



The Mediterranean Diet

Recipe Book

First Edition

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Breakfast & Light Lunches

APPLE CINNAMON FRENCH TOAST

Serves 10

1 lb French bread Nonstick cooking spray 8 large eggs, slightly beaten
3 ½ cup skim milk
1 cup of sugar, divided 1 tablespoon vanilla
6 medium apples, peeled, cored and sliced thinly 3 tsp ground cinnamon
1 tsp ground nutmeg 1 tbs butter



- Step 1.** Slice bread into 1½ -inch slices. Coat a 9-by-13-inch pan with nonstick cooking spray and tightly pack bread into pan.
- Step 2.** In a large bowl, stir together eggs, milk, ½ cup sugar and the vanilla. Pour half of the egg mixture over the bread slices.
- Step 3.** Evenly distribute apple slices over bread. Top with remaining egg mixture.
- Step 4.** In a small bowl combine remaining ½-cup sugar, the cinnamon and nutmeg. Sprinkle over apples. Dot with butter. Cover and refrigerate overnight.
- Step 5.** The next day, uncover pan and bake in a preheated 350-degree oven for 1 hour. Remove from oven and let stand for 10 to 15 minutes. Cut into squares and serve warm.

CAULIFLOWER SALAD

1 head cauliflower, cut into florets ¼ cup red bell peppers, chopped
1 tablespoons fresh parsley, chopped ¼ cup Greek olives
1 tablespoon capers
1 tablespoon wine vinegar 3 tablespoons
olive oil
½ teaspoon dried oregano salt and pepper, to
taste



Step 1. Steam cauliflower florets until just tender.

Step 2. Refresh under cold water to stop the cooking process.

Step 3. In a bowl, combine cauliflower, pepper, parsley, olives and capers, toss lightly.

Step 4. Whisk together the vinegar, oil and oregano and pour over vegetables.

Step 5. Marinate in the refrigerator for 2 hours or even overnight.

FRITTATA

Serves 1

3 eggs, lightly beaten $\frac{1}{2}$
1½teaspoons olive oil $\frac{1}{4}$ cup mushrooms, sliced
1¼ cup zucchini, halved and sliced 2
tablespoons asparagus spears
1tablespoons tomatoes, diced 2 teaspoons
basil, chopped
1 tablespoon parmesan cheese, grated $\frac{1}{4}$



Step 1. Heat the oil in a small non-stick skillet.

Step 2. Add the mushrooms, zucchini and asparagus.

Step 3. Cook until just soft.

Step 4. Add the basil and tomatoes and cook for 1-minute longer.

Step 5. Pour the eggs over the vegetables.

Step 6. When set, turn the frittata over, sprinkle with cheese and place under the broiler for 45-seconds (or until the cheese has melted).

Step 7. Serve with grilled garlic bread.

GREEK BEAN PITA SANDWICH

Serves 6

1 ½ cups cooked white beans, rinsed and drained at room temperature
1 ½ cups cucumbers, diced
1 cup tomatoes, seeded and diced ½ cup green bell peppers, diced ½ cup feta cheese, crumbled ¼ cup red onions, diced
¼ cup chopped black olives
1 tablespoons red wine vinegar 1 ½ teaspoons dried oregano ¼ teaspoon pepper
6 whole whole-wheat pita bread 6 leaves red leaf lettuce



Step 1. Combine all ingredients except pitas and lettuce in a medium bowl and mix well.

Step 2. Cover and refrigerate for at least 4 hours to blend flavors.

Step 3. Place a lettuce leaf on each pita and spoon filling on top of the lettuce in the center of each pita.

Step 4. Fold pitas in half and serve.

GREEK SALAD & FETA CHEESE

Serves 4, Doubles and Triples well

- 4 cups mixed salad greens
- 1 cup chopped plum tomatoes
- 1 cup coarsely chopped Kalamata olives
- 1 cup peeled pitted and chopped avocados
- $\frac{3}{4}$ cup crumbled feta cheese
- $\frac{3}{4}$ cup garbanzo beans, drained and rinsed
- $\frac{1}{4}$ cup thin red onions, sliced
- $\frac{1}{2}$ cup balsamic vinaigrette salad dressing



- Step 1.** Toss all ingredients except vinaigrette in a large bowl and cover.
- Step 2.** Refrigerate until ready to serve.
- Step 3.** Add vinaigrette and toss to coat.

HUMMUS

Serves 6, Keep well in the fridge

4-5 cloves garlic 1 can chickpeas
¼ cup tahini paste (sesame paste) 3-4
tablespoons extra-virgin olive oil
3-4 tablespoons lemons, juice of (start
with 3 tbs first, if you like it a little more
tart, add another spoon) ¾ tablespoon soy sauce
¾ teaspoon salt
1 tablespoon ground cumin
3 teaspoons ground coriander
½ teaspoon cayenne pepper (or less to suit taste buds) ¼ cup
water



Step 1. Blend garlic first.

Step 2. Add chickpeas; pulse for a few times at first, then puree, adding tahini paste through the feeder.

Step 3. Add in olive oil, lemon juice, soyasauce.

Step 4. Scrape down the sides of the bowl, then add salt, cumin, coriander, cayenne, lemon juice and water.

Step 5. Blend to a smooth paste.

MEDITERRANEAN BREAKFAST

Serves 4

½cup water packed artichoke hearts ½cup chopped ripe plum
tomatoes 4-6 tablespoons torn fresh basil leaves ¼ cup
crumbled feta cheese
1 teaspoon lemon juice 6 eggs
2 whole pita pocket bread rounds

Step 1. Mix the first five items in a bowl.

Step 2. In a separate bowl beat the eggs until they are pale yellow in color.

Step 3. Mix eggs and prior items together.

Step 4. Scramble mixture over medium heat.

Step 5. Place egg mixture in pita halves.

Step 6. Add any spices you'd like to try (pepper is a good choice).

