



The Mediterranean Diet Recipe Book

Twenty-third Edition

By Ray Baker



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Breakfast & Light Lunches

ARTICHOKES WITH BROAD BEANS

1 kilo fresh broad beans
6 artichokes
1 ½ cups extra-virgin olive oil
5 fresh spring onions, sliced
1 bunch dill, finely chopped
2 lemons
Salt and pepper



Top and tail the beans. Remove the skin if it is tough. Wash the beans. Clean the artichokes by removing the hard centres from the leaves and the stalk. Chop the tips of the leaves and scrape the inner section to remove the whiskers. Rub them with a lemon so as not to blacken and leave them in water. Fry the onions in the olive oil until they are softened, along with the dill and the lemon. Complete the sauce with 2 cups of water and add the beans and the artichokes. Add salt and leave to bubble on a medium heat for around 1 ½ hours.

BARBOULE

200 g Almonds
200 g Sugar



- Step 1.** Heat almonds in a pan and remove the skin.
- Step 2.** Add sugar to the pan and heat both on low flame.
- Step 3.** Stir continuously till the almonds take on a pink color and sugar melts completely.
- Step 4.** Transfer the mixture into a 2-inch deep buttered tray.
- Step 5.** Cut them into pieces and shift to a serving platter to dry.

CROSTINI

Serves 6 to 8

1 baguette (8 to 10 ounces), sliced $\frac{1}{4}$ inch thick
(about 60 slices)

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

Coarse salt and ground pepper



Step 1. Preheat oven to 350 degrees. Arrange baguette slices on two large rimmed baking sheets; brush both sides with oil, and season with salt and pepper.

Step 2. Bake until golden, 15 to 20 minutes, rotating sheets halfway through (if undersides are not browning, turn crostini over once during baking). Let cool on baking sheets. Top crostini with desired toppings, and serve.

CUTTLEFISH WITH SPINACH

Serves 4 to 6

1 kg cuttlefish
1 kg spinach
3 onions
Parsley
Dill
1 tea cup extra-virgin olive oil
Salt
Pepper
Lemon juice



- Step 1.** Wash and chop the cuttlefish in pieces. Remove the backbone, the skin, the eyes and cut the tentacles in pieces. Let it drain. Wash the spinach thoroughly and chop it in pieces. Peel and chop the onions, saute them in a saucepan with olive oil. Add the cuttlefish and its tentacles and saute for a while. Then add the spinach, the parsley (chopped), the dill, salt and pepper. Add a cup of water and simmer in low temperature until only the oil remains.
- Step 2.** Do not put too much salt because the cuttlefish has a salty taste itself. Remove from heat and pour the lemon juice. Serve hot or cold.

GRILLED VEGETABLE TERRINE

Serves 6

2 red bell peppers, quartered and seeded
2 yellow bell peppers, quartered and seeded
1 large eggplant, thinly sliced lengthways
2 large zucchini, thinly sliced lengthways
6 tablespoons extra-virgin olive oil
1 large red onion, chopped
½ cup raisins
1 tablespoon tomato paste
1 tablespoon red wine vinegar
1 1/3 cups tomato juice
2 tablespoons powdered gelatine
Fresh basil leaves for garnish



- Step 1.** Brush the peppers with some olive oil and sprinkle with salt. Grill or broil the peppers, until the skins are blackened. Transfer to a bowl and cover with a plate. Let cool. When cooled, peel the skin off the peppers (optional).
- Step 2.** Arrange the slices of eggplant and zucchini on the grill, or place them on a baking sheet under the broiler. brush them with a little olive oil and sprinkle with salt. Grill or broil, turning occasionally, until they are tender and golden brown.
- Step 3.** Heat the remaining olive oil in a frying pan and cook the red onion, raisins, tomato paste and red wine vinegar over medium-low heat, stirring occasionally, until the mixture is soft and the onion is cooked down quite a bit. Set aside to cool.
- Step 4.** Line a terrine pan, or a loaf pan with clear plastic wrap, such that the wrap overhangs the sides of the container. The clear wrap will stick to the sides easier if you spray the pan with a little water first.

GRILLED VEGETABLE TERRINE (CONT.)

- Step 5.** Pour the tomato juice into a pan and sprinkle with the gelatine. Leave for 5 minutes to soften, then dissolve gently over a low heat, whisking to prevent any lumps from forming.
- Step 6.** Place half of the grilled (broiled) peppers in the base of the terrine (you can interchange the colors of peppers while layering). Pour in enough of the tomato juice with gelatine to cover them.
- Step 7.** Next layer half of the eggplants covered with more tomato juice, then half of the zucchini with tomato juice. Place all the red onions on top of the zucchini layer and cover with tomato juice. This is the center of the terrine. Repeat the layers of eggplant and zucchini one more time, pouring tomato juice over each layer. Finish with the other half of bell peppers.
- Step 8.** Pour the remaining tomato juice into the terrine and tap hard a couple times to disperse the juice evenly. Cover and chill in the fridge for at least 4 hours, or until set.
- Step 9.** To make the dressing, whisk together the oil and vinegar and season with salt and pepper to taste.
- Step 10.** Turn out the terrine onto a large platter. Remove the clear film. Serve in thick slices, drizzled with dressing and garnished with chopped basil.

