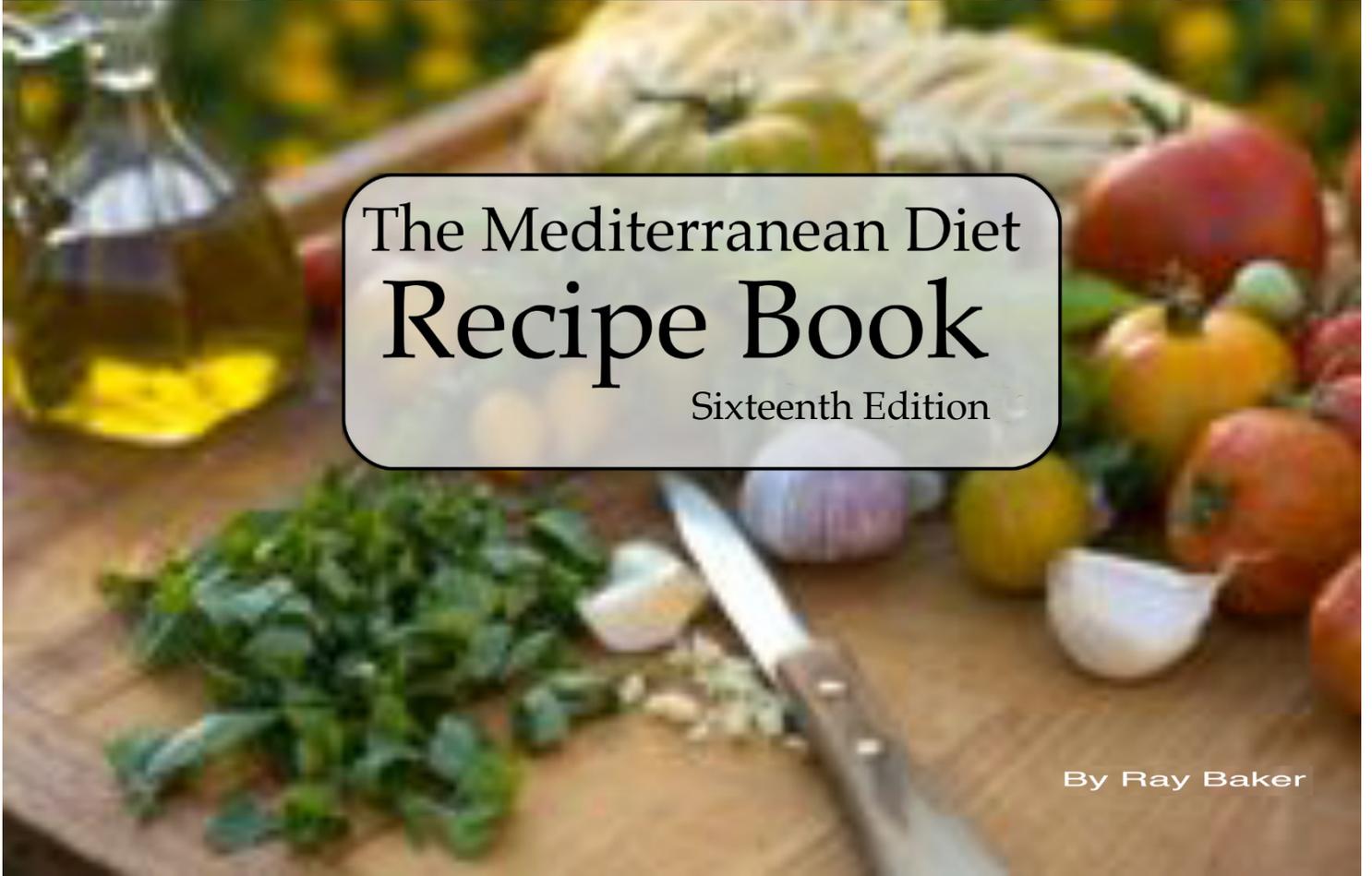




The Mediterranean Diet
Recipe Book
Sixteenth Edition



By Ray Baker



TABLE OF CONTENTS

BREAKFAST AND LIGHT LUNCHES

<u>Asparagus Fries with Smoked Paprika Aioli</u>	6
<u>Couscous with Artichokes, Feta and Sun-Dried Tomatoes</u>	7
<u>Creamy Feta and Caramelized Leek Börek</u>	8
<u>Grilled Halloumi with Rosemary-Grape-Walnut Relish and Garlic Bread</u>	9
<u>Lemon, Basil and Shrimp Pasta</u>	10
<u>Olive Tapenade Tart with Caramelized Red Onions</u>	11
<u>Parmesan-Baked Ricotta with Tomato, Olive and Basil Salad</u>	12
<u>Roasted Red Pepper and Feta Dip</u>	13
<u>Salmon, Lentil and Rice Kedgeree</u>	14
<u>Spaghetti with Grilled Ratatouille</u>	15
<u>Tomato Bread with Ibérico</u>	16
<u>Tuna, Pea and Corn Frittata</u>	17

SALADS

<u>Greek Salad Pitas with Olive-Garlic Tapenade</u>	19
<u>Italian Rice Salad (Insalata di Riso)</u>	20
<u>Mediterranean Bean Salad</u>	21
<u>Niçoise Salad with Haricots Verts and Yukon Gold Potatoes</u>	22
<u>Pan-Seared Tuna Steaks with Warm Tomato, Basil and Olive Salad</u>	23
<u>Pancetta and Walnut Salad</u>	24
<u>Tomato and Drunken Goat Cheese Salad</u>	25

SOUPS AND VEGETARIANS

<u>Baked Eggplants with Yogurt and Cucumber Chilli</u>	27
<u>Red Pepper Soup with Sautéed Shrimp Fennel,</u>	28
<u>Pepper and Saffron Stew with Garlic Toast</u>	29

<u>Green Beans with Smoked Paprika and Almonds</u>	30
<u>Grilled Watermelon Gazpacho with Lime Crema</u>	31
<u>Halibut and Mussel Stew with Fennel, Pepper and Saffron</u>	32
<u>Tuscan White Bean and Garlic Soup</u>	33

DINNER

<u>Black Cod with Pine Nuts, Tomatoes and Olives</u>	35
<u>Chicken Souvlaki</u>	36
<u>Garlicky Chicken Thighs in Red Pepper Sauce</u>	37
<u>Greek-Style Scampi</u>	38
<u>Grilled Mediterranean Vegetables with Bean Mash</u>	39
<u>Linguine with Garlicky Clams and Peas</u>	40
<u>Mediterranean Chicken with Roasted Vegetables</u>	41
<u>Moroccan-Spiced Seared Scallops with Green Grape and Lemon</u>	
<u>Relish</u>	42
<u>Rigatoni with Green Olive-Almond Pesto and Asiago Cheese Salt</u>	43
<u>Cod and Crab Fritters</u>	44
<u>Seared Scallops with Lemon Orzo</u>	46
<u>Steamed Mussels with Chorizo, Smoked Paprika and Garlicky Crutons</u>	47

SWEETS

<u>Goat's Cheese and Red Pepper Tart</u>	49
<u>Karythopitta (Greek Walnut Cake Soaked in Lemon & Brandy Syrup)</u>	50
<u>Lebanese Pancakes with Orange Cream</u>	5
<u>Orange and Hazelnut Cake with Orange Flower Syrup</u>	2
<u>Rustic Fig and Raspberry Mini Crostatas</u>	5
	4
	55



**Breakfast
&
Light Lunches**

ASPARAGUS FRIES WITH SMOKED PAPRIKA AÏOLI

Serves 6

For the asparagus fries:

3 cups vegetable oil

2 large eggs, beaten

1 medium lime, juiced

$\frac{3}{4}$ cup unbleached all-purpose flour

Kosher salt and freshly ground black pepper

1 cup panko

1 lb. thick asparagus spears, trimmed, peeled, and halved crosswise

For the Aïoli:

4 large cloves garlic, unpeeled

$\frac{2}{3}$ cup mayonnaise

1 tablespoon extra-virgin olive oil

1 teaspoon smoked paprika

1 teaspoon fresh lemon juice, more to taste

Kosher salt and freshly ground black pepper



Make the aïoli:

Step 1. Put the garlic in a small saucepan, add cold water to cover by least $\frac{1}{2}$ inch, and bring to a boil over high heat. As soon as the water boils, drain and repeat the process once more. Rinse the garlic with cold water to cool and then peel and mince the cloves.

Step 2. In a medium bowl, whisk the poached garlic with the mayonnaise, olive oil, smoked paprika, and lemon juice until smooth. Add more lemon juice, salt, and pepper to taste. Refrigerate for at least 1 hour to meld the flavors.

Make the asparagus fries:

- Step 1.** In a 3-quart saucepan fitted with a candy thermometer, heat the oil over medium-high heat to 375°F.
- Step 2.** In a small bowl, whisk the eggs with the lime juice and 2 tablespoons water.
- Step 3.** Put the flour on a small plate and season generously with salt and pepper. Put the panko on another small plate. Dredge the asparagus in the flour and shake off any excess. Dip the asparagus in the egg mixture and then the panko to coat. Working in batches, fry the asparagus until golden-brown, about 3 minutes. With a slotted spoon, transfer to paper towels to drain briefly. Sprinkle with salt and serve with the smoked paprika aioli.

COUSCOUS WITH ARTICHOKES, FETA AND SUN-DRIED TOMATOES

Serves 6

2 1/3 cups water, divided
1/2 cup sun-dried tomatoes
1 (14 1/2-ounce) can vegetable broth
1 3/4 cups uncooked Israeli couscous
3 cups chopped cooked chicken breast
1/2 cup (2 ounces) crumbled feta cheese
1 cup chopped fresh flat-leaf parsley
2 (6-ounce) jars marinated artichoke hearts,
undrained
1/4 teaspoon freshly ground black pepper



- Step 1.** Combine 2 cups water and tomatoes in a microwave-safe bowl. Microwave at high 3 minutes or until water boils; cover and let stand 10 minutes or until soft. Drain and chop; set aside.
- Step 2.** Place 1/3 cup water and vegetable broth in a large saucepan; bring to a boil. Stir in couscous. Cover, reduce heat, and simmer 8 minutes or until tender. Remove from heat; stir in tomatoes and remaining ingredients.

