

The Mediterranean Plant-Forward Kitchen



Culinary Institute
of America

Olive Oil-Based Recipes from the Mediterranean Kitchen

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PLANT-FORWARD MEDITERRANEAN COOKBOOKS

Explore our curated list of some of the most influential and must-read Mediterranean plant-forward cookbooks that raise the profile of vegetables and provide tested culinary strategies for serving them in their most delicious forms. The list includes cookbooks in English only, authored by both chefs and cookbook authors. While some of these cookbooks include recipes focusing on animal proteins, they also include many fabulous plant-forward dishes that made these books part of our essential collection.

1. [*Basque Country: A Culinary Journey Through a Food Lovers Paradise*](#) by Marti Buckley
2. [*Tapas: The Little Dishes of Spain*](#) by Penelope Casas
3. [*The Turkish Cookbook*](#) by Musa Dagdeviren
4. [*The Georgian Feast: The Vibrant Culture and Savory Food of the Republic of Georgia*](#) by Darra Goldstein
5. [*Mediterranean Fresh: A Compendium of One Plate Salad Meals and Mix-and-Match Dressings*](#) by Joyce Goldstein
6. [*The New Mediterranean Jewish Table: Old World Recipes for the Modern Home*](#) by Joyce Goldstein
7. [*Pasta, Pane, Vino: Deep Travels through Italy's Food Culture*](#) by Matt Goulding
8. [*The Middle Eastern Vegetarian Cookbook*](#) by Salma Hage
9. [*Essentials of Classic Italian Cooking*](#) by Marcella Hazan
10. [*Virgin Territory, Exploring the World of Olive Oil*](#) by Nancy Harmon Jenkins
11. [*The New Mediterranean Diet Cookbook: A Delicious Alternative for Lifelong Health*](#) by Nancy Harmon Jenkins
12. [*Feast: Food of the Islamic World*](#) by Anissa Helou
13. [*The Palestinian Table*](#) by Reem Kassis
14. [*The Greek Vegetarian: More Than 100 Recipes Inspired by the Traditional Dishes and Flavors of Greece*](#) by Diane Kochilas
15. [*Ikaria: Lessons on Food, Life, and Longevity from the Greek Island Where People Forgot to Die*](#) by Diane Kochilas
16. [*My Greek Table*](#) by Diane Kochilas
17. [*Mediterranean Vegetarian Feasts*](#) by Aglaia Kremezi
18. [*Mediterranean Hot and Spicy: Healthy, Fast, and Zesty Recipes from Southern Italy, Greece, Spain, the Middle East, and North Africa*](#) by Aglaia Kremezi
19. [*The Jewish Cookbook*](#) by Leah Koenig
20. [*The Greek Diet*](#) by Maria Loi
21. [*The Foods of Southern Italy*](#) by Carlo Middione
22. [*Almonds, Anchovies, and Pancetta: A Vegetarian Cookbook, Kind Of*](#) by Cal Peternell
23. [*Catalan Food: Culture and Flavors from the Mediterranean*](#) by Daniel Olivella
24. [*Jerusalem: A Cookbook*](#) by Yotam Ottolenghi and Sami Tamimi
25. [*The Food of Spain*](#) by Claudia Roden
26. [*Anatolia: Adventures in Turkish Eating*](#) by Somer Sivrioglu and David Dale

27. [Zahav](#) by Michael Solomonov
28. [Soframiz: Vibrant Middle Eastern Recipes from Sofra Bakery and Café](#) by Ana Sortun and Maura Kilpatrick
29. [Mediterranean Greens and Grains](#) by Paula Wolfert
30. [Couscous and other Good Foods from Morocco](#) by Paula Wolfert

OLIVE OIL BASED RECIPES

OLIVE OIL BASED SAUCES AND DIPS

CHERMOULA VINAIGRETTE

| Ingredients | Amounts |
|-------------------------------------|-----------|
| Lemon juice, fresh | ½ cup |
| Garlic cloves, finely minced | ½ ea. |
| Paprika | 1 tsp. |
| Cayenne pepper | ½ tsp. |
| Cumin seeds, toasted, ground | 2 tsp. |
| Parsley, chopped | ½ cup |
| Cilantro, chopped | ½ cup |
| Extra-virgin olive oil | 1 cup |
| Salt | as needed |
| Ground black pepper | as needed |
| Preserved lemon, chopped (optional) | as needed |

Method

1. Mix the lemon juice, garlic, paprika, cayenne, and cumin in a mixing bowl until smooth.
2. Whisk in the parsley, cilantro, and olive oil. If necessary, add more oil so that the vinaigrette is not too thick.
3. Taste and add more lemon juice or vinegar if needed. Season to taste with salt and pepper. Makes about 2 cups, enough for 4 salads.