MARINATED LITTLE FISH

Serves 8

500 gr little fish (heads removed)

Juice of 6 lemons

2 parsley sticks

Thick salt

Extra-virgin olive oil

Some rose whole pepper



Wash the fish well. Remove heads, central bone and place the little fish fillets on a small glassy bowl. Prepare the marinade by mixing all other ingredients. Pour marinade over the fish fillets and place the bowl in the fridge. When the fillets turn from a red to a white colour then this is an indication that fish is ready. This procedure can last up to 4 hours.

POTATOES AND PEAS

½ kilo fresh or frozen peas
2 carrots, sliced
2 small onions, sliced thinly
2 potatoes, cubed
2 garlic cloves, crushed
A bunch of parsley, finely chopped
Salt and black pepper
1 tea cup extra-virgin olive oil
3-4 tomatoes, skinned and finely chopped



Heat the oil and lightly fry the onion and garlic. Add a cup of water, the peas, tomatoes, potatoes, parsley, salt and pepper. Cover the pan and leave to cook over a low heat for one hour.

ROASTED PEPPER ANTIPASTO

Serves 3 to 4

2 red peppers
2 yellow peppers
1 green pepper
1/3 cup sun-dried tomatoes in oil, drained
4 canned artichoke hearts, drained and sliced
1 garlic clove, thinly sliced
1-2 tablespoon balsamic vinegar
2-3 tablespoon extra-virgin olive oil
Chili sauce (if desired)
Salt and ground black pepper
Basil leaves to garnish



- Step 1.** Preheat the oven to 200°C (400°F). Lightly oil a foil-lined baking sheet and place the whole peppers on the foil. Bake for about 35-40 minutes until beginning to char. Remove from the heat and leave to cool for about 5 minutes covering with a dish towel or placing in a large plastic bag.
- Step 2.** When cool, remove the skin, halve the peppers and remove the seeds. Cut the flesh into strips lengthways and place them into a bowl.
- Step 3.** Slice the sun-dried tomatoes into thin strips. Thinly slice the garlic.
- Step 4.** Mix together the vinegar and olive oil, then season with salt and pepper.
- Step 5.** Mix peppers with artichokes, tomatoes and garlic. Pour over the dressing and basil leaves. Marinate 3-4 hours before serving, tossing occasionally. When serving, garnish with more basil leaves.

SARDINES WITH OREGANO AND OIL

Serves 4

1 kg sardines

Oregano

Extra-virgin olive oil

Lemon juice



Wash the fish and remove the heads. In a saucepan add oil, lemon juice and oregano. Add some water and stir the mixture. When it boils place the fish in the saucepan and cook over low heat for 20-25 minutes.

SAUTEED MUSSELS WITH GARLIC HERBS

Serves 4

2 pounds fresh mussels
1 lemon slice
6 tablespoons extra-virgin olive oil
2 shallots, finely chopped
1 garlic clove, finely chopped
1 tablespoon chopped fresh parsley
½ teaspoon sweet paprika
¼ teaspoon dried chili flakes



- Step 1.** Scrub the mussels, discarding any damaged ones that do not close when tapped with a knife. Put the mussels in a large pan, with 1 cup water and the slice of lemon. Bring to a boil and cook for 3-4 minutes, removing the mussels as they open. Discard any that remain closed. Take the mussels out of the shells and drain on paper towels.
- Step 2.** Heat the oil in a saute pan, add the mussels and cook, stirring, for 1 minute. Remove from the pan. Add the shallots and garlic and cook, covered, over low heat for about 5 minutes or until soft. Remove from the heat and stir in the parsley, paprika and chili.
- Step 3.** Return to the heat and stir in the mussels. Cook briefly. Remove from the heat and cover for a minute or two, to let the flavors mingle, before serving.



Salads

CACIK

1 clove of garlic, minced with salt
1 cup cucumber, diced
1 ½ cup plain yogurt
1 cup water
Extra-virgin olive oil
Fresh dill, chopped



Place the garlic, yogurt and water in a medium sized bowl. Mix with a wooden spoon until it is blended very well. Add diced cucumber and mix again. With a ladle pour into small bowls and then add 1 tablespoon of olive oil on top of each. Garnish with fresh dill.

Note: Cacik goes very well as a side dish with white beans, rice or chickpeas.

CAPRESE SALAD

4 Large Ripe tomatoes, sliced ¼ inch thick
1lb Buffalo Mozzarella sliced ¼ inch thick
A good handful of Fresh Basil Leaves
A good pinch of Salt
Ground Black Pepper
4/5 tablespoons extra-virgin olive oil



- Step 1.** Arrange the sliced tomatoes on a serving plate. Sprinkle with a little salt. (This helps to bring out the juices.)
- Step 2.** Insert the sliced mozzarella between each slice of tomato.
- Step 3.** Garnish the whole salad with fresh basil leaves.
- Step 4.** Grind over some black pepper.
- Step 5.** Evenly spoon over the olive oil and vinegar or Vinaigrette Dressing.
- Step 6.** If you have time its a good idea to let the salad sit in the fridge for 20 minutes to really develop the juices and flavours.