CREAMY FETA AND CARAMELIZED LEEK BÖREK

Serves 24

3 leeks, white and pale green parts, finely sliced

2 garlic cloves, minced

½ teaspoon granulated sugar

2 tablespoons extra-virgin olive oil

1 tablespoon unsalted butter

¾ cup chicken broth

1 bay leaf

Sea salt and freshly ground pepper

7 ounces feta, crumbled

2 tablespoons finely chopped fresh oregano

8 sheets frozen filo dough, thawed

melted butter, for brushing

2 tablespoons hemp, poppy and/or black sesame seeds



Step 1. Preheat the oven to 400°F.

Step 2. Sauté the leeks, garlic and sugar in the olive oil and butter in a skillet over medium heat for 4-5 minutes, stirring constantly. Add the stock and bay leaf, and season. Cook until the leeks are very tender, about 10 minutes. Remove the bay leaf and cool. Transfer the mixture to a bowl and combine with the cheese and oregano.

Step 3. Spread a sheet of filo on the work surface, and cut lengthwise into thirds. Keep the remaining filo covered with a damp kitchen towel. Each strip will make 1 börek.

Step 4. Brush a filo strip with melted butter and place a tablespoon of filling across the corner of one end. Fold this corner up and over to form a triangle and enclose the filling. Fold over again, and continue until you have a triangular pastry parcel. Repeat with remaining filo and filling.

Step 5. Arrange the böreks on a baking sheet. Brush with more melted butter and sprinkle with the seeds. Bake for 20 minutes, until golden brown.

GRILLED HALLOUMI WITH ROSEMARY-GRAPE-WALNUT RELISH AND GARLIC BREAD

Serves 2

- 1 medium red onion, cut into 3 to 4 thick slices
- 2 tablespoons plus 4 teaspoons extra-virgin olive oil
- Kosher salt and freshly ground black pepper
- 12 ounces halloumi cheese, cut into 3/8-inch-thick slabs
- 2 large cloves garlic, minced
- 1 small loaf ciabatta (about 8 ounces), cut into 1/2-inch-thick slices
- 1/2 cup walnuts
- 1 teaspoon minced fresh rosemary
- 1 large bunch seedless black or red grapes (about 1-1/4 lb.)
- 2 to 3 teaspoons balsamic vinegar



Step 1. Prepare a high gas or charcoal grill fire.

Step 2. Drizzle the onion slices with 2 teaspoons of the oil and lightly season them with salt and pepper. Pat the cheese dry and drizzle with 2 teaspoons of the oil. In a small bowl, mix the remaining 2 tablespoons of oil, the garlic, and a pinch each of salt and pepper; brush the mixture evenly over one side of the bread slices.

Step 3. Meanwhile, toast the walnuts in a small skillet over medium heat, stirring frequently, until golden-brown, 4 to 5 minutes. Coarsely chop the walnuts while still hot and transfer them to a medium bowl. Mix in the rosemary.

Step 4. Put the onion slices and bunch of grapes on the grill grate. Cover and grill, turning once, until the grapes are bursting and the

onions are grill marked, about 10 minutes. Transfer the grapes to the bowl with the walnuts, and the onions to a cutting board. Use tongs to simultaneously pull the grapes from their stems and crush them, dropping them into the bowl. Chop the grilled onions and add them to the bowl. Season to taste with the vinegar, salt, and pepper.

Step 5. Clean and oil the grill grate. Put the bread and cheese on the grate and grill uncovered, turning once, until marked on both sides, 4 to 5 minutes (about 1 minute if using provolone).

Step 6. Divide the cheese, bread, and relish among 4 plates and serve immediately.

LEMON, BASIL AND SHRIMP PASTA

Serves 4

3 quarts water
8 ounces uncooked spaghetti
1 pound peeled and deveined large shrimp
¼ cup chopped fresh basil
3 tablespoons drained capers
2 tablespoons extra-virgin olive oil
2 tablespoons fresh lemon juice
½ teaspoon salt
2 cups baby spinach



Bring 3 quarts water to a boil in a Dutch oven. Add pasta; cook 8 minutes. Add shrimp to pan; cook 3 minutes or until shrimp are done and pasta is al dente. Drain. Place pasta mixture in a large bowl. Stir in basil and next 4 ingredients (through salt). Place ½ cup spinach on each of 4 plates; top each serving with 1 ½ cups pasta mixture.

OLIVE TAPENADE TART WITH CARAMELIZED RED ONIONS

Serves 4

2 tablespoons extra-virgin olive oil
1 tablespoon unsalted butter
3 oil-packed anchovy fillets, drained and finely chopped
Pinch of crushed red pepper flakes
1 teaspoon fennel seeds, crushed
1 Large egg
Kosher salt
2 tablespoons chopped fresh flat-leaf parsley
1 tablespoon chopped fresh thyme
2 medium red onions, halved lengthwise and sliced crosswise ¼ inch thick
1 cup jarred brined olives, rinsed, pitted, and coarsely chopped
1 sheet frozen all-butter puff pastry, thawed
1 medium clove garlic, minced
2 teaspoons fresh lemon juice
1 teaspoon finely grated lemon zest
All-purpose flour, for rolling
1/3 cup whole-milk ricotta
Freshly ground black pepper



Step 1. Position a rack in the center of the oven and heat the oven to 425°F. In a 12-inch skillet, heat 1 tablespoon of the oil with the butter over medium heat. Add the anchovies, pepper flakes, and fennel seeds and cook, stirring, until fragrant and the anchovies begin to break down, about 30 seconds. Add the onions and a

generous pinch of salt and cook, stirring occasionally, until they begin to caramelize, 15 to 18 minutes. Transfer to a bowl, let them cool slightly, and then gently stir in the parsley and ½ tablespoon of the thyme. Season to taste with salt and pepper.

Step 2. In a small food processor, pulse ¾ cup of the olives, the garlic, lemon juice, zest, and the remaining 1 tablespoon oil and ½ tablespoon thyme into a coarse paste. Set the tapenade aside.

Step 3. On a lightly floured surface, roll the puff pastry into a 9x12-inch rectangle. Transfer to a rimmed baking sheet lined with parchment. Dock the pastry by pricking it all over with a fork, leaving a 1-inch border along the edges. Spread the olive tapenade evenly on the pastry within the border. Top with the onions, dollops of the ricotta, and the remaining ¼ cup olives.

Step 4. In a small bowl, beat the egg with ½ teaspoon water. Brush the pastry border with the egg wash and bake the tart until the pastry is puffed, deep golden-brown on the edges, and light golden-brown on the bottom, 20 to 25 minutes. Let cool briefly and serve warm.

PARMESAN-BAKED RICOTTA WITH TOMATO, OLIVE AND BASIL SALAD

Serves 6

3 x 250g/9oz tubs ricotta
2 eggs
100g Parmesan, finely grated
2 tablespoons olive oil
1 tablespoon extra-virgin olive oil
1 tablespoon red wine vinegar
¼ teaspoon caster sugar
1 garlic clove , crushed
Small bunch basil, leaves only
4 large tomatoes - a mix of colours looks good
Handful good-quality black olives , stones removed

Step 1. Heat oven to 200C/180C fan/gas 6. Beat the ricotta and eggs together, fold in most of the Parmesan, then season to taste. Line a 900g/2lb loaf tin with parchment, then scoop the ricotta into the tin. Level the top, scatter with the remaining cheese, then bake for 35 mins or until set and golden. Let cool, then turn it out. You can do this a day ahead.



Step 2. Slice the tomatoes fairly thickly, then very roughly chop the olives. Whisk the olive oils, vinegar, sugar, garlic, olives and seasoning together. Just before you serve, roughly chop a few of the basil leaves and stir most into the dressing.

Step 3. To serve, slice the ricotta and put onto plates. Toss the tomatoes with most of the basil and a little dressing. Serve alongside the ricotta, drizzle dressing over and scatter with remaining basil.

ROASTED RED PEPPER AND FETA DIP

Serves 6

- 3 medium red bell peppers
- 1 medium clove garlic
- Fine sea salt
- ½ cup crumbled feta (about 3 ounces)
- 2 tablespoons plain dry breadcrumbs
- 2 tablespoons fresh lemon juice
- 2 tablespoons extra-virgin olive oil
- 3 tablespoons chopped fresh dill



- Step 1.** Position a rack 5 to 6 inches from the broiler element and heat the broiler on high. Put the peppers on a heavy-duty rimmed baking sheet and broil, turning every 5 minutes, until the skin is charred all around and the peppers have softened, about 20 minutes. Put the peppers in a large bowl, cover tightly with plastic wrap, and let sit until cool enough to handle. Remove the skins, seeds, and stems.
- Step 2.** Peel and mince the garlic clove. With the side of a chef's knife, mash the garlic and ¼ teaspoon salt together to form a paste.
- Step 3.** Put the peppers, feta, breadcrumbs, lemon juice, and olive oil in a food processor and process until smooth. Transfer to a bowl and stir in the garlic paste and dill. Season to taste with salt and serve.