Note: Good on grilled vegetables, hard cooked eggs, cooked tuna or shrimp, bean salads, potato salads, grain salads

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EZME – TURKISH TOMATO AND POBLANO RELISH

Yield: 2 pints

| Ingredients | Amounts |
|---|---------------------|
| Extra-virgin olive oil | ¼ cup |
| Onion, grated | 8 Tbsp. |
| Garlic, minced (about 8 cloves) | 2 Tbsp. |
| Sweet paprika or Turkish paprika (kirmizi biber)* | 1 tsp. |
| Aleppo or Maras chili pepper or cayenne | ½ tsp. or as needed |
| Tomatoes, peeled, seeded, chopped approx. 4 cups | 2 lbs. |
| Cider vinegar | 1/3 cup |
| Brown sugar | 2 Tbsp. |
| Poblano chiles, roasted, peeled, chopped approx. ½ cup | 2 ea. |
| Pomegranate molasses | as needed |
| Salt | as needed |

Method

1. Place the onions and olive oil in a pot and cook over low heat until soft.
2. Add the garlic and spices and cook until aromatic.
3. Add the tomatoes, cider vinegar and brown sugar. Cook until thickened.
4. Add the poblano pepper, pomegranate syrup, and salt to taste. Simmer until thick.

HARISSA

Yield: about 1/3 cup

| Ingredient | Amount |
|--|---------------|
| New Mexico or guajillo chiles, dried stemmed, seeded | 9 ea. (3 oz.) |
| Garlic clove, crushed with ¼ tsp. salt | 1 ea. |
| Coriander seed, ground | ¼ tsp. |
| Caraway seed, ground | ¾ tsp. |
| Cumin, toasted, ground | ¼ tsp. |
| Extra-virgin olive oil | as needed |

Method:

1. Soak chiles in water for 15 minutes. Drain well.
2. Place chiles in food processor or blender with garlic and spices. Puree until smooth while adding olive oil and water if needed.
3. Add enough olive oil to make a thin layer of oil. Cover tightly and keep refrigerated.

Note: If coarse, place in a blender and blend well, then push through a mesh strainer using a rubber spatula.

MATBUCHA

Yield: 4 Portions

| Ingredients | Amounts |
|--|----------------|
| Extra-virgin olive oil | ¼ cup |
| Garlic cloves, large, sliced thin | 4 ea. |
| Red chile, minced | 1 ea. |
| Cumin seeds, toasted, ground | 1 tsp. |
| Paprika | 1 tsp. |
| Red peppers, roasted, peeled, small dice | 4 ea. |
| Tomatoes, canned, chopped | 1 ¾ cups |
| Salt | as needed |
| Ground black pepper | as needed |
| Lemon zest | 1 tsp. |
| Lemon juice | as needed |
| Cilantro, chopped | 2 Tbsp. |

Method

1. Heat the olive oil over low heat. Add the garlic and let cook slowly until soft and translucent, approximately 10 minutes. Add the red chiles and spices, cook for 1 minute or until aromatic. Add the roasted peppers, let cook for 15 minutes or until the liquid has evaporated.
2. Add the tomatoes and continue to cook over medium low heat until the liquid has evaporated, approximately 30 minutes.
3. Remove from the heat, add salt, pepper, lemon zest and juice to taste.
4. Stir in cilantro.

Variation: This can be served hot or cold.

Use as part of mezze, as a side salad or a relish to serve with grilled meat or seafood.