GRILLED HALLOUMI AND GRAPE SALAD

5oz mixed green salad leaves
3oz seedless green grapes
3oz seedless black grapes
9oz halloumi cheese
2 tablespoon extra-virgin olive oil
Fresh young thyme leaves or dill, to garnish
For the dressing:
4 tablespoon extra-virgin olive oil
1 tablespoon lemon juice
½ teaspoon caster sugar
1 tablespoon chopped fresh thyme or dill
Salt and freshly ground black pepper



- Step 1.** To make the dressing, mix the olive oil, lemon juice and sugar together in a bowl. Season well with plenty of salt and black pepper. Stir in the chopped fresh thyme or dill and set aside.
- Step 2.** Toss together the mixed green salad leaves and the green and black grapes, then transfer to a large serving plate or salad bowl.
- Step 3.** Slice the halloumi cheese. Brush the slices with olive oil and cook briefly over a medium barbecue, or pan-fry on the stove, until golden, turning once.
- Step 4.** Arrange the cooked cheese over the salad. Pour over the dressing and garnish with thyme or dill leaves.

MOROCCAN DATES, ORANGE AND CARROT SALAD

Serves 4

- 1 Little Gem (Bibb) lettuce
- 2 carrots, finely grated
- 2 oranges
- 4 oz fresh dates, stoned (pitted) and cut into eighths, lengthways
- ¼ cup toasted whole almonds, chopped
- 2 tablespoon lemon juice
- 1 teaspoon caster (superfine) sugar
- ¼ teaspoon salt
- 1 tablespoon orange flower water



- Step 1.** Carefully separate the individual lettuce leaves and arrange them in the bottom of a salad bowl or on individual serving plates.
- Step 2.** Place the finely grated carrot in a mound on top of the arranged lettuce leaves.
- Step 3.** Peel and segment the oranges and arrange them around the carrot. Pile the prepared dates on top, then sprinkle the salad with the toasted almond pieces.
- Step 4.** To make the dressing, mix together the lemon juice, caster sugar, salt and orange flower water in a small bowl. When the mixture is thoroughly combined, sprinkle lightly over the salad and serve immediately.

RADICCHIO, ARTICHOKE AND WALNUT SALAD

Serves 4

1 large radicchio or 150g/5oz radicchio leaves, washed
6 tablespoons walnut pieces
3 tablespoons walnut oil
1 ¼ lb Jerusalem artichokes
Grated rind and juice of 1 lemon
Coarse sea salt and freshly ground black pepper
Flat leaf parsley, to garnish



- Step 1.** If using a whole radicchio, cut it into 8-10 wedges. Place the wedges or leaves in a flameproof dish. Scatter on the walnuts, drizzle with oil and season. Grill for 2-3 minutes.
- Step 2.** Peel the artichokes and cut up any large ones so that the pieces are all roughly the same size. Add to a pan of boiling salted water with half the lemon juice and cook for 5-7 minutes until tender. Drain.
- Step 3.** Toss the artichokes into the salad with the remaining lemon juice and the grated rind. Season with coarse sea salt and freshly ground black pepper. Grill until just beginning to brown and then serve at once, garnished with fresh flat leaf parsley.

ROASTED PEPPERS WITH TOMATOES AND ANCHOVIES

Serves 4

4 red peppers , halved and deseeded
50g can anchovies in oil, drained
8 smallish tomatoes , halved
2 garlic cloves , thinly sliced
2 rosemary sprigs
2 tablespoons extra-virgin olive oil



- Step 1.** Heat oven to 160C/140C fan/gas 3. Put the peppers into a large baking dish, toss with a little of the oil from the anchovy can, then turn cut-side up. Roast for 40 mins, until soft but not collapsed.
- Step 2.** Slice 8 of the anchovies along their length. Put 2 halves of tomato, several garlic slices, a few little rosemary sprigs and two pieces of anchovy into the hollow of each pepper. Drizzle over the olive oil, then roast again for 30 mins until the tomatoes are soft and the peppers are filled with pools of tasty juice. Leave to cool and serve warm or at room temperature.

SPICED AUBERGINE SALAD

Serves 4 to 6

2 large aubergines
50 ml extra-virgin olive oil
Salt
3 small, dried chillies
½ teaspoon fennel seeds
½ teaspoon Sichuan peppercorns
3 garlic cloves, crushed
2cm cube ginger, finely chopped
2 fresh red chillies, chopped
2 tablespoons dry sherry
2 tablespoons rice vinegar
3 tablespoons soy sauce
2 tablespoons water
1 tablespoon sugar
1 tablespoon sesame oil
4 spring onions, chopped
2 tablespoons coriander, chopped



- Step 1.** Cut the aubergines into 2cm cubes, sprinkle with salt and leave them for 20 minutes on a piece of kitchen towel.
- Step 2.** Pat them dry, toss them in a little of the sunflower oil and roast in a medium oven for about 20 minutes until just cooked.
- Step 3.** Grind together the dried chillies, fennel seeds and peppercorns.
- Step 4.** Add the rest of the sunflower oil to a wok and stir-fry the garlic, ginger and fresh chillies for a few minutes with the ground spices.
- Step 5.** Add the aubergine, mix together well, quickly followed by the sherry, rice vinegar, soy, water and sugar. Simmer for 5 minutes.
- Step 6.** Remove from the heat before adding the rest of the ingredients.

