place graham cracker halves on a baking sheet; top each with 1 marshmallow. Broil, with the oven door ajar and watching carefully, until the marshmallows are golden brown, 45 to 75 seconds. Remove from the oven and drizzle each S'more with a little melted chocolate.



ITALIAN HAZELNUT COOKIES

Make 2 1/2 dozen cookies

2 cups hazelnuts, toasted and skinned
1 1/4 cups sugar
4 large egg whites
1/2 teaspoon salt
1 teaspoon vanilla extract



- Step 1.** Position 2 racks as close to the center of the oven as possible; preheat to 325°F. Line 2 baking sheets with parchment paper or nonstick baking mats.
- Step 2.** Pulse nuts and sugar in a food processor until finely ground. Scrape into a large bowl.
- Step 3.** Beat egg whites and salt in another large bowl with an electric mixer on high speed until stiff peaks form. Using a rubber spatula, gently fold the egg whites into the nut mixture. Add vanilla and gently but thoroughly mix until combined.
- Step 4.** Drop the batter by the tablespoonful 2 inches apart on the prepared baking sheets.
- Step 5.** Bake the cookies until golden brown, switching the pans back to front and top to bottom halfway through, 25 to 30 minutes. Let cool on the baking sheets for 5 minutes. Gently transfer the cookies to a wire rack to cool completely. When the baking sheets are thoroughly cooled, repeat with the remaining batter.

PEANUT BUTTER AND PRETZEL TRUFFLES

Makes 20 Truffles

1/2 cup crunchy natural peanut butter
1/4 cup finely chopped salted pretzels
1/2 cup milk chocolate chips, melted

Combine peanut butter and pretzels in a small bowl. Chill in the freezer until firm, about 15 minutes. Roll the peanut butter mixture into 20 balls (about 1 teaspoon each). Place on a baking sheet lined with parchment or wax paper and freeze until very firm, about 1 hour. Roll the frozen balls in melted chocolate. Refrigerate until the chocolate is set, about 30 minutes.



ROASTED PEACH SUNDAE

Serves 6

3 ripe peaches, halved and pitted
1 tablespoon brown sugar
2 teaspoons lemon juice
3 cups nonfat vanilla frozen yogurt
6 gingersnaps, crumbled (optional)

- Step 1.** Preheat oven to 425°F. Coat a baking sheet with cooking spray.
- Step 2.** Toss peach halves with brown sugar and lemon juice, and place them cut-side-up on the prepared baking sheet. Roast until the peaches are tender, 20 to 30 minutes. If the juice on the pan begins to burn, add a little water and loosely cover the fruit with foil.
- Step 3.** Top each peach half with a 1/2-cup scoop of frozen yogurt and a sprinkle of crumbled gingersnaps (if using). Serve immediately.