MUHAMMARA

WALNUT AND POMEGRANATE SEED SAUCE

Yield: 2 cups

| Ingredients | Amounts |
|---|----------------|
| Bell pepper, large, red, roasted, peeled, seeded, rough chopped | 3 ea. |
| Walnuts, toasted, coarsely chopped | 1 ½ cups |
| Breadcrumbs, dry, toasted | ¼ cup |
| Chili pepper flakes, or Aleppo pepper | 2 tsp. |
| Cumin, ground, toasted | 1 tsp. |
| Allspice, a pinch | 1 ea. |
| Tomato paste | 2 Tbsp. |
| Pomegranate molasses | 2 Tbsp. |
| Lemon juice | 1-2 Tbsp. |
| Salt | as needed |
| Extra virgin olive oil | 6 Tbsp. |
| Parsley, chopped | as needed |

Method

1. Combine nuts, breadcrumbs, and spices in the container of a food processor or blender. Process to combine.
2. Add tomato paste, pomegranate molasses, lemon, and process until smooth. Add roasted peppers and process again. Add salt. Gradually add the olive oil
3. Spoon into a small bowl and garnish with chopped parsley. Chill until ready to serve.

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PARSLEY AND GARLIC PICADA

Yield: 1 Cup

| Ingredients | Amounts |
|--|----------------|
| Garlic cloves, medium, roughly chopped | 2-4 ea. |
| Salt | 1 tsp. |
| Parsley leaves, curly | 3 cups |
| Lemon zest | 1 tsp. |
| Extra-virgin olive oil | ½-¾ cup |

Method

1. Mash the garlic and salt together in a mortar with a pestle until the garlic is completely broken into a fine paste.
2. Add the parsley leaves gradually in small pinches, smashing them completely before adding more. The herbs will go from looking fluffy to dark green and wet to a green paste. It takes a long time; salt helps. So do friends. Stir in the olive oil.
3. To store, spoon the picada into ice cube trays in 1 tablespoon portions and pour thin layer of oil on top of each portion. Freeze until solid.
4. Transfer the frozen picada portions to a freezer bag, squeeze out the air, and seal. Store in the freezer for up to 3 months. Thaw before using or add directly to the pan for dishes that will be simmering.

Source: Daniel Olivella. Published with permission of the author. All rights reserved.

ROMESCO SAUCE

Yield: 2 cups

| Ingredients | Amounts |
|---|--------------------------|
| Nora or Ancho chiles, seeded, stemmed | 2 ea. |
| Garlic cloves, large, minced | 1 ea. |
| Almonds or hazelnuts, toasted, or a combination | 1 cup |
| Bread, slice, fried in olive oil | ½ ea. |
| Red bell pepper, roasted, peeled, seeded, and chopped | 1 ea. |
| Tomato, peeled and seeded, fresh or canned | 1 cup |
| Sweet pimentón or sweet paprika | 1 Tbsp. |
| Hot pimentón or cayenne pepper | ½ tsp., or more to taste |
| Red wine vinegar or lemon juice | 3 Tbsp. |
| Salt | 1 tsp. |
| Extra virgin olive oil | ¾ cup |

Method

1. Put the chiles in hot water to cover. Let steep for 20 minutes. You may need to weight them down with a small plate. Once rehydrated and soft, drain well.
2. Place the garlic and nuts and fried bread in a food processor and process on and off until finely ground.
3. Add drained chile, red pepper, tomato, spices, and vinegar. Process to combine. Gradually beat in the olive oil until mixture emulsifies. Add salt to taste and a little more vinegar as wanted for balance. Refrigerate until needed. Bring to room temperature before serving.

Note: Romesco Sauce is a Catalan mixture made with roasted peppers, garlic, tomato, and almonds and/or hazelnuts, held in suspension and balance by extra virgin oil and vinegar. The romesco pepper is somewhat reminiscent in flavor of a dried ancho. It is also the name of a rich and flavorful nut thickened sauce, a specialty of the city of Tarragona in the province of Catalonia. Traditionally it is served as a condiment for cooked shellfish and grilled wild green onions called calcots. You could think of it as Catalan ketchup because it seems to be good on everything, from broiled fish and lamb chops to cooked vegetables such as beets, potatoes, asparagus, and green beans. Romesco is not supposed to be a smoking "hot" sauce, but according to personal taste, you may intensify the heat component if that is your desire. If you do not have access to dried anchos you can use ancho chili powder, 1 tablespoon in place of the dried peppers.