SWEET AND SOUR ONION

1 to 1 ½ pounds boiling or pearl onions
Salt
3 tablespoons extra-virgin olive oil
3 tablespoons cider, malt or white wine vinegar
1 tablespoon honey



- Step 1.** The hardest part about this recipe is peeling the onions. If you are using pearl or small cipollini onions, blanch them in boiling water for a minute or so and then plunge them into ice water to stop the cooking. Slice off the root and stem ends, and the papery skin should slip right off. If you are using the larger boiling onions, as we did here, just slice the stem end off the onion and peel as you would a normal onion.
- Step 2.** 2 Bring a pot of salty water to a boil, and boil your onions for 4-10 minutes, or until they are tender. Smaller onions will need less time. You want them al dente, not soft, because they will cook a bit more in the frying pan. Drain the onions well and set aside.
- Step 3.** 3 Get a frying pan hot over medium-high heat and add the olive oil. Let the olive oil get hot for a minute or two and add the onions. They will spit a little because they are full of moisture. Let them sizzle until you get some browning on a couple sides of the onion, about 4-5 minutes.
- Step 4.** 4 Meanwhile, mix the honey and vinegar vigorously until the honey dissolves. Add it to the frying pan. It will spit and sizzle violently. Turn the onions to coat with the mixture and turn the heat down to medium. Sprinkle salt over everything.
- Step 5.** 5 Let the vinegar-honey mixture boil down to a thick syrup. Turn the onions often to coat evenly. Serve hot or at room temperature, with a little sprinkling of a fancy salt like fleur de sel, if you have some.



Soups & Vegetarian

BROCCOLI SOUP

Serves 6

700 gr broccoli
1 medium onion
3 small potatoes
4 spoons white wine
3 cups chicken broth
2 spoons butter
1 lt milk
3 spoons cream
Salt
Pepper



Wash and clean broccoli, onion and potatoes. Melt the butter in a large saucepan and saute the broccoli, the onion and the potatoes for 7 - 10 minutes. Add the chicken broth, the wine, salt and pepper and let simmer for 20 minutes. Place the soup in a mixer and mash it. Put it back in the saucepan, add the milk and let it boil for 6 minutes. Serve hot with some cream on top and some pepper.

CHICK PEA SOUP

Serves 6

500 grams chick peas, skinned off
1 cup rice
1 cup extra-virgin olive oil
½ wine glass of lemon juice
Salt
1 onion, diced



Soak chick peas overnight in salted water. Rinse them next day and boil them in salted water. The portion of water to use depends on how much the soup you wish to be watery. When they start to boil remove froth and let them boil for 20 minutes. Pour half of the olive oil and onion and simmer until chick peas are tender. Then add rice and the rest of the olive oil and simmer until rice is cooked. Remove from heat and pour lemon juice. Serve warm.

CHICKEN SOUP

1 medium chicken
3 onions
1 cup of extra-virgin olive oil
1 cup of rice
salt
pepper



Clean the chicken well and remove any unnecessary giblets. Put it in a deep pan, add as much water is needed to cover it and boil it. When it starts boiling skim the fat off the soup and add the onions (chopped) and the olive oil. Leave the chicken to boil for an hour. Check that the chicken is coming apart easily. If not, boil it for more minutes (the boiling hour depends on how fresh the chicken is). Remove the chicken from the deep pan and put it on a plate. Boil the rice on the water you used to boil the chicken. While the soup is boiling, remove all the bones from the chicken. Add the clean parts of the chicken on the soup, salt and pepper. Serve the soup when the rice is ready. Chicken soup can also be served with egg and lemon sauce (avgolemono).

CHILLED ALMOND SOUP

7 oz unblanched almonds (preferably Spanish almonds – never ready-blanched for this recipe)

7 fl oz extra-virgin olive oil

3 cloves garlic, peeled

1 dessertspoon sherry vinegar

2 level teaspoons salt, or more, to taste

For Garnish:

8 ice cubes

4 oz (110 g) black grapes, deseeded and halved

1 dessert apple, peeled, cored and thinly sliced



Step 1. Blanch the almonds. To do this, place them in a heatproof bowl, pour in enough boiling water to cover and leave them aside for 3-4 minutes. Then drain them in a colander and simply squeeze the nuts out of their skins into the bowl.

Step 2. After that, put the almonds in the blender and pour in the olive oil. (The oil should just cover the almonds – if it doesn't, add a little more.) Then, add the garlic, vinegar and salt and liquidise until everything is smooth. Now, with the motor still running, slowly add about 12 fl oz (340 ml) cold water.