SALMON, LENTIL AND RICE KEDGEREE

Serves 4

½ cup brown lentils, picked over and rinsed
1 1-inch piece cinnamon stick
1 cup basmati rice, preferably imported
Kosher salt
2 ounces (4 tablespoons) unsalted butter)
1 large yellow onion, finely chopped
1 medium jalapeño, finely chopped (optional)
1 ½ tablespoons Madras (hot) curry powder
1 cup thawed frozen peas
¾ lb. Cedar-Planked Salmon or other leftover
cooked salmon, skin removed, broken into large chunks
4 hard-cooked eggs, peeled and coarsely chopped
½ cup coarsely chopped fresh cilantro
Mango or tamarind chutney
1 tablespoon minced fresh ginger
2 large cloves garlic, minced
2 tablespoons fresh lemon juice
Freshly ground black pepper



Step 1. Put the lentils, cinnamon stick, and 7 cups of water in a 6-quart Dutch oven. Bring to a boil over medium-high heat; cook for 5 minutes

Step 2. Meanwhile, rinse the rice in 2 to 3 changes of cold water until the water is no longer cloudy. Stir the rice and ½ tablespoon salt into the lentils and return to a boil; reduce the heat to medium low, cover the pot, and simmer gently, stirring occasionally and

adjusting the heat as necessary to maintain a gentle simmer, until the rice and lentils are tender, 13 to 15 minutes more. Drain in a colander and shake well to remove excess water. Remove and discard the cinnamon stick.

Step 3. Wipe out the Dutch oven. Return it to medium heat, add the butter, and let it melt until foaming. Add the onion, jalapeño (if using), and ¼ teaspoon salt and cook, stirring often, until the onion is softened and translucent, 4 to 6 minutes. Stir in the curry powder, ginger, and garlic; cook, stirring, until fragrant, 1 to 2 minutes. Add the rice mixture and cook, stirring, until well mixed and heated through, 3 to 5 minutes. Stir in the peas and lemon juice and season to taste with salt and pepper. Add the salmon and cilantro and toss gently to combine.

Step 4. Serve sprinkled with the chopped egg and with the chutney on the side.

SPAGHETTI WITH GRILLED RATATOUILLE

Serves 4

1 lb. ripe plum tomatoes, halved
2 medium zucchini, trimmed and cut into ½-inch rounds on a slight diagonal
2 baby eggplants, trimmed and cut into ½-inch rounds on a slight diagonal
1 large red bell pepper, stemmed, seeded, and quartered
1 large red onion, cut into ½-inch slices
1 small head garlic
½ cup crumbled feta or goat cheese
¼ cup extra-virgin olive oil
1 teaspoon herbes de Provence
Kosher salt and freshly ground black pepper
¾ cup pitted Kalamata olives
12 ounces dried thin spaghetti
2 tablespoons chopped fresh basil
2 teaspoons chopped fresh marjoram



- Step 1.** Prepare a high gas or charcoal grill fire. Meanwhile, in a large bowl, toss the tomatoes, zucchini, eggplant, red pepper, onion, and garlic with 3 tablespoons of the oil, the herbes de Provence, and a generous sprinkling of salt and pepper.
- Step 2.** Put the vegetables (tomatoes cut side up) and garlic on the grill in a single layer and cover. Grill the tomatoes without turning until their skins have darkened and their flesh is soft; grill the remaining vegetables, turning once, until grill-marked and tender, about 8 minutes. Transfer the tomatoes and garlic to a medium

bowl. Transfer the remaining vegetables to another medium bowl and let cool briefly.

- Step 3.** When cool enough to handle, very coarsely chop the zucchini, eggplant, bell pepper, and onion; return to the bowl and add $\frac{1}{2}$ cup of the olives to the bowl.
- Step 4.** Slip the garlic cloves out of their skins into a food processor. Add the remaining $\frac{1}{4}$ cup of olives, the tomatoes, and the remaining 1 tablespoon of oil; process until smooth.
- Step 5.** Meanwhile, bring 3 quarts of well-salted water to a boil in a large pot. Cook the spaghetti in the water about 1 minute less than the package timing for al dente texture. Reserve $\frac{1}{2}$ cup of the water, drain the pasta, and return it to the pot.
- Step 6.** Toss $\frac{1}{2}$ cup of the tomato-olive sauce and the basil and marjoram with the warm vegetables in the bowl. Toss the remaining sauce and the reserved cooking liquid with the pasta; stir over low heat for about 2 minutes so the pasta absorbs some of the sauce. Divide the pasta among 4 plates, top with the vegetables, sprinkle with the cheese, and serve.

TOMATO BREAD WITH IBÉRICO

Serves 6

¼ loaf crusty bread such as a baguette or ciabatta
2 garlic cloves
2 ripe tomatoes, cut in half
½ lb. thinly sliced Ibérico ham or Serrano ham
Extra-virgin olive oil
Coarse sea salt
Freshly ground black pepper

Cut the loaf of bread crosswise into ½-inch-thick slices. Toast the bread slices until they are golden brown. Lightly rub the toasted bread with the garlic clove, then rub the tomato, cut side down, thoroughly into the toasts. Top the toasts with a couple of slices of Ibérico ham, drizzle the olive oil over the toasts, and season with a few flakes of coarse sea salt and pepper.



TUNA, PEA AND CORN FRITTATA

Serves 4

- 1 ½ tablespoons extra-virgin olive oil
- ½ onion—finely chopped
- ½ clove garlic—minced (crushed)
- ¼ cup green peas
- ¼ cup corn kernels
- 4 eggs
- ½ teaspoon sea salt
- ¼ teaspoon freshly ground black pepper
- ½ tablespoon chopped fresh flat-leaf parsley
- 3 oz (90g) canned tuna in olive oil—drained and flaked
- ¼ cup grated Parmesan cheese



- Step 1.** Heat 1 tablespoon of oil in a frying pan over a medium heat and cook the onion for 3 minutes, stirring occasionally.
- Step 2.** Add the garlic, peas and corn and cook, stirring occasionally, for another 3 minutes.
- Step 3.** Remove from the heat and mix in the flaked tuna and allow to cool slightly.
- Step 4.** Whisk the eggs in a bowl with the salt, pepper and parsley then mix together with the tuna and vegetables to combine.
- Step 5.** Heat the remaining oil in the frying pan over a medium heat, then pour in the egg, tuna and vegetable mixture.
- Step 6.** Cook the frittata gently over a low heat, covered, for about 8 minutes.
- Step 7.** Sprinkle the top with cheese and cook under a preheated oven broiler (grill) for 1 minute.
- Step 8.** Cut the frittata into wedges and serve.



Salads

GREEK SALAD PITAS WITH OLIVE-GARLIC TAPENADE

Serves 4

For the sandwich:

1-½ cups seeded and finely diced English cucumber

1-¼ cups seeded and finely diced Roma tomatoes

¾ cup crumbled feta

½ cup finely diced radishes

2 tablespoons extra-virgin olive oil

1 tablespoon red wine vinegar

1 teaspoon dried oregano

Freshly ground black pepper

4 medium (6- to 7-inch) whole-wheat pitas, warmed

4 cups lightly packed baby spinach leaves

For the tapenade:

1 medium clove garlic

½ cup pitted Kalamata olives

1 tablespoon extra-virgin olive oil

1-½ teaspoons red wine vinegar

Make the tapenade:

Put the garlic in a food processor and process until chopped. Add the olives, olive oil, and vinegar and process until spreadable but not completely smooth.

Assemble the sandwich:

In a large bowl, combine the cucumber, tomatoes, feta, and radishes. Add the olive oil, vinegar, oregano, and a few grinds of pepper and toss to combine. Slice the pitas in half and open the pockets. Divide the tapenade among the pitas, spreading it evenly inside each. Stuff each pita half with about ½ cup of the spinach and ½ cup of the salad mixture and serve.



ITALIAN RICE SALAD (INSALATA DI RISO)

Serves 4

- 1 cup long-grain rice—cooked and left to cool
- 2 artichoke hearts (bottled or canned)
- 2 tablespoons pine nuts—lightly toasted
- 2 mushrooms—halved and thinly sliced
- 6 oz (180g) canned light meat tuna in olive oil—drained and broken into chunks
- 1/3 cup peas—cooked and cooled
- 1 large tomato—diced
- 1/4 cup cubed mozzarella cheese
- 1/4 green pepper—diced
- 2 tablespoons finely chopped fresh flat-leaf parsley
- 4 tablespoons extra-virgin olive oil
- 1 1/2 tablespoons lemon juice
- 1 clove garlic—finely chopped
- 1 teaspoon salt
- 1/2 teaspoon freshly ground black pepper



- Step 1.** Mix together the rice, artichoke hearts, pine nuts, mushrooms, tuna, peas, tomato, cheese, green pepper and parsley in a bowl.
- Step 2.** Mix together the remaining ingredients in a small bowl until well combined (or shake together in a screw-top jar).
- Step 3.** Pour the dressing over the rice mixture and mix together gently to thoroughly combine.

MEDITERRANEAN BEAN SALAD

Serves 4

- 2 ½ tablespoons extra-virgin olive oil
- 2 ½ tablespoons red wine vinegar
- 1 teaspoon caster (superfine) sugar
- ¼ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- ¼ teaspoon dried oregano
- 1 tablespoon finely chopped flat-leaf parsley
- ½ clove garlic—minced
- 2 cups frozen fava beans (broad beans)
- 1 cup canned cannellini beans—rinsed and drained
- 1 cup canned chickpeas (garbanzo beans) beans—rinsed and drained
- 6 kalamata olives—finely chopped
- ½ red pepper—finely diced
- ¼ small red onion—finely diced



- Step 1.** Cook the fava beans in rapidly boiling water for 4 minutes, then rinse under cold water.
- Step 2.** Remove the leathery outer skin from the fava beans and discard.
- Step 3.** Put the olive oil, vinegar, sugar, salt, pepper, oregano, parsley and garlic in a screw-top jar and shake until well combined.
- Step 4.** Place the beans, olives, red pepper, and onion in a large bowl, then toss with the dressing until well combined.