Romesco can be made well ahead of time. It keeps for at least 6 weeks in the refrigerator if you don't use it all at one time. This version uses almonds and hazelnuts but you could use just almonds or hazelnuts. The recipe doubles or triples with ease.

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SALSA VERDE

Yield: 3 cups

| Ingredients | Amounts |
|-------------------------------------|----------------|
| Parsley, finely chopped | 1 cup |
| Capers, rinsed and coarsely chopped | ¼ cup |
| White onion, finely chopped | 4-6 Tbsp. |
| Garlic cloves, finely chopped | 1 ea. |
| Anchovy, finely chopped | 2 Tbsp. |
| Red wine vinegar, or lemon juice | 1/3 cup |
| Extra-virgin olive oil | 1 cup |
| Salt | 1 tsp. |
| Ground black pepper | ¼ tsp. |

Method

1. Combine all ingredients.

Note: You may want to add just part of the vinegar and add the remaining to taste because they vary so much in acidity. For slightly milder sauce, use lemon juice instead of vinegar.

SANTORINI FAVA WITH BRAISED CAPERS AND ONIONS

Yield: 1 liter

| Ingredients | Amounts |
|---|------------------------------|
| <i>Fava</i> | |
| Extra-virgin olive oil | 3 Tbsp. plus, more as needed |
| Onion, medium, finely chopped | 1 ea. |
| Salt | 2 tsp. |
| Yellow split peas, picked over and rinsed | 2 cups |
| Bay leaves | 2 ea. |
| Turmeric | 1 Tbsp. |
| Lemon juice | as needed |
| <i>Braised Caper and Onion</i> | |
| Capers, good-quality medium or large capers, preferably salt-packed | 1 cup |
| Extra-virgin olive oil | ½ - 2/3 cup |
| Purple onions, julienne | 3 cups |
| Sweet red wine, such as Mavrodaphne or sweet marsala | 1 cup |
| Red wine vinegar optional if using brine-packed capers | 2-3 Tbsp. |
| Maraş pepper or ground black pepper | as needed |
| Parsley, chopped | as needed |

Method

1. *For the Fava:* Rinse the peas and soak overnight in water to cover by 2 inches.
2. Drain the peas and rinse.
3. Heat the olive oil in a skillet, add the onion, sprinkle with salt and sauté for about 5 minutes, until just soft. Add the drained and rinsed split peas and add water to cover by 4 inches. Bring to a boil. Reduce the heat to low and simmer, skimming often, for 5 minutes.
4. Add the turmeric and bay leaves, simmer for about 1 ½ - 2 hour, stirring occasionally. Add a little warm water, as needed, to keep the peas covered as they cook. The peas are done when they are very soft and not starchy. Puree with an immersion blender or transfer to a food processor and process. Let the puree cool completely; it will thicken considerably.
5. If a lighter texture is desired, puree the fava in a food processor, add in ¼ cup olive oil and adjust seasoning with salt and lemon juice.
6. *For the Braised Onion-Caper Topping:* If using salt-packed capers, place them in a colander and rinse under lukewarm running water for 2-3 minutes, or until they lose their excessive saltiness. If using brine-packed capers, rinse them well to remove most of their tartness. Dry the capers on paper towels.
7. In a deep skillet heat 1/4 cup of the oil and sauté the onions over medium heat, tossing often until soft, about 8 minutes. Add the capers and the remaining oil and cook for 2-3

minutes or until the capers start to sizzle. Pour in the wine and cook for 1 minute. Add a ½ cup of water, reduce the heat to low and cook for 8 minutes.

8. Turn the heat to high and cook, stirring, until the water has evaporated, and the onions start to caramelize. Remove from the heat and add vinegar and pepper to taste; you may not need to add vinegar if using capers that were packed in brine. Let cool before serving.
9. *To Assemble:* Transfer the cooled split pea purée to a shallow bowl and spread it with a spoon, leaving about a 1 inch space all around from the edge of the bowl and the purée. Use the spoon to create a well in the center of the purée. Spread the Onion-Caper Topping in and around the well. Drizzle with extra-virgin olive oil and sprinkle with Maraş or black pepper, and parsley if you like.