Step 3. Pour the soup into a large bowl and if it seems too thick, add a little more water. Then cover the bowl with clingfilm and keep it well chilled until you're ready to serve. Just before serving, stir in the ice cubes and ladle the soup into the chilled bowls. Garnish with the grapes and apple slices.

MOROCCAN TOMATO, LENTIL AND CHICK PEA SOUP

Serves 6 to 8

½ lb. uncooked meat (lamb, beef or chicken),
chopped into ½” pieces
Several soup bones (optional)
3 tablespoons vegetable oil
1 bunch cilantro (coriander), finely chopped to
yield about ¼ cup
1 bunch parsley, finely chopped to yield about
¼ cup
1 or 2 celery stalks with leaves, finely chopped
1 large onion, grated
1 handful of dry chick peas, soaked and then peeled
1 tablespoon smen (optional)
1 teaspoon ground cinnamon
1 tablespoon ground ginger
1 ½ teaspoons pepper
1 tablespoon kosher salt
½ teaspoon turmeric or ¼ teaspoon yellow colorant
6 large tomatoes (about 2 lb. or 1 kg), peeled, seeded and pureed
2 to 3 tablespoons dry lentils, picked over and washed
3 tablespoons tomato paste, mixed evenly into 1 or 2 cups of water
2 to 3 tablespoons uncooked rice OR uncooked broken vermicelli
1 cup flour



Step 1. Soak and skin the chickpeas. (You might want to soak them the night before you cook.) Pick through the lentils and wash them. Peel, seed and puree the tomatoes in a blender or food

processor. Or, stew the tomatoes and pass them through a food mill to remove the seeds and skin. Pick the parsley and cilantro leaves from their stems. Small pieces of stem are OK, but discard long, thick pieces with no leaves. Wash the herbs, drain well, and finely chop them by hand or with a food processor.

Step 2. Put the meat, soup bones and oil into a 6-qt. or larger pressure cooker. Over medium heat, cook the meat for a few minutes, stirring to brown all sides.

MOROCCAN TOMATO, LENTIL AND CHICK PEA SOUP (CONT.)

Step 3. Add the cilantro, parsley, celery, onion, chick peas, tomatoes, smen and spices. Stir in 3 cups of water. Cover tightly, and heat over high heat until pressure is achieved. Reduce the heat to medium, and cook for 20 to 30 minutes. Remove from the heat and release the pressure.

Step 4. Add the lentils, tomato paste mixture, and 2 quarts (or about 2 liters) of water to the stock. Set aside (but don't add yet), either the rice or vermicelli. Cover the pot and heat the soup over high heat until pressure is achieved. Reduce the heat to medium and continue cooking.

If adding rice: Cook the soup on pressure for 30 minutes. Release the pressure, and add the rice. Cover, and cook with pressure for an additional 15 minutes.

If adding vermicelli: Cook the soup on pressure for 45 minutes. Release the pressure, and add the vermicelli. Simmer the soup, uncovered, for five to ten minutes or until the vermicelli is plump and cooked.

Step 5. While the soup is cooking, mix together the 1 cup of flour with 2 cups of water. Set the mixture aside, and stir or whisk it occasionally. The flour will eventually blend with the water. If the mixture is not smooth when you're ready to use it, pass it through a sieve to remove balls. Once the rice (or vermicelli) has cooked, taste the soup for seasoning. Add salt or pepper if desired. Bring the soup to a full simmer. Slowly — and in a thin stream — pour in the flour mixture. Stir constantly and keep the soup simmering so the flour doesn't stick to the bottom. You will notice the soup beginning to thicken when you've used approximately half the flour mixture. How thick to make harira is your own preference. I like to thicken the broth so that it achieves a cream-like consistency. Simmer the thickened soup, stirring occasionally, for five to ten minutes to cook off the taste of the flour. Remove the soup from the heat.

PUMPKIN SOUP WITH GINGER

Serves 6

1 kg boiled pumpkin
3 cups lukewarm milk
1 spoon butter
1 spoon flour
1 tea spoon ginger powder
100 gr ham cut in thin stripes
Salt
Pepper

Drain the boiled pumpkin with a colander. Mash it with a fork or a mixer. In a saucepan heat the butter and add the flour. Add gradually the milk and mix constantly. Add the pumpkin mash and stir the soup, keeping it in low temperature. Add the ginger, salt, pepper and the ham. Stir and serve hot.

Optionally: Add croutons, grated cheese or finely chopped parsley.

SPICED MUSSEL SOUP

Serves 6

2 lb fresh mussels
2/3 cup white wine
3 tomatoes
2 tablespoons extra-virgin olive oil
1 onion, finely chopped
2 garlic cloves, crushed
2 celery sticks, thinly sliced
Bunch of spring onions, thinly sliced
1 potato, diced
1 1/3 teaspoon harissa sauce
3 tablespoons chopped fresh parsley
Ground black, pepper
Thick yogurt, to serve (optional)



Step 1. Scrub the mussels, discarding any damaged ones or any open ones that do not close when tapped with a knife.