MEDITERRANEAN EGGS

Serves 2

1 teaspoon unsalted butter 1 tablespoon olive oil
300 g cherry tomatoes, quartered
200 g button mushrooms, roughly chopped 6 eggs
6 basil leaves, finely sliced
¼ cup cream, low fat is fine salt,
to taste fresh ground black pepper,
to taste
1 tablespoon freshly grated parmesan
cheese 2 slices country bread (thick
slices)
4 slices prosciutto



- Step 1.** Heat the butter and oil in a large non-stick pan and sauté the tomatoes and mushrooms, until they begin to soften (about 2-3 minutes).
- Step 2.** At the same time, beat together the eggs, basil, cream, seasonings and Parmesan with a fork; then add them to the tomatoes and mushrooms and scramble.
- Step 3.** Grill or toast the bread and pan fry the prosciutto in a little olive oil (preferably in a non-stick pan) until crisp.
- Step 4.** To serve, place a piece of bread on each plate and top with the scrambled eggs and then the prosciutto. Garnish with a sprig of basil.

MEDITERRANEAN PIE

Serves 10

2 tablespoons butter or margarine 2 sweet red peppers, diced
2 small onions, chopped 2 garlic cloves, minced
2 (10 oz) packages frozen spinach, thawed & squeezed dry
2 (14 oz) packages frozen puff pastry, thawed 12 ounces black
forest ham, sliced
1 lb mozzarella cheese, grated
8 eggs, beaten & seasoned with salt &
pepper 1 egg, beaten (for glaze)



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- Step 1.** Melt butter in skillet over medium heat; cookpeppers, onions & garlic for about 12 minutes or until all liquid evaporates.
- Step 2.** Remove from heat & stir in spinach; set aside.
- Step 3.** Roll each piece of pastry to 1/8 inch thickness; use 1 piece to line a 10 inch spring form pan, leaving excess draped over sides.
- Step 4.** Layer half the ham slices in the bottom, sprinkle half the cheese, and spread half the veggies followed by the eggs.
- Step 5.** Repeat these layers.
- Step 6.** Cover with remaining pastry, trim off edges & pinch layers together; cut steam vents in the top & brush with egg glaze.
- Step 7.** Place pan on a rimmed baking sheet in the centre of a preheated 400F oven for 15 minutes.
- Step 8.** Reduce heat to 350F and bake for an additional 45 to 60 minutes or until top is golden & knife inserted in centre is hot when pulled out.
- Step 9.** Let cool for 15 minutes; remove pan sides & cut in to wedges.

MEDITERRANEAN SANDWICH

Serves 1

2 pieces of sliced sourdough bread
2-3 tablespoons hummus (store bought or homemade) 1-2 tablespoon sun-dried tomatoes (oil packed)
2 slices part-skim mozzarella cheese



Step 1. Toast bread.

Step 2. Spread hummus on both pieces of bread.

Step 3. Spread sun dried tomatoes on one piece of bread.

Step 4. Put cheese on the other piece of bread.

Step 5. Put together and microwave until cheese melts.

NORTH AFRICAN BREAKFAST BUNS (MLAOUI)

Makes about 24 small buns

This recipe, from "The Essential Mediterranean" (Harper Collins) by Nancy Harmon Jenkins is a feature of [The Radio Kitchen](#).
1/8 tsp active dry yeast
1 cup warm water
2 cups unbleached all-purpose flour
1 3/4 cups semoli

- Step 1.** Mix the yeast in 1/2 cup of the warm water and set aside to dissolve. 1 tb extra virgin olive oil, plus a bit more to work the dough
1 large egg
sea salt
1/2 cup unsalted butter, at room temperature
honey for serving
- Step 2.** Combine the all-purpose flour and semolina in a bowl and stir in the dissolved yeast. Add the olive oil and egg and combine to mix well. The mixture should be about the consistency of mashed potatoes at first. If it seems too dry, add a little bit more warm water, in increments of 1/4 cup in order to avoid adding too much all at once. (If you do add too much, stir in a little more semolina.)
- Step 3.** Add the salt and knead the dough on a lightly greased board for about 5 minutes, or until you feel the yeast and gluten start to come together and make springy dough. Transfer the dough to a lightly greased bowl, cover with plastic wrap, and set aside for a couple of hours or overnight.

Step 4. When you are ready to make the buns, punch the dough down and divide in half. Oil your hands with olive oil. Take one of the dough halves in your left hand (assuming you're right-handed) and squeezed out between your thumb and index finger a lump about the size of a ping-pong ball, and pull it off with your right hand. Roll it in your oiled palms and set aside. Continue until you've formed all the dough into balls.

Step 5. Take a ping-pong ball of dough and roll it into a snake between your palms. Using a rolling pin, roll the snake on a lightly greased board into a long, thin strip of dough, about 1 inch wide and 4 to 5 inches long. Using your fingers, spread a small dab of butter in a thin smear over the dough. Then roll the dough up in a tight cylinder. Continue until all the dough balls have been rolled.

Step 6. Midway through this process set a cast-iron griddle on the stove over medium heat and let it heat up while you continue to shape the buns. When all the buns are formed, take the first cylinder and pat it between your oiled palms into a disk. You can use the rolling pin to help with this, but it should not be rolled too flat -- about 1/8 to 1/4 inch is plenty. Set the disk on the hot griddle and let it bake for about 2 minutes to a side, or until the sides are toasted brown and

the inside is cooked through. It will look like a small squat English muffin and the inside should be rather flaky because of the layers of butter. Check the first bun to be sure the temperatures are correct and adjust accordingly. Continue cooking until they're all done, keeping the finished ones in the oven until you're ready to serve.

VEGGIE WRAP

Serves 1

1 soft cracker bread, halved or 1 large flour tortilla 4 ounces hummus

¼ cup fresh parsley, chopped 8 ripe olives, sliced

1 small cucumber, thinly sliced

1 small tomato, seeded and chopped 1 ounce feta cheese, crumbled

Step 1. Spread hummus on the bread to within ½ inch of the edge.

Step 2. Add parsley, cucumber, olives, tomato, and cheese on top of hummus.

Step 3. Roll up and serve.



Salads

CHICKEN, ORANGE & WATERCRESS SALAD

Serves 4

3 oranges

3 tsp seeded mustard 1 Tbsp olive oil

600g chicken tenderloins 1 small bunch watercress,
washed, dried, sprigs picked 2 Tbsp toasted pine nuts
2 Tbsp blanched almonds, toasted

ORANGE DRESSING

1/3 cup freshly squeezed orange juice 1 Tbsp wholegrain mustard
1 Tbsp honey 2 Tbsp olive oil
1 garlic clove, crushed sea salt and freshly
ground black pepper



Step 1. Peel and segment 2 oranges. Finely grate rind of remaining orange, and juice the orange. Combine rind, 1 tablespoon orange juice, mustard and oil in a non- metallic bowl. Add chicken and stir to coat. Refrigerate for 30 minutes, to marinate.