Notes: The fava can be prepared to this point up to 3 days in advance. Store covered in the refrigerator and bring to room temperature before serving. The capers and onions can be made up to 3 days in advance, covered and refrigerated; bring to room temperature before serving.)

Source: Aglaia Kremezi. Published with permission of the author. All rights reserved.

SOFRITO

Yield: 2 Cups

| Ingredients | Amounts |
|--|----------------|
| Extra Virgin Olive Oil | ½ cup |
| Onion, medium, small diced | 1 ea. |
| Tomatoes, canned, peeled whole strained (juice reserved), roughly chopped, 5 to 6 tomatoes total per can | 32 oz. |
| Green pepper, diced | 1 ea. |
| Garlic, minced | 1 Tbsp. |
| Paprika | 1 tsp. |
| Salt | ¼ tsp. |

Method

1. Heat olive oil in a deep sauce or sauté pan over a medium-high flame. Add the onions and reduce the heat to low.
2. Braise the onion slowly covered, stirring often, especially at the end. The onions will turn translucent, then golden. This should take about 30 minutes.
3. When the onions are done, add in the tomatoes. Gently simmer, uncovered, for 60 and 75 minutes, gradually adding in the conserved juice as the liquid evaporates out.

SPICED ORANGE AIOLI

Yield: 2 cups

| Ingredient | Amount |
|-----------------------------------|---------------|
| Orange juice, fresh | 1 cup |
| Egg yolks, pasteurized | 3 ea. |
| Lemon, juiced | ½ ea. |
| Extra virgin olive oil | 1 ½ cups |
| Orange zest, blanched and chopped | 1 tsp. |
| Salt | 1 tsp. |
| Ground black pepper | 1/4 tsp. |
| Ground cumin, a pinch | 1 ea. |
| Ground cloves, a pinch | 1 ea. |
| Ground allspice, a pinch | 1 ea. |
| Cayenne pepper, a pinch | 1 ea. |

Method:

1. In a sauté pan, reduce the orange juice by 2/3. Set aside to cool.
2. In a stainless-steel bowl, combine the egg and lemon juice. Whisk until smooth. Add the olive oil in a steady stream and continue to whisk until you reach the desired consistency. Add the orange juice, zest, and spices to combine.

Source: Catherine Brandel and Chris Schlesinger. Published with permission of the author. All rights reserved.

TARATOR

Yield: 6 Portions

| Ingredients | Amount |
|------------------------------|---------------|
| Hazelnuts, toasted, peeled | 1 cup |
| Garlic cloves, finely minced | 1-2 ea. |
| Tahini | ½ cup |
| Lemon juice | ¼ cup |
| Water | ½ - ¼ cup |
| Extra-virgin olive oil | ¼ cup |
| Salt | 1 tsp. |
| Ground black pepper | ¼ tsp. |

Method

1. Place hazelnuts and garlic in the container of a food processor and pulse quickly to crush the nuts. Add tahini, lemon juice and water. Puree quickly but do not over process. Turn on the food processor and slowly add in the extra-virgin olive oil to emulsify.
2. Season to taste with salt and pepper. If the sauce is too thick, beat in a little more water. This tarator sauce can be made ahead of time but will thicken considerably while standing. Just thin with water as needed for a smooth spreadable puree.

Note: Walnuts may be used in place of hazelnuts but the puree will become a weird purple color if it sits too long. Toasted pistachios or pinenuts, or a combination of nuts can also be used.

This sauce is wonderful for deep fried mussels and other small fish. It also goes well with cooked cauliflower, green beans, beets, and carrots.