Step 2. Bring the wine to the boil in a large saucepan. Add the mussels and cover with a lid. Cook for 4-5 minutes until the mussels have opened wide. Discard any mussels that remain closed. Drain the mussels, reserving the cooking liquid. Reserve a few mussels in their shells for garnish and shell the rest.

Step 3. Peel the tomatoes and dice them. Heat the oil in a pan and fry the onion, garlic, celery and spring onions for 5 minutes.

Step 4. Add the shelled mussels, reserved liquid, potato, harissa sauce and tomatoes. Bring just to the boil, reduce the heat and cover. Simmer gently for 25 minutes, or until the potatoes are breaking up.

Step 5. Stir in the parsley and pepper and add the rescued mussels. Heat through for 1 minute. Serve hot with a spoonful of yogurt, if you like.



Dinner

BLACK PASTA WITH SQUID SAUCE

Serves 4

7 tablespoon extra-virgin olive oil
2 shallots, chopped
3 garlic cloves, crushed
3 tablespoon chopped fresh parsley
1 ½ lb cleaned squid, cut into rings and rinsed
2/3 cup dry white wine
14oz chopped tomatoes
½ tablespoon dried chilli flakes or powder
1lb squid ink tagliatelle
Salt and ground black pepper



Heat the oil on a pan and add the shallots. Cook until pale golden, then add the garlic. When the garlic colours a little, add 2 tablespoons of the parsley, stir, then add the squid and stir again. Cook for 3-4 minutes, then add the wine. Simmer for a few seconds, then add the tomatoes and chilli flakes and season with salt and pepper. Cover and simmer gently for about 1 hour, until the squid is tender. Add more water if necessary. Cook the pasta in plenty of boiling, salted water, according to the instructions on the packet, or until al dente. Drain and return the tagliatelle to the pan. Add the squid sauce and mix well. Sprinkle each serving with the remaining chopped parsley and serve at once.

BRANDA DE MORUE

7 oz. piece of salt cod
3 tablespoons extra-virgin olive oil
4 garlic cloves
5 oz. creme fraiche



- Step 1.** Soak the salt cod in cold water, changing the water several times, for at least 24 hours beforehand.
- Step 2.** Gently poach the drained cod in water to cover for about 10-15 minutes.
- Step 3.** Take out the cod, let it cool and take off the skin if there is a skin. Carefully go over it and pick out any bones.
- Step 4.** Roughly flake the cod into the bowl of a food processor or mixer, with the garlic cloves. Pulse to chop it up, then add the olive oil and creme fraiche. Puree until smooth. The consistency should be that of thick mayonnaise. Add a little more olive oil if necessary.
- Step 5.** This makes about 2 cups. Store any left over sauce well covered in the refrigerator, and use up within a few days.

CALARAMATA WITH FRESH TUNA, FENNEL AND TOMATOES

Serves 4

400 g. fresh tuna, diced
1 teaspoon fennel seeds, crushed in a mortar & pestle
½ onion, chopped finely
400 g. canned tomatoes
Bunch of parsley, chopped finely
Salt & pepper
Extra-virgin olive oil



- Step 1.** Boil water for the pasta. When it boils, add salt. Cook according to the number of minutes suggested in the package.
- Step 2.** Meantime, saute' onions in a saucepan with extra-virgin olive oil.
- Step 3.** Add tuna. Cook for 5 minutes. Season with salt & pepper. Add the crushed fennel seeds. Take away half of the tuna. Set aside. Crush the remaining tuna in the saucepan with a fork.
- Step 4.** Add the tomato sauce. Cook for half an hour. If the sauce is drying up, ladle some water from the pot you are boiling for the pasta.
- Step 5.** Add the other half of tuna. Adjust salt & pepper. Cook for another 5 minutes.
- Step 6.** Mix the cooked pasta with the sauce. Add the parsley. Cook together for a couple of minutes.
- Step 7.** Drizzle with extra virgin olive oil before serving.

CHARCOALED SWORDFISH WITH ZUCCHINI AND MUSHROOMS

Serves 6

6 swordfish fillets
2 teaspoons finely cut coriander
1 ½ tea cup extra-virgin olive oil
2 tea cups red wine
1 tea cup vinegar
1 ½ spoon honey
2 teaspoons oregano
1 kg zucchini, cleaned and cut in slices
800 grams wild mushrooms



Wash, strain and salt the swordfish fillets. Use a bowl to mix the wine with the coriander. Marinade the fish with this mixture for 3 hours. Baste the fish, zucchini and mushrooms with oil and bake in coal. Mix in a cup the oil, the vinegar, the oregano and the honey and pour it over the fish and the vegetables when they are baked. Serve with red wine.