Step 2. To make orange dressing, whisk juice, mustard, honey, oil and garlic. Season well with salt and pepper.

Step 3. Preheat a lightly oiled barbecue grill or flat plate on medium-high until hot. Remove chicken from marinade, reserving marinade. Barbecue chicken, basting with marinade occasionally, for 4-5 minutes each side, until cooked through. Transfer chicken to a plate and cover with foil. Set aside to rest for 5 minutes.

Step 4. Divide watercress, chicken, orange segments and nuts among 4 plates. Spoon over dressing, and serve.

GREEK SALAD WITH MARINATED CHICKEN

Serves 6

6 small-medium chicken breasts
Greek seasoning mix
6-8 cups mixed salad greens
250g fetta cheese, cubed
1 punnet cherry tomatoes, halved
1 red capsicum, sliced
quantity Greek Dressing (see Step 3)

- Step 1.** Sprinkle chicken with Greek seasoning and spray with olive-oil spray. Stand for 5 min. Char-grill or barbecue the chicken for 6-8 min, turning once during cooking. Remove from the barbecue and cover with foil to keep warm.
- Step 2.** Arrange greens in a bowl or onto individual serving plates. Top with remaining salad ingredients. Slice chicken and arrange over the top. Drizzle with dressing and serve garnished with red onion rings and black olives, if desired.
- Step 3.** To make the Greek Dressing: Combine 1 tablespoon roughly chopped fresh oregano with 1/3 cup each olive oil and lemon juice in a screw-top jar. Add a pinch of sugar, salt and pepper, then shake mixture well to combine.

GRILLED HALOUMI WITH COUCOUS SALAD

Serves 4

2 cups vegetable stock 1 tablespoon butter
2 cups couscous
250g haloumi cheese, cut into long strips
1 Lebanese cucumber, halved lengthways
and sliced 250g cherry tomatoes, halved
1 spring/green onions, chopped 2
tablespoons toasted almonds



- Step 1.** Place the stock and butter in a medium-size saucepan and bring to the boil. Add the couscous. Remove from the heat and allow to stand for 5 min.
- Step 2.** Meanwhile, heat a frying pan or char-grill pan over a medium heat and sear the haloumi for 20-30 sec each side.
- Step 3.** Break up couscous with a fork and add the cucumber, tomatoes, spring/green onions and almonds. Divide between plates and top with haloumi. Drizzle with French dressing, if desired, and garnish with mint.

HALOUMI SALAD

Serves 4

1 bunch beetroot
1 packet haloumi cheese
500g mixed baby lettuce leaves
½ bunch basil leaves Olive oil
1 tsp Dijon mustard 50ml red wine
vinegar 100ml walnut oil
150g pepitas, lightly toasted 100g
walnuts, toasted



- Step 1.** Place beetroot in a pan of cold water and bring to the boil. Simmer for 30–45 minutes, depending on size, until just soft. (Use a skewer to test.) Allow to cool in skins. Peel and cut into wedges.
- Step 2.** Heat a frypan. Add a dash of olive oil. Slice haloumi into 2cm-thick pieces. Fry for 2 minutes each side, or until golden. Set aside.
- Step 3.** In a small bowl, whisk the mustard, vinegar and walnut oil together. Season with salt and pepper.
- Step 4.** Combine beetroot, lettuce and basil with walnut dressing, then divide among four bowls. Top with haloumi, pepitas and walnuts.

ITALIAN LEAF SALAD

250g mixed salad leaves 1 red onion, finely sliced
1-2 tablespoons red-wine vinegar 1 tablespoon
Dijon mustard
1 tablespoon capers, rinsed and
finely chopped 1/3 cup extra-virgin
olive oil



- Step 1.** Rinse and drain the salad leaves, spin in a salad spinner if you have one. Transfer to a serving bowl, add onion.
- Step 2.** In a screw-top jar, combine vinegar, mustard, capers and oil. Shake well, season to taste. Dress salad just before serving.

PEAR, PROSCIUTTO & BLUE CHEESE

Serves 2

- 6 slices prosciutto, thinly sliced
- 1 large Williams pear, thinly sliced
- 100g wild rocket
- 1 heads witlof
- 80g blue cheese, crumbled
- 1 loaf crusty bread
- 2 tbsp red wine vinegar
- 2 tsp Dijon mustard
- 4 tbsp extra-virgin olive oil



- Step 1.** To make the dressing, whisk together the vinegar, mustard and olive oil.
- Step 2.** In a large bowl, toss the rocket and separated witlof leaves with the thinly sliced pear and half
- Step 3.** of the dressing.
- Step 4.** Divide the salad between two bowls. Drape with thin slices of prosciutto and crumbled blue cheese, then drizzle with the remaining dressing. Serve with bread

STRAWBERRY, FETA & WALNUT SALAD

Serves 1

4 cups mixed greens, washed and dried well
4 medium strawberries, sliced

3 medium button mushrooms, sliced
1/4 cup crumbled, reduced-fat feta cheese
1 tbsp chopped walnuts
2 tbsp light vinaigrette

On the side: 200g low-fat yoghurt, any flavour



Combine all ingredients in a large plastic container. Pour dressing over salad and toss. Serve immediately with yoghurt on the side.

TOMATO PASTA SALAD

Serves 4

300g rigatoni
1 punnet halved cherry tomatoes 1
cup olives, chopped
6 spring onions, chopped 1/3 cup
basil leaves
1/3 cup balsamic vinegar



Step 1. Cook 300g risoni until tender, drain well.

Step 2. Add 1 punnet halved cherry tomatoes, 1 cup chopped olives, and 6 chopped spring onions.

Step 3. Add 1/3 cup each basil leaves and balsamic dressing, toss to combine. Season with salt and pepper.

WARM MOROCCAN LAMB SALAD

Serves 4

500g jap pumpkin, peeled and sliced into thin wedges 1 red onion, thickly sliced
2 zucchini, halved and sliced lengthways
1 teaspoon each ground cumin, coriander and paprika 400g Heart Smart lamb leg steaks
1 tablespoon each olive oil and balsamic vinegar 3 cups mixed salad leaves



- Step 1.** Preheat oven to 180 C (160 C fan forced). Line a baking tray with paper. Place pumpkin, onion and zucchini onto tray. Spray with olive oil and season with pepper. Bake for 40 min or until tender.
- Step 2.** Meanwhile, combine the spices and lightly spray lamb with oil. Coat lamb with spice mix. Grill or pan-fry for 3-5 min each side or until cooked. Remove and allow to rest for 5 min before slicing.
- Step 3.** To make dressing, combine olive oil and balsamic and season with pepper. Toss through salad mix. Arrange salad on plates with lamb and roasted vegies. Garnish with reduced-fat fetta, if desired.