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TZAZIKI

Yield: About 5 Cups

| Ingredients | Amounts |
|---|----------------|
| English cucumbers, seeded, cut in a small dice | 2 ea. |
| Salt | as needed |
| Garlic cloves | ½ - 1 ea. |
| Salt | 1 tsp. |
| White wine vinegar | 1 Tbsp. |
| Lemon juice | 3 Tbsp. |
| Extra-virgin olive oil | 2 Tbsp. |
| Greek yogurt, plain | 3 cups |
| Dried mint, crumbled | 2 Tbsp. |
| Dill, chopped | 2 Tbsp. |

Method

1. Peel and thinly slice or grate the cucumbers. Place the cucumber in a bowl and toss with a little salt. Place in a non-reactive colander with a bowl underneath. Set aside for 15 minutes or longer to draw some of the liquid out of the cucumbers.
2. Mash the garlic to a paste with 1 teaspoon of salt.
3. Stir the vinegar and lemon juice into the paste and then stir in the oil.
4. Add the yogurt, dried mint, dill and mix well.
5. Rinse the salt from the cucumber slices in a colander and squeeze them dry with a kitchen towel. Fold into the yogurt mixture.
6. To serve: Garnish with fresh mint.

Note: Reduce the amount of garlic if it is strong or hot. Serve with wedges of pita bread or crackers, or fresh vegetables such as carrots or celery sticks.

ZAALOUK (ZAHLOUK)

Yield: 4 -6 Portions

| Ingredients | Amounts |
|---------------------------------|---------------------------|
| Eggplant, globe | 3 ea. |
| Extra-virgin olive oil | ¼ cup plus more as needed |
| Onion, medium, minced | ½ ea. |
| Garlic cloves, large, minced | 4 ea. |
| Cumin seeds, toasted, ground | 1 tsp. |
| Paprika | ¾ tsp. |
| Aleppo pepper | 1 tsp. |
| Tomatoes, peeled, seeded, diced | 3 ea. |
| Lemon zest | 1 tsp. |
| Salt | as needed |
| Ground black pepper | as needed |
| Lemon juice | as needed |
| Cilantro, chopped | 4 Tbsp. |

Method

1. Preheat a grill. Place the eggplants on the grill and cook until the flesh is soft and the peel is charred. Turn the eggplant periodically during the cooking process so it cooks evenly. Once it is soft all over, place on a baking sheet and let rest until cool enough to peel.
2. Peel the eggplant and roughly chop in ½" pieces and let drain in a non-reactive strainer to remove any excess liquid.
3. Heat a saucepan with olive oil. Add the onions and sweat over low heat until translucent, approximately 15 minutes. Add the garlic and spices and let cook for 1 minute or until aromatic. Add the tomatoes and let cook for 30 minutes or until the tomatoes have reduced to a paste like consistency.
4. Add the eggplant, gently mix and cook over low heat for 20 minutes or until the flavors meld.
5. Add the lemon zest, and adjust the seasoning with salt, pepper, and lemon juice.
6. Let cool. Stir in the cilantro and a little more extra-virgin olive oil. Refrigerate overnight.
7. Serve at room temperature or cold.

Note: Serve as a sauce or dip. Would be delicious with grilled fish, lamb or poultry. Can also be served as a side salad for a mezze.

ZHUG

Yield: 1 Cup

| Ingredients | Amounts |
|---|-------------------------------|
| Coriander seed | 1 tsp. |
| Cumin seeds | ½ tsp. |
| Black peppercorns, whole | 1 tsp. |
| Green cardamom pods, seeds only, toasted (optional) | 3 ea. |
| Garlic, chopped | 2 ea. |
| Serrano or thai bird chilies, chopped | 2- 4 ea. |
| Salt | 1 tsp. + additional as needed |
| Cilantro leaves and fine stems, packed roughly chopped | 1 cup |
| Parsley leaves and fine stems, packed roughly chopped | 1 cup |
| Extra-virgin olive oil | ½ cup |
| Lemon juice | 4 tsp. + additional as needed |

Method

1. Toast the seeds separately in a dry sauté pan.
2. Combine coriander seed, cumin, black pepper, and cardamom seeds (if using) in a mortar and pestle and grind into a powder using a firm, circular motion.
3. Add garlic, chilies, and salt and pound into a rough paste.
4. Add cilantro and parsley a little at a time, pound into a rough paste.
5. Once a coarse paste is achieved, slowly drizzle in olive oil while pounding to form an emulsion. Season to taste with more salt.
6. Zhug can be served immediately or stored in an airtight container in the refrigerator for several weeks

Note: To make in a food processor, place all ingredients in a food processor and pulse to a coarse puree.