NIÇOISE SALAD WITH HARICOTS VERTS AND YUKON GOLD POTATOES

Serves 6 to 8

2 lbs. baby Yukon Gold potatoes, halved
Kosher salt

1 lb. haricots verts, trimmed and cut in half

3 tablespoons red-wine vinegar

1 tablespoon whole-grain Dijon mustard

$\frac{3}{4}$ cup extra-virgin olive oil

1 medium shallot, finely diced

1 tablespoon chopped fresh thyme

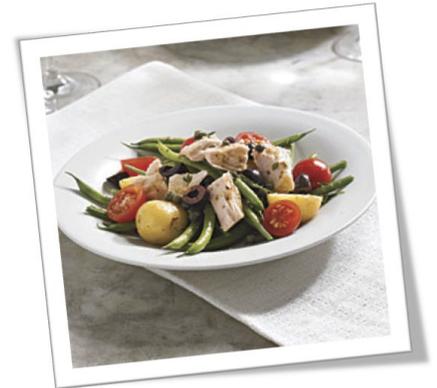
Freshly ground black pepper

1 can tuna (12 ounces, preferably oil-packed), drained well and flaked

2 tablespoons capers, rinsed and drained

1 pint cherry tomatoes, halved

$\frac{3}{4}$ cup pitted Niçoise or Kalamata olives, coarsely chopped



Step 1. Set the potatoes in a large (6-quart) pot, cover them with cold water by a couple of inches, stir in 2 tablespoons salt, and bring to a boil. Reduce the heat to a gentle simmer, cover, and cook until the potatoes are tender when pierced with a fork, about 10 to 12 minutes. Stir in the haricots verts and cook until they turn bright green and tender, about 3 to 4 minutes. Drain well and cool under running water.

Step 2. In a blender or food processor, blend the vinegar with the mustard. With the machine still running, add the oil in a slow, steady stream so the mixture comes together into a thick emulsion. Add the shallot, 2 teaspoons thyme, 1 teaspoon salt, and 1 teaspoon

pepper, and purée until incorporated. Taste and season the dressing with more salt and pepper if needed. Add 1 or 2 tablespoons water if needed to thin the dressing to a pourable consistency. Transfer the potatoes and beans to a large mixing bowl and toss well with half the vinaigrette. Taste and season with salt and pepper if needed and transfer to a large platter. In the same mixing bowl, toss the tuna with the capers and 2 or 3 tablespoons of the vinaigrette, and set them over the potatoes in the center of the platter. Sprinkle the tomatoes and olives over the potatoes, around the perimeter of the tuna. Drizzle the salad with the remaining vinaigrette, sprinkle with the remaining 1 teaspoon thyme, and serve.

Step 3. To plate individually, lightly toss the potatoes, beans, tomatoes, and olives with half the vinaigrette and plate; top with the tuna, capers, and the remaining thyme; and serve the remaining dressing on the side.

PAN-SEARED TUNA STEAKS WITH WARM TOMATO, BASIL AND OLIVE SALAD

Serves 4

4 5-ounces boneless, skinless tuna steaks
Kosher salt and freshly ground black pepper
2 tablespoons extra-virgin olive oil
1 medium shallot, finely chopped
2 cups mixed yellow and red grape or cherry tomatoes, halved
1/3 cup sliced pitted green olives, such as picholine or Cerignola
2 tablespoons finely chopped fresh basil
1/2 tablespoon fresh lemon juice



- Step 1.** Season the tuna with 1 teaspoon salt and 1/4 teaspoon pepper. Heat the oil in a 12-inch skillet over medium-high heat. Arrange the tuna in the skillet in a single layer and cook, turning once, until done to your liking (3 to 4 minutes for medium rare). Transfer the tuna to a large plate.
- Step 2.** Reduce the heat to medium and add the shallot to the skillet. Cook, stirring, until golden-brown, about 1 minute. Add the tomatoes, olives, basil, 1/2 teaspoon salt, and a few grinds of pepper; cook until warmed through and the tomatoes are just softened, about 2 minutes more. Remove the skillet from the heat and gently stir in the lemon juice.
- Step 3.** Transfer the tuna to plates, top with the tomato salad, and serve.

PANCETTA AND WALNUT SALAD

Serves 2

2 slices whole grain bread
4 teaspoons plus 2 tablespoons extra-virgin olive oil
4 shaved slices of pancetta (Italian bacon)—roughly chopped
¼ cup walnuts—roughly chopped
2 teaspoons balsamic vinegar
½ clove garlic—minced (crushed)
Pinch each of salt and pepper
3 handfuls frilly lettuce (such as oakleaf)
2 vine-ripened tomatoes—cut into wedges
A little shaved Parmesan cheese



- Step 1.** Toast the bread on both sides and brush each slice with 1 teaspoon of olive oil on one side only.
- Step 2.** Remove the crusts, cut into croutons and set aside.
- Step 3.** Heat 2 teaspoons of olive oil in a frying pan over a medium-low heat.
- Step 4.** Cook the pancetta and walnuts for 2 minutes, stirring regularly.
- Step 5.** Mix together the remaining 2 tablespoons of olive oil with the balsamic vinegar, garlic, salt and pepper in a screw-top jar.
- Step 6.** Place the lettuce, tomatoes, pancetta and walnuts in a bowl, drizzle the dressing on top and toss gently to mix.
- Step 7.** Mix through the croutons and scatter the shaved Parmesan cheese on top to serve.

TOMATO AND DRUNKEN GOAT CHEESE SALAD

Serves 6

¼ cup sunflower or vegetable oil

¼ cup extra-virgin olive oil

2 teaspoons pure chile powder, such as ancho, chile de arbol, or guajillo

Pinch garlic powder

Two 8-inch flour tortillas

Kosher salt

6 medium firm-ripe beefsteak or heirloom tomatoes, cored and cut crosswise into 1/3-inch slices

¼ lb. drunken goat cheese, thinly sliced

Freshly ground black pepper

2 cups baby arugula or mâche

One-half lime



Step 1. Position a rack in the center of the oven and heat oven to 350°F.

Step 2. In a small saucepan, combine the oils, chile powder, and garlic powder. Warm over medium-low heat until the oil becomes rust-colored and fragrant, about 4 minutes. Remove from heat and let cool slightly.

Step 3. With a pastry brush, lightly coat both sides of the tortillas with the chile oil. Cut each tortilla into 6 triangles, arrange the triangles in a single layer on a baking sheet, and sprinkle the tops with salt. Bake until crisp, 15 to 18 minutes, flipping the chips halfway through baking.

Step 4. Divide the tomatoes among six large salad plates, fanning them

out in a circle. Tuck the cheese slices between the tomatoes and sprinkle with salt and pepper. Toss the arugula or mâche with 1 tablespoon of the chile oil, squeeze a little lime juice over, and season to taste with salt and pepper. Drizzle some of the remaining oil over the tomatoes and cheese, mound the greens in the center of each plate, and arrange two tortilla chips to the side. Serve immediately.



& Soups Vegetarian

BAKED EGGPLANTS WITH YOGURT AND CUCUMBER

Serves 4

8 finger eggplants

Extra-virgin olive oil

½ cucumber

¾ cup thick yogurt

1 clove garlic

About 12 fresh mint leaves

1 teaspoon black onion (nigella) seeds (optional)

Warm flat bread such as pita, to serve

Step 1. Preheat the oven to 400°F. Wipe the eggplants and cut them in half lengthwise. Pour a thin layer of olive oil into a baking pan and place the eggplants, cut side down, in the oil. Bake until soft and squishy, about 40 minutes.



Step 2. To make the cucumber yogurt, wipe the cucumber half and grate coarsely. Sprinkle lightly with salt and set aside in a colander for half an hour. Squeeze the cucumber dry in the palm of your hand, then stir it into the yogurt. Peel and finely crush the garlic, chop the mint leaves, and stir both into the cucumber and yogurt. Toast the black onion seeds lightly in a nonstick pan. Transfer the yogurt to a serving bowl and sprinkle with the onion seeds.

Step 3. Serve the eggplants on plates with the cucumber yogurt. Spread some of the baked eggplant onto a piece of the bread, spoon over a little of the yogurt, and eat.

CHILLI RED PEPPER SOUP WITH SAUTÉED SHRIMP

Yields 6 cups

- 1 seedless English cucumber, peeled and roughly chopped
- 3 jarred roasted red peppers, cut into ½-inch dice (about 1-½ cups)
- 3 cups tomato juice
- 2 slices baguette, toasted and cut into 1-inch cubes (about 1 cup)
- ½ cup extra-virgin olive oil
- 1 teaspoon chopped fresh thyme
- 2 tablespoons plus 1 teaspoon sherry vinegar or cider vinegar
- 1 medium clove garlic, minced and mashed to a paste
- ½ teaspoon ground cumin
- Kosher salt and freshly ground black pepper
- ¾ lb. medium shrimp (36 to 40 per pound), peeled and deveined



- Step 1.** Cut three-quarters of the cucumber into 1-inch pieces and purée in a blender with the red peppers, tomato juice, toasted bread, 6 tablespoons olive oil, 2 tablespoons vinegar, garlic, cumin, and ½ teaspoon each salt and pepper (you may have to purée the soup in batches, depending on the size of your blender). Taste and season with more salt and pepper if needed, and refrigerate until cold, at least 30 minutes and up to 1 day.
- Step 2.** Heat 1 tablespoon of the olive oil in a large (12-inch) skillet over high heat until it's shimmering. Add the shrimp and cook, tossing, until it starts to brown and lose its raw color, about 2 minutes. Stir in the thyme, ½ teaspoon pepper, and ¼ teaspoon salt, and cook until the shrimp are just cooked through, about 1 minute. Transfer to a plate to cool.
- Step 3.** Just before serving, cut the remainder of the cucumber into ¼-inch dice (about ½ cup) and toss with the remaining tablespoon extra-virgin olive oil, the remaining 1 teaspoon sherry vinegar, and ½ teaspoon salt. Serve the soup cold in individual bowls, garnished with the cucumber and shrimp.