WARM ROCKET & CHICKPEA SALAD

Serves 4

1 red onion, sliced
1 punnet cherry tomatoes 2 zucchini, thinly sliced
1 tablespoons each olive oil, fresh lemon juice and balsamic vinegar ½ cup finely chopped parsley
2 x 400g can chickpeas, drained 150g baby rocket or spinach leaves



- Step 1.** Preheat oven to 200 C (180 C fan-forced). Line a baking tray with baking paper. Place onion, tomatoes and zucchini onto tray and coat with a drizzle of olive oil. Season with salt and pepper. Roast, turning once, for 20-25 min or until cooked through. Remove and set aside.
- Step 2.** Meanwhile, mix the olive oil, lemon juice and balsamic vinegar together. Season with salt and pepper and stir through the chopped parsley.
- Step 3.** Place vegetables, along with any pan juices, into a bowl with the chickpeas, rocket and prepared dressing. Toss lightly and divide into warm serving bowls. Serve with crusty bread.

ZUCCHINI & PARMESAN SALAD

Serves 4

2 zucchini, thinly sliced 2 handfuls rocket leaves
shaved parmesan to scatter
extra virgin olive oil for dressing
balsamic vinegar for dressing



Divide zucchini slices, rocket and parmesan between 4 serving plates, season with sea salt and ground black pepper, and dress lightly with olive oil and balsamic vinegar. Serve immediately.



Soups & Vegetarian

BROCCOLI & WATERCRESS SOUP

Serves 4

2 tablespoons olive oil 1 large onion, chopped 2 cloves garlic, crushed

1 head broccoli, cut into small pieces 1 litre chicken or vegetable stock 200g watercress

Pumpkin seeds to garnish



Place oil in a large saucepan over a medium heat and fry onion and garlic until onion is softened. Add broccoli, pour in stock and simmer for 2 minutes. Stir in watercress, reserving a few sprigs. Process in a food processor, in batches, until smooth. Add sea salt and ground black pepper, and serve scattered with reserved watercress and seeds.

CREAMY MOZZARELLA & JEWEL TOMATO SALAD

Serves 4

½ cup light sour cream

¼ cup milk

1 teaspoon grated lemon zest 1 tablespoon lemon juice

1 balls buffalo mozzarella (or 12 bocconcini) 1 punnet cherry tomatoes

1 punnet golden grape tomatoes 1 tablespoon diced red onion

4 basil leaves, roughly torn

1 tablespoon finely sliced mint leaves extra virgin olive oil to serve

crispbread or crusty bread to serve



Combine sour cream, milk, lemon zest, lemon juice, sea salt and ground black pepper in a bowl. Cut mozzarella into 5mm slices and place in a flat dish, pour over sour cream mixture, ensuring mozzarella slices are evenly coated. Cover and refrigerate overnight. Cut tomatoes into quarters, place in a bowl, then add red onion and herbs, and stir to combine. Arrange mozzarella on a serving platter and top with tomato salad. Drizzle with extra virgin olive oil and serve with crispbread or crusty bread.

FALAFELS

1 cup dried chickpeas soaked for 12 hours in cold water
1 onion, chopped
1 bunch parsley, picked 1 bunch mint, picked
1 bunch coriander, picked 1 tsp salt
1 tbsp cumin
1 tsp coriander
3/4 tsp baking powder Vegetable oil for frying



Step 1. Place whole eggplant on flame of medium-to-low gas ring. Rotate till soft

EGGPLANT DIP

1 small eggplant 1 clove garlic
1 cup yoghurt 1 tsp tahini
1 tbsp lemon juice 1 tsp salt

TO SERVE

Pita bread Parsley salad and cooked. (The blackened skin gives a smoky flavour.) Set aside.

Step 2. Meanwhile, rinse and drain chickpeas well. Mix all falafel ingredients apart from oil. In batches blitz ingredients in a food processor till finely chopped. Keep hands moist and shape into small rounds. In a deep saucepan heat 10cm of oil to frying point. Fry falafels till golden on each side. Drain on kitchen paper.

Step 3. Peel off eggplant skin and reserve soft flesh. Place in food processor with garlic, tahini, lemon juice, salt and yoghurt and blitz.

Step 4. Serve falafels with the dip, bread and a salad of chopped parsley, cucumber, red onion and tomato dressed with lemon juice and olive oil.

LINGUINE WITH ZUCCHINI & MINT

Serves 4

350g fresh linguine 4 medium zucchini 2 Tbsp olive oil
1 cup pine nuts
4 garlic cloves, sliced
1 bunch mint, leaves only
Salt and freshly ground black pepper
Extra olive oil, to serve



- Step 1.** Cook linguine in a large quantity of rapidly boiling, salted water until just tender. Drain, leaving a little cooking water clinging to pasta; return to pan.
- Step 2.** Meanwhile, trim zucchini, cut in half and cut each half through the centre. Cut into long slices, stack slices and cut into long, thin strips.
- Step 3.** Put olive oil in a medium heavy-based pan. Add pine nuts and cook over a medium heat until golden. Add garlic and zucchini and toss to combine. Cook for 1-2 minutes.
- Step 4.** Add zucchini mixture and mint to linguine and toss to combine. Season with salt and pepper. Serve immediately drizzled with a little extra oil.

RED PEPPERS BAKED WITH RICOTTA

Serves 4

250g fresh ricotta
½ bunch basil, chopped
½ bunch parsley, chopped Zest of 1 lemon
1 egg
50g kalamata olives, pitted
1 medium-sized red capsicums 100g
wild rocket
Olive oil
100ml balsamic vinegar



- Step 1.** Pre-heat oven to 175°C. In a large bowl, put ricotta, herbs, lemon zest, egg and olives, season with salt and pepper and mix well. Halve capsicums and remove seeds and excess pith. Place on a baking tray, fill with ricotta mixture and drizzle with olive oil. Bake for 40–50 minutes.
- Step 2.** Using a small saucepan, reduce balsamic by half, allow to cool. Place the capsicums on a plate, drizzle with balsamic glaze and serve with rocket.