AIOLI

Yield: 2 ½ cups

| Ingredients | Amounts |
|------------------------|----------------|
| Egg yolks | 3 ea. |
| Garlic, roasted | 1 head |
| Extra virgin olive oil | 2 cups |
| Lemon juice | 1 tsp. |
| Salt | to taste |
| Black pepper | to taste |

Method

1. Place garlic, lemon juice, and egg yolks in a food processor and puree.
2. Slowly add the olive oil and season to taste with salt and pepper.

GRIBICHE; EGG AND MUSTARD DRESSING

Yield: 2 cups

| Ingredients | Amounts |
|----------------------------|----------------|
| Eggs, hard boiled, chopped | 4 ea. |
| Dijon mustard | 2 Tbsp. |
| White wine vinegar | 1 Tbsp. |
| Olive oil | 1 cup |
| Parsley, minced | ½ cup |
| Capers, minced | ¼ cup |
| Cornichons/pickles minced | ¼ cup |

Method

1. Put 3 eggs, mustard, and vinegar in the bowl of a food processor and pulse to chop.
2. Finely chop the remaining egg and set aside.
3. Add the oil, drop by drop with the motor running until a thick sauce is created, thinning with water as necessary. Fold in the cornichons, capers, herbs, and rest of the eggs and adjust the seasoning.

TAHINI SAUCE

Yield: 2 ½ cups

| Ingredients | Amounts |
|------------------------|----------------------------|
| Tahini paste | 1 cup |
| Lemon juice | 1 ea. |
| Garlic, minced | 2 tsp. |
| Cumin, ground, toasted | 2 tsp. |
| Water | 2 cups (or more if needed) |
| Olive oil | ½ cup |
| Salt | to taste |
| Ground black pepper | to taste |
| Honey | 1 Tbsp. |

Method

1. Combine all the ingredients and mix well with a whisk. Adjust with more water to get a slightly runny consistency.

APPETIZERS AND SMALL PLATES

BRAISED GARDEN SQUASH AND CHERRY TOMATOES WITH CHERMOULA, LEMON RICOTTA AND PINE NUTS

Yield: 4 Portions

| Ingredients | Amounts |
|--|-----------|
| <i>Country Style Croutons</i> | |
| Whole grain batard, hand torn into ½ -1" pieces | 1 cup |
| Garlic, smashed with salt | ½ tsp. |
| Extra-virgin olive oil | 1 oz. |
| Parmesan, finely grated | 1 Tbsp. |
| Salt | as needed |
| Black pepper, ground | as needed |
| <i>Ricotta</i> | |
| Ricotta cheese | 1 cup |
| Lemon, zest and juice | 1 tsp. |
| Lemon juice | 1 tbsp. |
| Salt | ½ tsp. |
| Summer squash or zucchini, cut in half lengthwise | 1 lb. |
| Salt, plus more | 1 ½ tsp. |
| Extra-virgin olive oil, divided, plus more for drizzling | 6 Tbsp. |
| Chermoula | 2 Tbsp. |
| White wine vinegar | 2 Tbsp. |
| Red pepper flakes | as needed |
| Black pepper, ground | as needed |
| Cherry tomatoes | 1 pt. |
| Mint leaves, small | ½ cup |
| Pine nuts (optional) | ¼ cup |

Method

1. *For the Croutons:* Place the bread on a sheet pan and let sit out overnight to dry.
2. Combine the garlic, olive oil, cheese, salt, and pepper in a bowl. Toss with the bread.
3. Preheat a 350°F oven. Place the bread on a baking sheet and bake until crisp and golden brown.
4. *For the Ricotta:* Combine the ricotta, lemon zest, lemon juice and salt.
5. *For the Squash:* In a colander over a bowl, toss squash and salt and let sit for 10-15 minutes. Then pat dry with paper towels. Cut pieces in half if large.
6. Mix the chermoula, vinegar, red pepper flakes, and pepper.