COD WITH AROMATIC HERBS

1 kg salt cod
500 gr spinach, finely chopped
1 large lettuce, finely chopped
1 bunch dill, finely chopped
1 bunch parsley, finely chopped
2 spoons oregano
2 onions
1 cup extra-virgin olive oil
2 spoons tomato paste



Soak the cod in water overnight to remove salt. Heat olive oil in a saucepan and roast the onions. Add dill, parsley, spinach and lettuce and roast them for a while. Dredge oregano over them and add the cod. Dissolve the tomato paste into a glass of water and pour it over the cod. Let the cod simmer for 30 minutes. Do not stir during these period.

GREEK FISH WITH CORIANDER

Serves 2

2 spoons of coriander seeds

1 tea spoon salt

2 steaks cod

Vinegar made from white wine



Preheat the oven in 190 C. Place the coriander seeds in a baking pan and bake them for 10 minutes. Let them cool for some minutes. Mash them with a mortar together with the salt. Drain the fish steaks and remove any tiny bones you can find. Sift them with the coriander mixture and place them in a baking pan (baste the baking pan with oil). Cover the pan and place it in the oven. Bake the fish for 20 – 25 minutes. Remove from the oven, sprinkle with vinegar and serve hot.

Note: Do not forget to sprinkle with vinegar.

GREEK SHRIMPS IN A GLAZE OF HONEY

Serves 2

225 gr cooked, cleaned shrimps (if frozen, defrost and strain them)
1 spoon extra-virgin olive oil
2 spoons garos
1 spoon honey
2 spoons fresh oregano
Black pepper



Place the oil, garos and honey in a baking pan and add the shrimps. Saute the shrimps on this juice for 2-3 minutes until they soften. Remove the shrimps and keep them warm. Boil the juice until half of it remains. Add the oregano and pour the sauce over the shrimps. Dredge black pepper over them and serve.

ITALIAN PRAWN SKEWERS

Serves 4

2 lb raw tiger prawns, peeled
4 tablespoon extra-virgin olive oil
3 tablespoon vegetable oil
1 ¼ cups very fine dry ciabatta breadcrumbs
1 garlic clove, crushed
1 tablespoon chopped fresh parsley
Salt and freshly ground black pepper
Lemon wedges, to serve



- Step 1.** Slit the prawns down their backs and remove the dark vein. Rinse the prawns in cold water and pat dry using kitchen paper.
- Step 2.** Put the olive oil and vegetable oil in a large bowl and add the prawns, mixing them to coat evenly. Add the breadcrumbs, garlic and parsley and season with salt and pepper. Toss the prawns thoroughly, to give them an even coating of breadcrumbs. Cover and leave to marinate for 1 hour.
- Step 3.** Thread the prawns on to four metal or wooden skewers, curling them up as you do so, so that the tail is skewered in the middle.
- Step 4.** Preheat the grill. Place the skewers in the grill pan and cook for about 2 minutes on each side, until the breadcrumbs are golden. Serve with lemon wedges.

SQUIDS IN WINE TOMATO SAUCE

Serves 4 to 6

1 kg squid
2 - 3 onions
200 ml red wine
1 teaspoon tomato paste
1 fresh tomato, peeled and cut in small pieces
100 ml extra-virgin olive oil
Pepper



Rinse the squids. Clean them (remove backbone and eyes). Separate the tentacles from the main body. Saute the onions in oil. Then add squids and saute for a couple of minutes. Pour the wine and add the pepper, tomato paste and the tomato and cook until squids are tender. Add some water if more is required. The remaining sauce should be thick and oily.

STUFFED SQUID

Serves 3 to 4

1 kg medium-sized squid
1 cup rice
2 medium onions or 1 cup finely chopped spring onions
1 tomato
1 ½ cups extra-virgin olive oil
Parsley
Dill
Salt
Pepper
Sugar



Wash and clean the squid by removing the backbone. Cut the tentacles and keep them. Rinse the rice and place it in a bowl. Chop the tentacles in pieces and place them in the bowl. Chop the onions and the tomato. Heat the olive oil in a saucepan and brown the onions. Then add the rice and the tentacles, the tomato, a teaspoon of sugar (gives extra taste), salt and pepper. Add a glass of water, stir well and cook in medium heat. When the water evaporates, remove the saucepan from the heat and add the chopped parsley and the dill. Stuff the squid hoods halfway with the stuffing and close the opening with a toothpick. Place them in a saucepan and let them simmer.

Note: If any of the stuffing has been left, simmer it and use it to garnish the squid.



Sweets

HALVA

2 cups coarse semolina
1 cup extra-virgin olive oil
2 ½ cups sugar
½ cup almonds
5 cups water
Cinnamon
3 cloves
Lemon rind



Heat the olive oil in a large saucepan and then slowly add the semolina, stirring constantly with a wooden spoon until it is golden. Add the almonds. Continue browning on a low flame, stirring constantly. Once the mixture has browned remove the pan from the flame and cover with a towel. Boil the water with the sugar for 2-3 minutes. Add the syrup to the semolina mixture. Put the pan on a very low flame and cover with the lid for a few minutes until the syrup is absorbed. Sprinkle with the cinnamon.