Snacks

CHEESE SPREAD

Serves 4

ounces cream cheese, softened

½cup feta cheese,

crumbled (about 2 oz) 3

tablespoons chopped

Kalamata olives

₂ tablespoons chopped sun-

dried tomatoes packed in oil

1-2 clove garlic, minced

₃ tablespoons chopped fresh basil



Combine all ingredients, cover and chill at least 1 hour or up to 24 hours.

CHEESY SUN DRIED TOMATO & SPINACH DIP

Serves 4

¼ cup cream cheese ¼ cup sour cream
1 cup shredded cheddar cheese
½ cup shredded Monterey jack cheese 1/8 cup parmesan cheese
10 ounces frozen spinach
4 ounces julienne sun-dried tomatoes (drained) 1 crushed garlic clove
1 tablespoon Worcestershire sauce 1 tablespoon onion powder
1 tablespoon pepper and salt, to taste ½ chopped bell pepper



Step 1. Thaw the spinach and squeeze out the excess water.

Step 2. Drain and pat dry the tomatoes.

Step 3. In a medium sauce pan put all cheeses, sourcream, spinach, Worcestershire sauce, and crushed garlic.

Step 4. Melt on a medium low setting.

Step 5. Stir mixture until everything is incorporated.

Step 6. Add some onion powder, salt, and pepper until it tastes good to you.

Step 7. Add the sun dried tomatoes and stir.

Step 8. Put in to a serving bowl and top with the tiny pieces of green pepper.



Dinner

CHEESE FOLDOVER

Serves 4-6

FOLDOVERS

1 (6 oz) container crumbled feta cheese with garlic and herbs (1 ¼ cups)
2 ounces finely shredded Romano cheese
¼ cup finely chopped green onions (4 medium)
2 tablespoons finely chopped ripe olives
1 egg
1 egg, separated
1 (16 1/3 oz) can refrigerated buttermilk biscuits
1 teaspoon water
1 teaspoons sesame seeds



GARNISH

1 sprig fresh parsley
1 whole ripe olives

Step 1. Heat oven to 350°F.

Step 2. Lightly grease large cookie sheet with shortening or spray with cooking spray. In medium bowl, mix cheeses, onions and olives. Mash with fork to break up any large chunks of cheese. Stir in 1 egg and 1 egg white with fork until well combined.

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- Step 3.** Separate dough into 8 biscuits; separate each evenly into 2 layers, making 16 biscuit rounds. Press each into 3 ½-inch dough round. Spoon about 1 rounded tablespoon cheese mixture onto center of each dough round. Fold dough in half over filling; press edges to seal. Place on greased cookie sheet.
- Step 4.** In small bowl, beat egg yolk and water with fork until well blended; brush over dough foldovers. Sprinkle sesame seed over each.
- Step 5.** Bake at 350°F for 16 to 20 minutes or until golden brown. Cool 5 minutes. Remove from cookie sheet; place on serving platter. Garnish platter with parsley and several olives. Serve warm.

CHICKEN WITH ALMONDS

Serves 4

1 chicken, cut into 8 pieces (3 to 3 ½ pounds) 6 Tbs olive oil
1 Tb tomato paste
4 Tbs white or red wine vinegar 2 Tbs sugar
1 t salt
½ t pepper
¾ cup blanched almonds, crushed
¼ cup blanched whole almonds,
toasted



- Step 1.** Brown the chicken in 2 tablespoons of the olive oil over low heat. This will take about 15 minutes. Drain the chicken and set aside.
- Step 2.** Pour the remaining olive oil into the pan with the tomato paste dissolved in 1-cup warm water. When the sauce begins to boil, add the vinegar, sugar, salt, pepper, and crushed almonds. When the sauce returns to a boil, add the chicken pieces, lower the heat, and cook, uncovered, for 45 to 50 minutes, adding a little water if the sauce starts to get too thick. Turn the pieces of chicken over at least once.
- Step 3.** Arrange the chicken on a platter covered with some sauce. Sprinkle the toasted almonds on top. Serve warm in winter and at room temperature in summer.

EGGPLANT CAKES

Serves 4

1 eggplant, sliced in ½ "slices 3 tablespoons olive oil
3 garlic cloves, minced
1 egg white, beaten (you may need more if you have a large eggplant)
1 cup fresh breadcrumbs (prefer white) 2
tablespoons flour 4 ounces parmesan
cheese
4 ounces feta cheese (can omit, to make
healthier) 2 tablespoons fresh parsley,
chopped
2 tablespoons fresh basil 2 green onions salt
fresh ground black pepper 4 tablespoons olive
oil



Step 1. Preheat oven to 375°F.

Step 2. Brush eggplant slices evenly with olive oil.

Step 3. Bake for 20 minutes until golden brown and tender.

Step 4. Remove from oven, and finely dice the eggplant slices.

Step 5. In a medium bowl, combine the chopped eggplant pieces with the garlic, egg whites, Parmesan, feta, breadcrumbs, basil and parsley and green onions.

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- Step 6.** Add the salt and pepper in quantities at your discretion.
- Step 7.** Mix everything well and place in the refrigerator 20min to firm up.
- Step 8.** (Note: add this stage you may adjust the mixture by adding more breadcrumbs if it does not hold well together).
- Step 9.** Divide the mixture into 6-8 equal portions, and shape into a flattened ball.
- Step 10.** Coat with flour.
- Step 11.** Fry the fritters in shallow oil for 2 minutes on either side, till they are golden brown.
- Step 12.** Serve with a salad, lemon wedges and a yoghurt sauce to dip into, if preferred.

ITALIAN WEDDING SOUP

Serves 6

8 cups chicken broth
¾ lb ground beef
¾ lb ground pork 8 eggs, divided
1 cup dry breadcrumbs 2 teaspoons
basil
1 teaspoon parsley
½ cup grated parmesan cheese 1 cup
grated parmesan cheese
1 heads escarole, cleaned and chopped



Step 1. In soup pot on med heat, bring broth to a boil.

Step 2. In bowl mix beef, pork, 3 eggs, crumbs, basil, parsley, and ½ cup Parmesan.

Step 3. Mix well and form into tiny bite size balls.

Step 4. Drop the balls into the broth.