FENNEL, PEPPER AND SAFFRON STEW WITH GARLIC TOAST

Serves 4

2 tablespoons extra-virgin olive oil, more for the bread
1 medium yellow onion, thinly sliced (2 cups)
1 medium fennel bulb, stalks and fronds removed, quartered lengthwise, cored, and thinly sliced crosswise (4 cups)
1 medium carrot, peeled and thinly sliced crosswise ($\frac{3}{4}$ cup)
1 small red bell pepper, stem, ribs, and seeds removed and discarded; flesh thinly sliced lengthwise (1- $\frac{1}{2}$ cups)
3 tablespoons tomato paste
2 medium cloves garlic (1 minced, 1 whole)
 $\frac{1}{2}$ cup dry white wine, such as Albariño
One 15.5-ounces can chickpeas, drained and rinsed
1 teaspoon chopped fresh thyme
 $\frac{1}{8}$ teaspoon pimentón (smoked paprika)
2 pinches saffron
1 bay leaf
Kosher salt and freshly ground black pepper
4 baguette slices, $\frac{3}{4}$ inch thick
 $\frac{1}{2}$ cup grated Manchego cheese



Step 1. Heat the oil in a 5-quart saucepan over medium heat. Add the onion, fennel, carrot, and bell pepper and cook, stirring occasionally, until the vegetables are tender but not browned, about 5 minutes. Add the tomato paste and minced garlic and cook, stirring constantly, until the garlic is fragrant, about 45 seconds. Add the wine, bring to a simmer, and cook until the

liquid has reduced by half, about 2 minutes. Add 3-½ cups of water, the chickpeas, thyme, pimentón, saffron, and bay leaf. Bring to a simmer, cover, and cook until the vegetables are tender and the stew has thickened slightly, about 25 minutes. Season to taste with salt and pepper.

Step 2. Position a rack 6 inches from the broiler and heat the broiler on high. Put the bread slices on a rimmed baking sheet and brush both sides with oil. Broil, flipping once, until both sides are golden-brown, about 4 minutes total. Remove from the oven and rub each slice with the whole clove of garlic.

Step 3. Divide the stew among four wide, shallow bowls, and sprinkle with the Manchego. Serve each with a garlic toast.

GREEN BEANS WITH SMOKED PAPRIKA AND ALMONDS

Serves 4

Kosher salt

$\frac{3}{4}$ lb. green beans, preferably Spanish Musica, trimmed and cut on the diagonal into 2-inch lengths (3 cups)

$\frac{1}{2}$ cup thinly sliced shallots (about 2 medium)

1 tablespoon extra-virgin olive oil

1- $\frac{1}{2}$ teaspoons granulated sugar

$\frac{1}{3}$ cup coarsely chopped Marcona almonds

$\frac{1}{4}$ teaspoon hot Spanish smoked paprika
(pimentón de la Vera)



Step 1. Bring a large pot of well-salted water to a boil. Cook the beans in the water until just tender, 4 to 5 minutes. Drain and run under cold water to cool. Drain well.

Step 2. Put the shallots and olive oil in a cold 12-inch skillet and set the pan over medium-high heat. Cook until the shallots begin to turn golden, stirring to break them into rings, about 2 minutes. Sprinkle the sugar over the shallots and stir constantly until they are golden all over, about 45 seconds. Add the almonds, stir well, and immediately add the beans and smoked paprika. Cook, stirring, until heated through, 2 to 3 minutes. Season to taste with salt and serve.

GRILLED WATERMELON GAZPACHO WITH LIME CREMA

Serves 4 to 6

2 tablespoons extra-virgin olive oil
½ teaspoon chipotle chile powder
3 lb. watermelon (about 1/8 of 1 large melon), sliced
¾ -inch thick
Kosher salt
1 medium tomato, coarsely chopped
¾ cup chopped English cucumber, peeled
¼ cup chopped fresh cilantro
1 tablespoon chopped shallot
½ medium serrano chile, seeded and chopped
3-½ tablespoons fresh lime juice
½ tablespoon red wine vinegar
¼ cup crème fraîche



- Step 1.** Prepare a high charcoal or gas grill fire. In a small bowl, combine 1 tablespoon of the oil with the chipotle powder. Brush the watermelon slices with the chipotle oil and sprinkle with ½ teaspoon salt. Grill the watermelon until nicely charred on both sides, about 1 minute per side. Transfer to a cutting board. When cool enough to handle, remove the rind, seed if necessary, and coarsely chop the flesh.
- Step 2.** In a blender, combine the watermelon flesh, tomato, cucumber, cilantro, shallot, serrano chile, and the remaining 1 tablespoon olive oil. Blend until almost smooth. Transfer to a medium bowl and stir in 1-½ tablespoons of the lime juice, the red wine vinegar, and season to taste with salt. Refrigerate until thoroughly chilled, about 4 hours.
- Step 3.** When ready to serve, combine the crème fraîche with the remaining 2 tablespoons lime juice in a small bowl. Taste the soup and correct the seasoning, if necessary. Ladle the soup into cups and garnish with a drizzle of the lime-crème fraîche mixture.

HALIBUT AND MUSSEL STEW WITH FENNEL, PEPPER AND SAFFRON

Serves 4

2 tablespoons extra-virgin olive oil, more for the bread

1 medium yellow onion, thinly sliced (2 cups)

3 tablespoons tomato paste

2 medium cloves garlic (1 minced, 1 whole)

½ cup dry white wine, such as Albariño

One 15.5-ounces can chickpeas, drained and rinsed

1 teaspoon chopped fresh thyme

1/8 teaspoon pimentón (smoked paprika)

2 pinches saffron

1 bay leaf

1 medium fennel bulb, stalks and fronds removed, quartered lengthwise, cored, and thinly sliced crosswise

1 medium carrot, peeled and thinly sliced crosswise (¾ cup)

1 small red bell pepper, stem, ribs, and seeds removed and discarded; flesh thinly sliced lengthwise

Kosher salt and freshly ground black pepper

4 baguette slices, ¾ inch thick

11 ounces skinless halibut fillets or other firm white fish, cut into 1-inch chunks

13 mussels, scrubbed and debearded



Step 1. Heat the oil in a 5-quart saucepan over medium heat. Add the onion, fennel, carrot, and bell pepper and cook, stirring occasionally, until the vegetables are tender but not browned, about 5 minutes. Add the tomato paste and minced garlic and

cook, stirring constantly, until the garlic is fragrant, about 45 seconds. Add the wine, bring to a simmer, and cook until the liquid has reduced by half, about 2 minutes. Add 3-½ cups of water, the chickpeas, thyme, pimentón, saffron, and bay leaf. Bring to a simmer, cover, and cook until the vegetables are tender and the stew has thickened slightly, about 25 minutes. Season to taste with salt and pepper.

Step 2. Position a rack 6 inches from the broiler and heat the broiler on high. Put the bread slices on a rimmed baking sheet and brush both sides with oil. Broil, flipping once, until both sides are golden-brown, about 4 minutes total. Remove from the oven and rub each slice with the whole clove of garlic.

Step 3. Gently stir the halibut and mussels into the stew, cover, and simmer until all the mussels have opened and the fish is cooked through, 4 to 8 minutes. Discard any mussels that do not open. Ladle into wide, shallow bowls and serve with the garlic toasts.

TUSCAN WHITE BEAN AND GARLIC SOUP

Serves 2

2 tablespoons extra-virgin olive oil

1 onion—cut in half, thinly sliced and separated into half-rings

1 carrot—quartered lengthways and thinly sliced

1 zucchini (courgette)—halved lengthways and sliced into ½-rounds

1 potato—peeled and cut into bite-size pieces

1 cup green beans—ends trimmed and cut into 1-inch pieces

6 cups chicken stock

½ teaspoon sea salt

¼ teaspoon freshly ground black pepper

14 oz (420g) canned white beans (like cannellini)—rinsed and drained

3 tablespoons pesto—store-bought or homemade



- Step 1.** Heat 2 tablespoons of the olive oil in a large saucepan over a medium heat.
- Step 2.** Cook the onion for 6 minutes.
- Step 3.** add the potato, garlic, beans and rosemary and cook a further minute, stirring to combine.
- Step 4.** Add the stock, salt and pepper, bring to the boil then cover with a lid.
- Step 5.** Reduce the heat to medium-low and simmer gently for 20 minutes, stirring once or twice.
- Step 6.** Remove the garlic cloves and rinse them briefly under cold water.
- Step 7.** Squeeze the soft cooked garlic from each clove into a blender or food processor.
- Step 8.** Pour in half the soup and blend for about 15 seconds until smooth.
- Step 9.** Return the puree to the soup, stir in the reserved olive oil and heat through before serving.