HONEY PUFFS (LOUKOUMADES)

650 grams flour
1 full tablespoon yeast
1 cup of lukewarm water
1 tablespoon salt
Oil for frying
2 cups honey
1 cup water
Cinnamon (optional)



- Step 1.** Put the flour in a bowl and mix it with the salt. Make a well in the centre and put in the yeast, having diluted it first in the lukewarm water. Combine the mixture, adding more lukewarm water to make
- Step 2.** a medium dough. Knead it for a little while then place the dough, covered with a clean cloth, in a warm place to rise.
- Step 3.** When it has done so (you can judge this by the small bubbles that will have formed on the surface), it is ready. In a deep pan put plenty of oil to heat. Wet your hands and take a piece of the dough squeezing it in your fist to allow a small amount of the dough to be forced through the opening between your thumb and forefinger.
- Step 4.** Take a spoon and wet it, then scoop the dough from between your thumb and forefinger and place it in the boiling oil. When the puffs have browned slightly, remove from the oil and serve on a flat dish with honey and cinnamon poured over them.

OATMEAL AND TRAIL MIX COOKIES

- ½ cup extra-virgin oil
- ¾ cup brown sugar blend sugar replacement
- 1 egg
- 1 teaspoon vanilla
- 1 cup whole wheat flour
- ½ teaspoon baking soda
- ¼ teaspoon salt
- 1 cup large flake rolled oats
- ½ cup Back to Nature Trail Mix - Raisins, Almonds, Pumpkin Seeds, Pecans and Apricots, chopped



- Step 1.** Heat oven to 350° F.
- Step 2.** Beat oil and brown sugar replacement in large bowl with mixer until well blended. Add egg and vanilla; mix well.
- Step 3.** Mix flour, baking soda and salt. Add to egg mixture; beat until well blended. Stir in remaining ingredients. Drop teaspoonfuls of dough, 1 inch apart, on baking sheets.
- Step 4.** Bake 10 to 12 min. or just until centres are set. Cool on baking sheets 3 min. Remove to wire racks; cool completely.

PASTRYLESS TARTE TATIN

1/3 cup apple jelly
1 pkg. (85 g) Jell-O Lemon Jelly Powder
½ teaspoon ground cinnamon
8 large Granny Smith apples, peeled, cored
and cut into eight wedges
1 cup thawed Cool Whip Light Whipped
Topping



- Step 1.** Preheat oven to 400°F. Melt jelly in 10-inch ovenproof skillet on medium-high heat. Stir in dry jelly powder and cinnamon. Cook and stir 5 min. or until jelly powder is dissolved and mixture begins to bubble and colour. Carefully arrange apples, in overlapping concentric circles, on bottom of skillet. Top with remaining apples.
- Step 2.** Cook on medium-low heat 20 min. or until apples begin to soften and jelly mixture begins to thicken. Cover skillet with foil; place in oven. Bake 20 min. or until apples are tender. Cool.
- Step 3.** Refrigerate at least 2 hours or overnight. When ready to serve, heat skillet on medium-high heat 3 min. or until apples loosen from bottom of skillet. Place large serving plate over skillet and tilt to allow any juice to flow out into a bowl. Invert skillet carefully onto plate. Cut into eight wedges. Top each wedge with 2 tablespoons whipped topping.

TURNOVERS (DIPLES)

2 cups of flour
3 eggs
4 tablespoonfuls of brandy
1 teaspoonful of baking powder
2 tablespoonfuls of sugar
Extra-virgin olive oil
1 cup of honey
½ cup of warm water
Coarsely chopped walnuts
Cinnamon



Step 1. Mix the flour with the baking powder in a bowl. Make a well in the centre. Beat the eggs with the sugar and the brandy and add this to the flour, kneading well. Allow the dough to stand for half an hour and knead again. (Maybe half a cup of flour more may be required, but do not add this until you are sure if it is needed). Roll out the dough into a thin sheet then cut it into strips which can be tied in bows or knots or any shape you wish. Put plenty of oil in a frying pan to heat. The turnovers must be fried in very hot oil. When they have browned lightly, remove them from the heat and allow them to drain on absorbent kitchen paper. Prepare the honey syrup by dissolving the honey in warm water. Pour it over the turnovers, which have been placed on a flat dish.

Step 2. Sprinkle with walnuts and cinnamon.

YIANNA BAKLAVA

Crushed walnuts
½ kilo fyllo pastry sheets
1 tea cup extra-virgin olive oil
2 slices dried bread, crumbled
1 cup sugar
Lemon peel
Cinnamon
For the syrup:
1 ½ kilos sugar
4 cups water
Lemon juice



- Step 1.** Lay half the fyllo pastry sheets on a baking tray, brushing each one with olive oil. Add the crushed walnuts, bread crumbs, lemon peel and cinnamon.
- Step 2.** Cover with the remaining fyllo sheets, brushing each with olive oil.
- Step 3.** Mark out the individual pieces with a knife. Drizzle with a little olive oil. Cook in a medium oven for one hour. In a saucepan boil the water, sugar and lemon juice together for 5-10 minutes.
- Step 4.** When the baklava has cooled down pour the hot syrup over it. Serve as soon as the syrup has been absorbed.