Step 5. Add escarole.

Step 6. When meatballs rise to the top, they are cooked, (7-8 minutes).

Step 7. When escarole is wilted it is done.

Step 8. In another bowl, mix the remaining eggs with the remaining Parmesan.

Step 9. Add to soup, stirring continuously, until cooked through.

MEDITERRANEAN FISH (TILAPIA)

Serves 4

4 medium zucchini, sliced about ½ inch thick 2 teaspoons
garlic, minced

4 Tilapia fish fillets

1 (14 ½ oz) can diced tomatoes (may use diced tomatoes
with onions and green pepper)

1 teaspoon fresh lemon juice

1 teaspoon sugar or Splenda sugar
substitute 1 teaspoon capers, drained
and rinsed

1 (2 ¼ oz) can sliced black olives

¾ cup parmesan cheese, grated



Step 1. Sauté the zucchini and garlic in a skillet that has been sprayed with cooking spray.

Step 2. Sauté until the zucchini is crisp-tender.

Step 3. In a 9x13 baking dish place the zucchini and garlic evenly in the bottom.

Step 4. Place the fish evenly on top.

Step 5. In a small bowl mix the next five ingredients and pour over the fish, covering well.

Step 6. Place in a preheated 400 degree oven and bake for 30 minutes or until the fish flakes easily.

Step 7. Sprinkle the cheese over the whole dish and return to the oven for 5 more minutes.

MEDITERRANEAN SALAD

Serves 2-4

4 tablespoons olive oil
1 red pepper, thinly sliced
1 green pepper, thinly sliced 1 yellow pepper, thinly sliced
1 (400 g) can chickpeas, drained
1 (400 g) can artichoke hearts, drained
1 small avocado, peeled and sliced
6 sun-dried tomatoes packed in oil, drained and chopped
2 tablespoons za'atar spice mix 4
tablespoons chopped parsley
2 tablespoons balsamic vinegar salt and pepper, to taste



- Step 1.** Put half the olive oil in a frying pan and sauté the sliced peppers for 3-5 minutes until the skins start to blister and the peppers soften.
- Step 2.** Take off the heat and leave to cool slightly for a few minutes.
- Step 3.** Meanwhile, put the chickpeas, artichoke hearts, avocado and tomatoes in a large bowl.
- Step 4.** When the peppers have cooled slightly, add them to the other ingredients in the bowl.

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- Step 5.** Sprinkle over the Za'atar seasoning, or make a reasonable substitute by combining thyme, marjoram, and sesame seeds with a bit of salt.
 - Step 6.** Make the dressing by mixing up the other half of the olive oil and balsamic vinegar.
 - Step 7.** Pour the dressing over the salad and mix well.
 - Step 8.** Season with salt and pepper and sprinkle with the parsley.
 - Step 9.** Serve either at room temperature or chilled.
 - Step 10.** If you are making this ahead of time, leave out the avocados until just before serving or they will discolor.
 - Step 11.** You can also spice up this salad by using a chili-infused olive oil.

MEDITERRANEAN STYLE ORANGE ROUGHY

Serves 4

- 4 (6 oz) orange roughy fillets, ½ inch thick
- 4 ounces feta cheese with dried basil and tomato or plain feta cheese
- ¼ cup low-fat sour cream
- ¼ cup finely chopped red onions 1 clove garlic, minced finely
- 3 tablespoons capers, drained and rinsed
- 2 small plum tomatoes, seeded, and finely chopped
- 2 teaspoons grated lemons, rind of
- 1 teaspoon dried oregano
- ½ teaspoon fresh ground black pepper
- ½ teaspoon kosher salt
- 1-2 teaspoon white wine (optional)



- Step 1.** Preheat oven to 400°F Line baking sheet with foil.
- Step 2.** Lightly spray foil with non-stick spray.
- Step 3.** Season fish on both sides with kosher salt and fresh ground pepper.
- Step 4.** In a medium bowl combine feta, sour cream, red onion, garlic, capers, tomatoes, lemon peel and oregano and stir until thoroughly combined.
- Step 5.** Add wine to feta cheese mixture if desired.
- Step 6.** Arrange fish on prepared baking sheet.
- Step 7.** Spread cheese topping over fish.
- Step 8.** Bake until fish is just cooked through, approximately 10-12 minutes.

MEDITERRANEAN TUNA

Serves 6

1 tablespoon olive oil
½ yellow pepper, chopped
½ red pepper, chopped 1 zucchini, sliced
1 small eggplant, cut into 1 inch chunks 1 clove garlic, chopped
salt, pepper
1 pinch dried red pepper flakes 1 onion, sliced
6 (5 ounce) tuna fillets
¼ cup pitted green olives
¼ cup capers, rinse



Step 1. In a large skillet heat olive oil.

Step 2. Add peppers, zucchini, eggplant, garlic, and sauté about 5-10 minutes until softened season with salt, pepper, red pepper.

Step 3. In a heavy pot add onion, top with tuna, add salt& pepper.

Step 4. Pour sautéed vegetables over; add in olives and capers, cover.

Step 5. Simmer over low heat 20 minutes until tuna is cooked through.

ONION & GARLIC LINGUINE

Serves 6-8

2 large Spanish onions, thinly sliced 3 cloves garlic, minced
1/3 cup olive oil
1/4 cup butter
1 teaspoon basil
1 cup chicken broth
1/4 cup parmesan cheese (grated)
1/8 teaspoon black pepper 1 lb cooked linguine



Step 1. In a large skillet, brown onions in olive oil and butter.

Step 2. Add garlic, cook for 2 more minutes.

Step 3. Add basil, pepper, and chicken stock and continue cooking for 10 minutes.

Step 4. Add onion garlic mixture to linguini and heat through.

Step 5. Add Parmesan cheese, toss and serve.

PASTA WITH SHRIMP

Serves 4-6

1 lb shrimp, peeled and de-veined
1 cup sun-dried tomatoes, chopped (not oil packed) 1 cup boiling water
¼ cup olive oil
4-6 cloves garlic, minced
½ teaspoon crushed red pepper flakes (optional)
1 tablespoon fresh oregano, minced (may use 1/3 amount dried)
1 (14 oz) can artichoke hearts
1 (7 oz) jar roasted sweet red peppers, drained and sliced 1 cup pitted kalamata olives, chopped
1 teaspoon sea salt
½ teaspoon black pepper
¼ cup dry white wine
4 ounces crumbled feta cheese
¼ cup chopped Italian parsley 1 lemon
16 ounces spaghetti or penne pasta, cooked until al dente
extra-virgin olive oil (as needed) (optional)

- Step 1.** Peel shrimp and de-vein; keep chilled until needed.
- Step 2.** Chop sun-dried tomatoes into small pieces; place in a heat-proof bowl and cover with boiling water; allow to rest until softened, 15- 30 minutes.
- Step 3.** Cook pasta until al dente, 8-10 minutes, or according to package directions; start to prepare vegetables and shrimp just as pasta cooks.