Dinner

BLACK COD WITH PINE NUTS, TOMATOES AND OLIVES

Serves 4

- 1 tablespoon extra-virgin olive oil
- 3 medium cloves garlic, chopped
- ½ cup dry white wine
- 3 cups grape tomatoes, halved (quartered if large)
- 1-½ cups lower-salt chicken broth
- ½ cup pitted, halved Niçoise olives
- 4 skinless black cod (sablefish) or Pacific cod fillets (about 4 ounces each)
- Kosher salt and freshly ground black pepper
- 1 tablespoon chopped fresh thyme
- 2/3 cup pine nuts, toasted



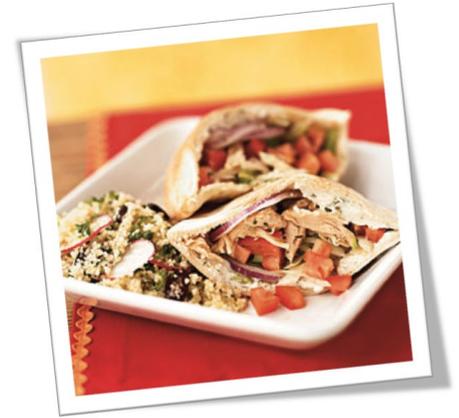
- Step 1.** Heat the oil in a 12-inch nonstick skillet over medium-high heat. Add the garlic and cook, stirring, until fragrant, about 1 minute. Add the wine and let simmer until reduced by half, about 2 minutes. Add the tomatoes, broth, and olives. Bring to a simmer and cook, stirring occasionally, until the tomatoes begin to break down, about 8 minutes.
- Step 2.** Season the fish with salt and pepper. Stir the thyme into the sauce. Nestle the fish into the sauce, return to a simmer, cover, and reduce the heat to low. Cook until the fish is just cooked through, about 4 minutes. Transfer the fish to 4 shallow bowls. Add the pine nuts to the sauce and season to taste with salt and pepper. Spoon the sauce over the fish and serve.

MAKE AHEAD TIPS: Serve with a hunk of crusty bread to sop up the tomato sauce.

CHICKEN SOUVLAKI

Serves 4

- ½ cup (2 ounces) crumbled feta cheese
- ½ cup plain Greek-style yogurt
- 1 tablespoon chopped fresh dill
- 1 tablespoon extra-virgin olive oil, divided
- 1 ¼ teaspoons bottled minced garlic, divided
- ½ teaspoon dried oregano
- 2 cups sliced roasted skinless, boneless chicken breast
- 4 (6-inch) pitas, cut in half
- 1 cup shredded iceberg lettuce
- ½ cup chopped peeled cucumber
- ½ cup chopped plum tomato
- ¼ cup thinly sliced red onion



- Step 1.** Combine feta cheese, yogurt, dill, 1 teaspoon oil, and ¼ teaspoon garlic in a small bowl, stirring well.
- Step 2.** Heat remaining 2 teaspoons olive oil in a large skillet over medium-high heat. Add remaining 1 teaspoon garlic and oregano to pan, and sauté for 20 seconds. Add chicken, and cook for 2 minutes or until thoroughly heated. Place ¼ cup chicken mixture in each pita half, and top with 2 tablespoons yogurt mixture, 2 tablespoons shredded lettuce, 1 tablespoon cucumber, and 1 tablespoon tomato. Divide onion evenly among pitas.

GARLICKY CHICKEN THIGHS IN RED PEPPER SAUCE

Serves 4

- 2 tablespoons extra-virgin olive oil
- 8 bone-in skin-on chicken thighs (about 3 lbs.), trimmed of excess fat and skin
- Kosher salt and freshly ground black pepper
- 6 cloves garlic, smashed
- 2 teaspoons fresh thyme leaves
- 1 cup lower-salt chicken broth
- 3 jarred roasted red peppers, drained and cut into 1-inch strips (1-½ cups)
- 1 medium russet potato, peeled and cut into ¾ -inch dice (1-½ cups)
- 1 tablespoon sherry vinegar
- Crusty baguette for serving



Step 1. Position a rack in the center of the oven and heat the oven to 425°F. Heat the oil in a large, oven-proof sauté pan over medium-high heat until it's shimmering. Sprinkle the chicken with 1-½ teaspoons salt and ½ teaspoon pepper. Add half the thighs to the pan, skin side down. Reduce the heat to medium, and cook without touching until the skin browns and easily releases from the pan, about 3 minutes. Turn and cook for 1 minute. Transfer to a large plate. Add the remaining chicken and cook it in the same manner. Transfer the chicken to the plate. Add the garlic and thyme to the pan and cook until the garlic is lightly browned, 2 to 3 minutes.

Step 2. Add the chicken broth, red peppers, potato, and sherry vinegar to the pan, and bring to a boil. Remove from the heat, return the

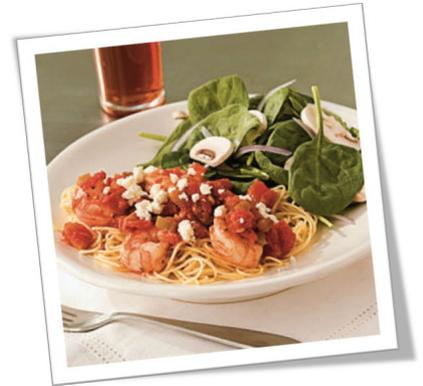
chicken to the pan skin side up, and transfer to the oven.

Step 3. Braise the chicken, uncovered, until the potato pieces are tender and the chicken is completely cooked through, about 30 minutes. Serve with the baguette for soaking up the broth.

GREEK-STYLE SCAMPI

Serves 4

- 6 ounces uncooked angel hair pasta
- 1 teaspoon extra-virgin olive oil
- ½ cup chopped green bell pepper
- 2 teaspoons bottled minced garlic
- 1 (14.5-ounce) can diced tomatoes with basil, garlic, and oregano, undrained
- 1/8 teaspoon black pepper
- 1 pound peeled and deveined medium shrimp
- 1/8 teaspoon ground red pepper
- 6 tablespoons (about 1 ½ ounces) crumbled feta cheese



- Step 1.** Cook pasta according to package directions, omitting salt and fat. Drain and keep warm.
- Step 2.** Heat oil in a large nonstick skillet over medium-high heat. Add green bell pepper to pan; sauté 1 minute. Add garlic and tomatoes; cook 1 minute. Add black pepper and shrimp; cover and cook 3 minutes or until shrimp are done. Stir in red pepper; remove from heat. Place 1 cup pasta on each of 4 plates. Top each serving with 1 cup shrimp mixture and 1 ½ tablespoons cheese.

GRILLED MEDITERRANEAN VEGETABLES WITH BEAN MASH

Serves 2

1 red pepper , deseeded and quartered
1 aubergine , sliced lengthways
2 courgettes , sliced lengthways
2 tablespoons extra-virgin olive oil



For the Mash:

410g can haricot beans , rinsed
1 garlic clove , crushed
100ml vegetable stock
1 tablespoon chopped coriander
lemon wedges, to serve

Step 1. Heat the grill. Arrange the vegetables over a grill pan and brush lightly with oil. Grill until lightly browned, turn them over, brush again with oil, then grill until tender.

Step 2. Meanwhile, put the beans in a small pan with the garlic and stock. Bring to the boil, then simmer, uncovered, for 10 mins. Mash roughly with a potato masher, adding a little water or more stock if the mash seems too dry. Divide the veg and mash between 2 plates, drizzle over any leftover oil and sprinkle with black pepper and coriander. Add a lemon wedge to each plate and serve.

LINGUINE WITH GARLICKY CLAMS AND PEAS

Serves 4

- 1 (9-ounce) package fresh linguine
- 2 tablespoons extra-virgin olive oil
- 1 ½ teaspoons bottled minced garlic
- 3 (6 ½-ounce) cans chopped clams, undrained
- 1 cup organic vegetable broth
- ¼ cup dry white wine
- ¼ teaspoon crushed red pepper
- 1 cup frozen green peas
- ½ cup (2 ounces) preshredded Parmesan cheese
- 2 tablespoons chopped fresh basil



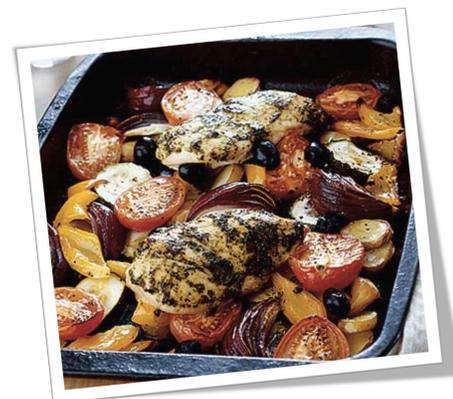
Step 1. Cook pasta according to package directions, omitting salt and fat. Drain; keep warm.

Step 2. Heat oil in a large nonstick skillet over medium-high heat. Add garlic to pan; sauté 1 minute. Drain clams, reserving clams and ½ cup juice. Add reserved clam juice, broth, wine, and pepper to pan; bring to a boil. Reduce heat, and simmer 5 minutes, stirring occasionally. Add clams and peas to pan; cook 2 minutes or until thoroughly heated. Add pasta to pan; toss well. Sprinkle with cheese and basil.

MEDITERRANEAN CHICKEN WITH ROASTED VEGETABLES

Serves 2

- 250g baby new potatoes , thinly sliced
- 1 large courgette , diagonally sliced
- 1 red onion , cut into wedges
- 1 yellow pepper , seeded and cut into chunks
- 6 firm plum tomatoes , halved
- 12 black olives , pitted
- 2 skinless boneless chicken breast fillets , about 150g/5oz each
- 3 tablespoons extra-virgin olive oil
- 1 rounded tablespoons green pesto



- Step 1.** Preheat the oven to 200C/ Gas 6/fan oven 180C. Spread the potatoes, courgette, onion, pepper and tomatoes in a shallow roasting tin and scatter over the olives. Season with salt and coarsely ground black pepper.
- Step 2.** Slash the flesh of each chicken breast 3-4 times using a sharp knife, then lay the chicken on top of the vegetables.
- Step 3.** Mix the olive oil and pesto together until well blended and spoon evenly over the chicken. Cover the tin with foil and cook for 30 minutes.
- Step 4.** Remove the foil from the tin. Return to the oven and cook for a further 10 minutes until the vegetables are juicy and look tempting to eat and the chicken is cooked through (the juices should run clear when pierced with a skewer).

MOROCCAN-SPICED SEARED SCALLOPS WITH GREEN GRAPE AND LEMON RELISH

Serves 4

- 1 medium lemon
- Kosher salt
- ¼ cup extra-virgin olive oil
- 2 scallions, thinly sliced
- 2 tablespoons chopped fresh cilantro
- 2 tablespoons chopped fresh mint
- 1 teaspoon ground cumin
- 1 teaspoon sweet Hungarian paprika
- 1 teaspoon ground turmeric
- ¼ teaspoon ground cinnamon
- ¼ teaspoon ground ginger
- 1-½ lb. large all-natural “dry” sea scallops, side muscles removed
- Freshly ground black pepper
- 1-½ cups seedless green grapes, quartered lengthwise and at room temperature



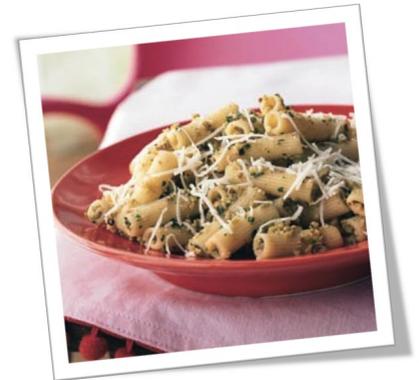
Step 1. Using a vegetable peeler, remove the zest from the lemon in strips (yellow part only). Reserve the lemon. In a small saucepan, combine the lemon zest with ½ cup water and 1 teaspoon salt. Bring to a simmer over medium-low heat and cook until the liquid reduces to about 1 tablespoon, about 10 minutes. Drain, rinse, drain again, and pat dry. Finely mince the lemon zest and combine it with the grapes, 2 tablespoons of the olive oil, scallions, cilantro, and mint in a medium bowl.

- Step 2.** In a small bowl, combine the cumin, paprika, turmeric, cinnamon, and ginger.
- Step 3.** Pat the scallops dry. Season them liberally with salt and pepper and coat them with the spice mixture.
- Step 4.** Heat 1 tablespoon of the olive oil in a 12-inch nonstick skillet over medium-high heat until shimmering. Add half of the scallops and cook, turning once, until seared on the outside but still translucent in the center, 1 to 2 minutes per side. Transfer to a warm plate. Repeat with the remaining 1 tablespoon oil and scallops.
- Step 5.** Divide the scallops among 4 plates and serve with the relish. Cut the reserved lemon into quarters and squeeze over the scallops and relish. Serve immediately.

RIGATONI WITH GREEN OLIVE-ALMOND PESTO AND ASIAGO CHEESE

Serves 6

- 1 pound uncooked rigatoni
- 1 ¼ cups (6 ounces) pitted manzanilla (or green) olives
- ½ cup sliced almonds, toasted
- ½ cup fresh flat-leaf parsley leaves
- ¼ teaspoon freshly ground black pepper
- 1 large garlic clove
- 2 tablespoons water
- 1 teaspoon white wine vinegar
- ½ cup (2 ounces) grated Asiago cheese



- Step 1.** Cook pasta according to package directions, omitting salt and fat. Drain pasta, reserving 6 tablespoons cooking liquid.
- Step 2.** Place olives, sliced almonds, flat-leaf parsley leaves, black pepper, and garlic in a food processor; pulse 3 times or until coarsely chopped. With processor on, add 2 tablespoons water and 1 teaspoon vinegar through the food chute, processing until mixture is finely chopped. Combine pasta, ¼ cup reserved cooking liquid, and olive mixture in a large bowl; toss well. Add enough of remaining 2 tablespoons cooking liquid to make pasta mixture moist, tossing well to coat. Sprinkle with cheese. Serve immediately.

SALT COD AND CRAB FRITTERS

Yields 36 fritters

8 ounces dried salt cod

Kosher salt

3 tablespoons extra-virgin olive oil

1 medium yellow onion, minced

3 medium cloves garlic, minced

1 large egg, separated

1 lb. medium Yukon Gold potatoes (3 or 4),
peeled and cut into 1-inch pieces

8 ounces jumbo lump crabmeat, drained well
and picked over

3 tablespoons finely chopped fresh cilantro

1 teaspoon hot pepper sauce; more to taste

Vegetable oil, for frying



Step 1. The day before you plan to serve the fritters, rinse the salt cod well under cool running water to remove any surface salt. Put it in a large bowl and cover with cold water. Cover the bowl and refrigerate for 24 hours, changing the water several times.

Step 2. Bring a 4-quart saucepan filled with enough water to accommodate the cod (about 3 quarts) to a boil over high heat. Reduce the heat to low, add the soaked cod, and simmer gently until it flakes easily with a fork, 10 to 20 minutes. Drain well and let cool. Remove and discard any bits of skin, bone, or spongy ends.

- Step 3.** Meanwhile, put the potatoes in a 4-quart saucepan and add enough cold water to cover by 2 inches. Add 1 tablespoon salt, cover, and bring to a boil over high heat. Simmer until tender, 10 to 12 minutes. Drain, transfer to a bowl, and mash well. Set aside.
- Step 4.** In a 10-inch skillet, heat the olive oil over medium heat. Add the onion and cook, stirring often, until golden brown, 4 to 7 minutes. Add the garlic and cook for 1 minute more. Add to the mashed potatoes.

SALT COD AND CRAB FRITTERS (CONT.)

- Step 5.** Pulse the cooked cod in a food processor until finely shredded. Add the cod to the potatoes, along with the cilantro and hot sauce. Mix well and season to taste with salt and more hot pepper sauce. Stir in the egg yolk and then gently fold in the crab. In a small bowl, whisk the egg white to soft peaks and gently fold it into the cod mixture.
- Step 6.** Pinch off walnut-size pieces of the cod mixture, roll them into balls, and set aside on a tray. (The recipe may be prepared up to this point 2 hours ahead; keep refrigerated.)
- Step 7.** Heat 1-½ inches of vegetable oil in a 4-quart saucepan over medium-high heat until it reaches 360°F on a deep fat/candy thermometer. Fry the fritters in batches of 4 or 5 until golden-brown, 2 to 3 minutes. Transfer to a baking sheet lined with paper towels to drain. Sprinkle with salt while still sizzling. Serve warm or at room temperature.

SEARED SCALLOPS WITH LEMON ORZO

Serves 4

Cooking spray

½ cup prechopped onion

1 cup uncooked orzo (rice-shaped pasta)

1 cup fat-free, less-sodium chicken broth

½ cup dry white wine

¼ teaspoon dried thyme

2 tablespoons chopped fresh chives

2 tablespoons fresh lemon juice

2 teaspoons extra-virgin olive oil

1 ½ pounds sea scallops

¼ teaspoon salt

¼ teaspoon black pepper



Step 1. Heat a medium saucepan over medium-high heat. Coat pan with cooking spray. Add onion to pan; sauté 3 minutes. Stir in pasta, broth, wine, and thyme; bring to a boil. Cover, reduce heat, and simmer 15 minutes or until liquid is absorbed and pasta is al dente. Stir in chopped chives and lemon juice. Keep warm.

Step 2. Heat oil in a large cast-iron skillet over medium-high heat. Sprinkle scallops evenly with salt and pepper. Add scallops to pan; cook 3 minutes on each side or until desired degree of doneness. Serve with pasta mixture.

STEAMED MUSSELS WITH CHORIZO, SMOKED PAPRIKA AND GARLICKY CRUTONS

Serves 4

5 tablespoons extra-virgin olive oil
6 cloves garlic, 2 minced and 4 thinly sliced
1 small yellow onion, thinly sliced
Kosher salt
 $\frac{3}{4}$ teaspoon smoked sweet paprika
Freshly ground black pepper
1 cup dry white wine
1 cup seeded and diced fresh tomato or one 14-
 $\frac{1}{2}$ -ounces can diced tomatoes, drained
6 ounces Spanish-style chorizo, cut into
 $\frac{3}{8}$ -inch pieces (1- $\frac{1}{4}$ cups)
3 sprigs fresh thyme
4 lb. mussels, scrubbed and debearded
1 baguette, cut on the diagonal into $\frac{1}{2}$ -inch slices



- Step 1.** Combine 3 tablespoons of the olive oil and the minced garlic in a small bowl and set aside.
- Step 2.** Position an oven rack about 4 inches from the broiler element and heat the broiler on high.
- Step 3.** In a 6-quart Dutch oven, heat the remaining 2 tablespoons olive oil over medium-high heat until shimmering hot. Add the onion and a pinch of salt and cook, stirring occasionally, until softened but not browned, about 3 minutes. Stir in the sliced garlic and cook until the edges of the onion begin to brown, about 1 minute.

Stir in the smoked paprika and cook until fragrant, about 30 seconds. Add the tomatoes, wine, chorizo, and thyme and bring to a simmer, stirring occasionally. Stir in the mussels, coating them with the sauce mixture. Cover and cook, stirring 2 or 3 times, until the mussels have opened, 8 to 10 minutes.

Step 4. Meanwhile, arrange the baguette slices in a single layer on a rimmed baking sheet and brush them with the garlic oil, dividing the bits of garlic evenly among the slices. Sprinkle with salt and pepper and then broil, rotating the baking sheet as needed, until evenly browned and crisp, 1 to 2 minutes.

Step 5. Discard any mussels that have not opened. Serve the mussels with the sauce and the croutons.