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- Step 4.** Drain softened sun-dried tomatoes from water and reserve the soaking liquid (you may need this later).
- Step 5.** In a large deep skillet, heat olive oil on medium heat, and add garlic, pepper flakes (if using), and oregano, just until fragrant.
- Step 6.** Add the artichokes, sliced red peppers, chopped olives, and softened tomatoes; season with salt and pepper.
- Step 7.** Add the wine, reduce heat to low, and cook, stirring occasionally, for 3-5 minutes.
- Step 8.** Check your pasta, taste it to see if it is al dente; drain when ready,
- Step 9.** and toss with a little extra virgin olive oil if desired.
- Step 10.** Add the shrimp and the feta to the pan, and cook over moderate heat until the shrimp curl and turn pink, several minutes.
- Step 11.** Sprinkle the dish with parsley and add the juice of the lemon, being careful not to add the seeds.
- Step 12.** Fold in the cooked pasta, tossing to mix, until everything is evenly blended.
- Step 13.** Add some of the reserved cooking liquid from the sun-dried tomatoes if the pasta seems too dry, use your own judgment as to how much you like to add.
- Step 14.** Serve hot.

VEGETABLE & BEAN SOUP

Serves 6-8

½ cup dry fava beans

½ cup dry haricots or other white beans Salt

2 medium onions, cut into eighths and separated 1 carrot, peeled and coarsely chopped

1 celery stalk, coarsely chopped 1 bay leaf

1 bulb fennel, coarsely chopped

1 bunch dill chopped (about 2 pounds) 3

cabbage leaves

1 bunch beet or Swiss chard leaves or 1 pound

spinach leaves 3 Belgian endive leaves Pepper

1 cup Arborio rice, washed Extra-virgin olive oil for drizzling Grated parmesan cheese, for serving (optional)



- Step 1.** Soak the dry beans for 1 hour in cold water; drain. Bring a large pot of lightly salted water to a boil. Add the beans, onions, carrot, celery, and bay leaf.
- Step 2.** After the water returns to a boil, reduce the heat so that the soup slowly simmers. Check the beans after 45 minutes, and if they are still hard, continue cooking until they are almost soft.
- Step 3.** Add the bulb fennel and dill, cabbage, beet leaves, and endive leaves. Taste for salt and pepper. Simmer for 25 minutes, uncovered.
- Step 4.** Add the rice, Cover and cook for 15 minutes. Serve with a generous amount of extra-virgin olive oil drizzled on each serving. You can also sprinkle some Parmesan cheese on top.



Sweets

BAKED PEARS STUFFED WITH PRUNES, CHOCOLATE & ALMONDS

Serves 6

350g castor sugar 2 slices lemon 800ml water 400ml white wine

6 beurre bosc pears, peeled and cored, but with stalks intact 2 sheets frozen puff pastry, defrosted

Pure icing sugar, for dusting

Good-quality vanilla ice-cream, to serve



Step 1. Combine sugar, lemon, water and white wine in a large saucepan over high heat and bring to the boil.

STUFFING

4 tbsp sherry

6 prunes, pitted and chopped 2 tbsp currants

100g good-quality dark chocolate, melted 10g toasted flaked almonds

4 pieces glacé ginger, chopped

Step 2. Add pears, reduce the heat to low, then cover and simmer, turning pears occasionally, for 30 minutes or so until tender. Remove pears and set aside to cool.

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- Step 3.** Preheat the oven to 220°C. Line a baking tray with baking paper. **Step 4.** To make stuffing, heat sherry in a small saucepan. When hot, add prunes and currants. Stir, remove from the heat and set aside to soak for 15-20 minutes. Strain. Combine melted chocolate, almond, ginger and prune mixture, then set aside to cool.
- Step 5.** Cut the rough shape of three pears from each pastry sheet, with an extra 3cm all round. Spread 1 tablespoon of stuffing on each pastry pear and set pears on top.
- Step 6.** Transfer to the baking tray and bake for 14 minutes. Dust with icing sugar and serve with a generous serve of vanilla ice-cream.

CHOCOLATE- DIPPED STRAWBERRY WITH MASCARPONE

Serves 6

3 x 100g blocks white eating chocolate, chopped
2 x 250g punnets strawberries
Extra passionfruit pulp to decorate
250g mascarpone cheese
½ cup thickened cream
¼ cup icing sugar mixture
⅓ cup passionfruit pulp (about 5



- Step 1.** Place chocolate in a medium heatproof bowl. Place bowl over a small pan of simmering water and stir until chocolate is melted. Remove bowl from heat.
- Step 2.** Holding a strawberry by the stem, dip three-quarters of the way into the melted chocolate and place onto a foil-lined tray. Repeat with remaining strawberries and chocolate. Once all the strawberries are coated, re-dip in chocolate to give a thicker coating. Refrigerate until set.
- Step 3.** To make passionfruit mascarpone, place mascarpone, cream and icing sugar mixture in a medium bowl. Whisk until thick. Stir in passionfruit pulp.
- Step 4.** Serve strawberries with passionfruit mascarpone. Decorate with extra passionfruit.

CHOCOLATE FIG & NUT SLICE

Serves 12

150g butter

½ cup firmly packed soft brown sugar 2 tblsp honey

1 cup SR flour

¾ cup rolled oats

½ cup chopped dried figs ½ cup dark choc bits

1/3 cup blanched almonds, chopped 1/3 cup
chopped mixed peel

150g dark chocolate, chopped 3 tblsp maple
syrup

1 tblsp cream



Step 1. Preheat the oven to moderate 180C. Grease a
23cm square shallow tin with melted butter.

Step 2. Put the butter, sugar and honey in a pan and stir over low
heat until the sugar dissolves. Leave to cool slightly.

Step 3. Combine the flour, oats, figs, choc bits, almonds and mixed
peel in a large bowl. Pour in the butter mixture and mix
thoroughly.

Step 4. Press the mixture into the tin, bake for 30 minutes, then
cool completely and turn out onto a wire rack.

Step 5. Put the chocolate, maple syrup and cream in a small pan.
Stir over low heat until the chocolate is just melted do not
let the mixture boil. Cool slightly, then spread over the base
and refrigerate until the topping has set before cutting.

CHOCOLATE PANNA COTTA

Serves 8

3 cups milk 1 cup cream
1/4 cup caster sugar 1 tblsp gelatine
1 tblsp water
1 x 180g blocks white chocolate, finely
chopped 100g packet red glace cherries
Cocoa powder and coloured cachous, to
decorate



- Step 1.** Place milk, cream and sugar in a medium saucepan. Stir over a low heat for 10 minutes, without boiling. Remove from heat. Cover to keep warm.
- Step 2.** Sprinkle gelatine over water in a small heatproof jug. Stand jug in a pan of simmering water. Stir until gelatine is dissolved. Remove jug from pan and stir in 1 cup of the milk mixture. Return milk mixture in jug to remaining milk in pan.
- Step 3.** Place chocolate in a medium bowl. Pour over hot milk mixture. Stir until chocolate is melted. Cover and refrigerate for 10 minutes.
- Step 4.** Divide cherries between eight serving glasses (3/4-cup capacity). Remove chocolate mixture from refrigerator and stir to combine. Pour into prepared glasses. Cover and refrigerate overnight.
- Step 5.** Serve panna cottas decorated with cocoa-dusted stars and coloured cachous.

FIG & CHOCOLATE FRUITCAKE

1 ½ cups chopped dried figs 1 ½ cups sultanas
¾ cup halved glace cherries 1 ½ cups chopped dates ½ cup
Frangelico liqueur
250g butter, at room temperature ¾ cup
brown sugar, firmly packed
4 eggs
1 tblsp dark cherry jam 1 cup dark Choc Bits
1 ½ cups plain flour ½ cup hazelnut meal
200g hazelnuts, roasted, to remove skins



- Step 1.** Combine dried fruit in a large bowl with liqueur. Mix well. Cover tightly with plastic wrap. Store overnight or up to 1 week in cool, dark place to soak. Stir every day.
- Step 2.** Grease and line a 19cm square cake pan with 3 layers of baking paper, extending paper 5cm above edges of pan.
- Step 3.** Beat butter and sugar in small bowl with electric mixer until combined. Add eggs, one at a time, beating until combined. Beat in dark cherry jam.
- Step 4.** Stir butter mixture into fruit mixture with Choc Bits. Mix well. Stir in flour and hazelnut meal. Spread mixture into prepared pan. Arrange nuts over top.
- Step 5.** Cook in a slow oven (150C) for 1 ¾ hours. Cover top lightly with a sheet of foil. Cook for a further 1 ¾ hours or until a knife when inserted in the centre comes out clean. Remove cake from oven. Cover hot cake with foil, then wrap in a clean tea towel. Cool in pan overnight before turning out.

ROSEWATER, PLUM & POMEGRANATE FRUIT SALAD

Serves 4

2 tablespoons
caster sugar 2
tablespoons
rosewater
1 grapefruit
350g red seedless
grapes, halved seeds
of 1 pomegranate
4 red plums, stones removed and quartered



Place sugar and 4 tablespoons of water in a saucepan over a medium heat and boil until sugar dissolves. Remove from heat, allow to cool, then stir in rosewater. Slice skin, pith and outer membrane from grapefruit, then remove segments by slicing each side of the inner membranes. Toss segments with syrup and remaining fruit in a large bowl, infuse for 3 minutes, then serve.

STICKY PRUNE & ALMOND CAKE WITH WHITE CHOCOLATE SAUCE

Serves 8

1 1/4 cups pitted prunes (250g) 1 1/4 cups boiling water
1 tsp bicarbonate of soda
1 tsps finely grated orange rind 75g
butter, chopped
1/2 cup firmly packed dark brown sugar 2
eggs, lightly beaten
1 cup self-raising flour 1/4 cup slivered
almonds
Frozen raspberries, thawed, to serve



- Step 1.** Grease a 22cm round springform cake pan. Line base and side with baking paper. Combine prunes and boiling water in a heatproof bowl. Stir in bicarbonate of soda and rind, and stand mixture for 5 minutes.
- Step 2.** Blend or process prune mixture with butter and sugar until pureed. Add eggs and flour and process until just combined. Transfer to a bowl and stir in almonds. Pour mixture into prepared pan.
- Step 3.** Cook, uncovered, in a moderate oven (180C) for about 1 hour, or until cake is cooked when tested. Cover cake with foil if over-browning. Stand cake for 10 minutes before removing from pan.

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- Step 4.** Meanwhile, to make white chocolate sauce, put chocolate, butter and cream in a small pan and stir over a low heat until chocolate is melted and sauce is smooth.
- Step 5.** Cut warm sticky prune and almond cake into wedges. Serve cake with raspberries and drizzle with white chocolate sauce.

ZUCCOTTO

Serves 8

1x 20cm vanilla sponge cakes or Madeira cakes ½ cup brandy
500ml double cream 400ml vanilla custard 100g pure icing sugar
150g dark chocolate, chopped
80g hazel nuts, toasted and chopped
100g currants
50g mixed peel
50g dessert figs, chopped Icing sugar, for
dusting Cocoa powder, for dusting



- Step 1.** Line a 20cm mixing bowl with plastic wrap. Cut cakes into 1 cm-thick layers and then into wedges. Line the bowl with wedges. Reserve some cake for the top. Splash the cake with brandy.
- Step 2.** Whip the cream, custard and sugar into stiff peaks and divide into 2 bowls. To one of the bowls, add the chocolate and hazelnuts, then stir to combine. To the second bowl, add currants, mixed peel and figs and stir to combine.
- Step 3.** Put both mixtures into the sponge-lined bowl and top with chocolate mix. Put reserved wedges on the top, then press down gently.
- Step 4.** Cover bowl with plastic wrap. Refrigerate for at least 2-3 hours before serving.
- Step 5.** To serve: Invert the zuccotto to remove it from the mould, then dust with icing sugar and cocoa powder to create a white and brown harlequin pattern on top. Serve with a scoop of raspberry gelato, if desired.