Sweets

GOAT'S CHEESE AND RED PEPPER TART

2 large red onions , thinly sliced
2 tablespoons extra-virgin olive oil
1 tablespoon balsamic vinegar
12 pitted black olives
2 red peppers
200g ready-made shortcrust pastry
150-200g / 5-7oz log firm goat's cheese , such as Sainte-Maure de Touraine or Capricorn
250g cherry tomatoes
few oregano or basil leaves



- Step 1.** Cook the onions in the oil for 6-7 mins, until they are softened and lightly coloured, then add the balsamic vinegar and 1 tablespoon water. Cook for a further 2-3 mins. Roughly chop the olives and stir in. Leave to cool.
- Step 2.** Halve the peppers, remove the seeds and core. Put under a hot grill, skin side up, until the skins are charred. Remove and put into a food bag until cool enough to handle, then peel off the skins.
- Step 3.** Heat oven to 200C/fan 180C/gas 6. Roll out the pastry and line a 23-24cm deep flan tin. Line with baking paper and beans, then bake for 10 mins. Remove the paper and beans, then bake for 5 mins more, until the pastry is golden and crisp.
- Step 4.** Spread the onion mix over the base of the pastry case. Put the halved peppers on top, cut side up with tapered ends towards the centre. Slice the goat's cheese and put a few slices in each pepper half. Tuck the tomatoes in the gaps between the peppers.
- Step 5.** Bake for 20-25 mins until the cheese is lightly tinged brown and the tomatoes have burst. Scatter over the herb leaves and serve warm or at room temperature.

KARYTHOPITTA (GREEK WALNUT CAKE SOAKED IN LEMON & BRANDY SYRUP)

Serves 8

170 g unsalted butter, melted
45 g dried breadcrumbs
170 g ground walnuts
1 pinches salt
150 g caster sugar
2 teaspoons baking powder
1 ½ teaspoons ground cinnamon
½ pinches ground cloves
1 lemons, zest finely grated
30 g chopped walnuts, coarsely ground walnuts
5 eggs



For the syrup:

2 lemons, juice
150 ml water
280 g caster sugar
2 tablespoons brandy

- Step 1.** Preheat the oven to 190C/gas 5. Line the base of a 24 cm loose-bottomed cake tin with non-stick baking parchment, and grease the sides.
- Step 2.** First, make the syrup so that it is completely cool by the time the cake is done. Put the lemon juice, water, sugar and brandy into a saucepan and stir over a moderate heat. Bring up to the boil and simmer for 5 minutes. Leave to cool.

- Step 3.** To make the cake, melt the butter and cool until lukewarm. Mix the breadcrumbs with the finely ground walnuts, salt, sugar, baking powder, cinnamon, cloves and lemon zest in a mixing bowl.
- Step 4.** Make a well in the centre. Pour the lukewarm butter into the centre of the dry ingredients and break in the eggs. Beat until thoroughly mixed and pour into the prepared tin.
- Step 5.** Bake for 40-50 minutes until the cake feels firm to the touch. Test by plunging a skewer into the centre. If it comes out clean, the cake is done.

KARYTHOPITTA (CONT.)

- Step 6.** When the cake comes out of the oven, pierce all over with a skewer. Pour the cold syrup, little by little, over the hot cake, spooning any syrup that oozes out the centre of the cake every now and then, until it has all been absorbed. Don't worry about the dirty dark brown colour the syrup takes on after oozing through the cake.
- Step 7.** When the cake is cool, unmould it and sprinkle the coarsely crushed walnuts evenly over the surface.
- Step 8.** Serve with Greek yoghurt and raspberries marinated with a touch of icing sugar and orange juice, and with a cup of thick, dark, black coffee.

LEBANESE PANCAKES WITH ORANGE CREAM

For the pancake batter:

450 g plain flour

1 teaspoon fresh or dry yeast, mixed with a very small amount of warm milk or water

675 ml milk

For the custard:

400 ml milk

100 ml double cream

1 tablespoon caster sugar

3 tablespoons cornflour, mixed with a little water

2 tablespoons orange flower water



For the syrup:

200 g sugar

200 ml water

1 tablespoon honey

To serve:

6 tablespoons pistachio nuts, finely chopped

6 teaspoons rose petal jam, (optional)

For the syrup:

Put all the ingredients in a small, heavy-based saucepan and stir over a medium heat until the sugar dissolves. Remove from the heat, cool and chill until needed.

For the pancake batter:

Step 1. Warm the mixing bowl before starting. Sieve the flour into the

warmed bowl, then add the yeast mix and milk until you get a thick batter.

Step 2. Put the bowl aside until the batter doubles in size – it should take about 40 minutes. While the batter is proving, prepare the custard.

For the custard:

Step 1. Pour the milk and cream into a medium saucepan, add the sugar and stir over medium heat for about 5 minutes. Whisk in the cornflour mix and bring to the boil, stirring continuously so that it doesn't stick as it thickens.

LEBANESE PANCAKES WITH ORANGE CREAM (CONT.)

- Step 2.** Remove the thickened custard from the heat, stir in the orange blossom water and leave to cool. Store in the fridge until needed.
- Step 3.** Heat a large non-stick frying pan and add about 1 tablespoon of pancake batter at a time, forming a little disk, slightly bigger than a cocktail blini. Cook on a medium heat until the bubbles start coming through, and it just cooks throughout. Do not turn over, just take out and pop onto a plate.
- Step 4.** While the pancakes are still hot, shape them into cones by pinching together the sides at the bottom of each pancake. You should be left with a large hole at the top (in which to pipe the filling) and a sealed point at the bottom.
- Step 5.** Continue in this manner with the rest of the batter.
- Step 6.** When the custard filling is set, pipe it into the pancake cones and arrange them on a plate. Keep chilled until ready to serve.
- Step 7.** To serve, drizzle the pancakes with syrup and sprinkle with chopped pistachios and/or top with a little jam, if desired.

ORANGE AND HAZELNUT CAKE WITH ORANGE FLOWER SYRUP

For the syrup:

1-¼ cups superfine sugar
2-½ tablespoons orange juice
2-½ tablespoons orange flower water
Grated zest of 1 orange

For the cake:

5 large eggs, separated
1 cup superfine sugar
2-¼ cups hazelnut flour or meal



To serve:

1-1/3 cups Greek-style yogurt
2 tablespoons confectioners' sugar
Pulp of 4 passion fruits

Preheat the oven to 350°F.

Make the syrup:

In a saucepan, bring 2/3 cup water to a boil. Add the sugar and orange juice and simmer for 10 to 12 minutes, until the sugar has dissolved and the mixture is thick and syrupy. Remove from the heat and let cool. Stir in the orange flower water and orange zest.

Make the cake:

Step 1. In a bowl, with an electric mixer on high speed, beat the egg yolks with the sugar until thick and pale. Fold the hazelnut flour into the yolk mixture. In a separate bowl, whisk the egg whites until stiff and glossy, then gently fold them into the hazelnut mixture.

Step 2. Grease the loaf pan and line with parchment paper. Pour in the batter. Bake for about 30 minutes, until lightly golden. Remove the cake from the oven and evenly pour the cooled orange syrup over the top.

To serve:

Combine the yogurt, confectioners' sugar and passion fruit pulp in a bowl. Serve generously with the warm cake.

RUSTIC FIG AND RASPBERRY MINI CROSTATAS

For the filling:

$\frac{3}{4}$ lb. small fresh figs, quartered
6 ounces fresh raspberries (1- $\frac{1}{2}$ cups)
 $\frac{1}{3}$ cup plus 2 tablespoons granulated sugar
3 tablespoons plus 1 teaspoon honey
1 tablespoon fresh thyme, roughly chopped
2 teaspoons finely grated orange zest
3 tablespoons plus 1 teaspoon graham cracker crumbs
1 ounce (2 tablespoons) cold unsalted butter
1- $\frac{1}{2}$ tablespoons heavy cream



For the dough:

9 ounces (1 cup plus 2 tablespoons) cold unsalted butter, cut into small pieces
7- $\frac{1}{2}$ ounces (1- $\frac{2}{3}$ cups) unbleached all-purpose flour
3- $\frac{3}{4}$ ounces ($\frac{3}{4}$ cup) whole-wheat flour
 $\frac{1}{4}$ cup plus $\frac{1}{2}$ Tbs. granulated sugar
1 teaspoon ground cinnamon
 $\frac{1}{2}$ teaspoon kosher salt

Make the dough:

Step 1. Put the flours, sugar, cinnamon, and salt in a food processor. Add the butter and pulse in short bursts until the mixture resembles coarse meal. Add 3 tablespoons cold water and pulse. If the mixture seems dry, add water 1 tablespoon at a time, pulsing until the dough just starts to come together. Do not overprocess. Turn the dough out onto a clean work surface, gather it together, and

portion it into ten 2-½-ounces rounds. Flatten them into disks, wrap individually in plastic, and refrigerate for at least 2 hours and up to 3 days.

Step 2. When ready to bake, position racks in the bottom and top thirds of the oven and heat the oven to 400°F. Line 2 large rimmed baking sheets with parchment.

Step 3. On a lightly floured surface with a lightly oiled rolling pin, roll each dough disk into a 5-½-inch round that's about 1/8 inch thick. Put 5 rounds on each baking sheet.

RUSTIC FIG AND RASPBERRY MINI CROSTATAS (CONT.)

Make the filling:

In a medium bowl, lightly toss the figs, raspberries, 1/3 cup of the sugar, the honey, thyme, and orange zest until combined.

Assemble and bake the prostates:

Tip: Graham cracker crumbs sprinkled in the center of each dough round soak up juices released by the fruit during baking, preventing soggy bottoms.

- Step 1.** Sprinkle each round of dough with 1 teaspoon graham cracker crumbs, leaving a ½-inch border. Put a generous ¼ cup of the fig mixture in the center of each dough round, mounding the fruit. Top each tart with a butter slice.
- Step 2.** Fold the edges of the dough over some of the fruit to create a 1-inch rim, leaving the center exposed. Work your way around, pleating the dough as you go. With a pastry brush, brush the crust of each crostata with cream and sprinkle the crusts and filling with the remaining 2 tablespoons sugar.
- Step 3.** Bake until the crostatas are golden-brown, 30 to 35 minutes, swapping and rotating the baking sheets' positions about halfway through baking.
- Step 4.** Transfer the baking sheets to racks to cool for about 5 minutes. Then loosen the crostatas with an offset spatula and cool completely on the sheets. The crostatas are best the day they're made.