7. Heat a large skillet over medium-high heat. Add the oil and arrange the squash cut side down. Evenly brown the squash until golden brown on the cut side, about 5 minutes. Reduce heat to medium-low, add the tomatoes and chermoula mixture, gently mix and cover. Continue to cook until the squash is tender but still holds its shape, about 5-10 minutes and tomatoes have wrinkled. Remove from the heat and remove the lid. Let cool to room temperature.
8. *To Serve:* Spread lemon ricotta over the platter.
9. Top with squash and the pan juices.
10. Sprinkle mint, croutons, and pine nuts over squash.

FRIED ARTICHOKES, FENNEL AND LEMON SLICES

Yield: 6 Portions as a first course

| Ingredient | Amount |
|---------------------------------------|---------------|
| Fennel bulb, thinly sliced | 2 ea. |
| Lemon, thinly sliced | 3 ea. |
| Artichoke heart, thinly sliced | 6 ea. |
| Briwa Batter (recipe follows) | as needed |
| Extra-virgin olive oil for frying | ½ gal. |
| Spiced Orange Aioli (recipe index) | as needed |

Method:

1. Heat oil to 350 F.
2. Dip vegetables in batter and fry in batches for 2-3 minutes until crispy. Remove slices and drain on paper towels. Sprinkle with salt and pepper. M
3. Serve with Spiced Orange Aioli.

BRIWA BATTER

Yield: 1 Quart

| Ingredients | Amount |
|--------------------|-------------------|
| Cake flour | 3 cup |
| Cornstarch | $\frac{3}{4}$ cup |
| Baking soda | 1 Tbsp. |
| Salt | 2 Tbsp. |
| Sparkling water | as needed |

Method

1. Combine dry ingredients.
2. Whisk in sparkling water to desired consistency.

BLISTERED PADRON PEPPERS WITH ROMESCO

Yield: 4 Portions

| Ingredients | Amount |
|------------------------------|---------------|
| Olive oil | 1 Tbsp. |
| Padrón peppers | 12 oz. |
| Coarse sea salt | as needed |
| Extra-virgin olive oil | 2 Tbsp. |
| | |
| Romesco sauce (recipe index) | 1 cup |

Method

1. Heat a cast iron skillet large enough to fit the peppers in a single layer over medium high heat.
2. Add the oil and then the peppers. Cook without moving until blistered on first side, about 30 seconds. Flip and shake the peppers and continue to cook, turning occasionally, until well blistered all over and tender-crisp, about 1 1/2 minutes total. Season with salt.
3. Transfer peppers to a serving plate. Drizzle with extra-virgin olive oil and sprinkle with more coarse salt. Serve immediately with a bowl of Romesco Sauce.

MEDITERRANEAN GRAIN BOWL WITH CHERMOULA, TUNA CONFIT, AND ZAALOUK

Yield: 4 Portions

| Ingredients | Amounts |
|--|----------------|
| <i>Marinated Cucumbers, Fava Beans, and Tomatoes</i> | |
| Cucumbers, sliced in half lengthwise, seeded, sliced ¼" thin on bias | 1 cup |
| Fava beans, shelled, blanched, peeled | 1 cup |
| Cherry tomatoes, cut in half | 1 cup |
| Lemon juice | 2 Tbsp. |
| Extra-virgin olive oil | 2 Tbsp. |
| Mint, chopped | 1 Tbsp. |
| Lemon zest | 1 tsp. |
| <i>Grain Bowl Base</i> | |
| Cauliflower rice | 4 cups |
| Olive oil | 1 oz. |
| Garlic clove | ½ ea. |
| Salt, a pinch | 1 ea. |
| Extra-virgin olive oil | 2 Tbsp. |
| Chermoula (recipe index) | as needed |
| Kale, julienned | 1 bu. |
| Farro or your favorite grain, cooked | 1 cup |
| Red quinoa, cooked | 1 cup |
| Preserved lemon, rinsed, julienned | 2 Tbsp. |
| Parsley leaves | ¾ cup |
| Cilantro leaves | ¼ cup |
| <i>Toppings</i> | |
| Marinated Cucumbers, Fava Beans, and Tomatoes (see above) | |
| Zaalouk (recipe index) | as needed |
| Marinated Olives (recipe follows) | as needed |
| Tuna Confit with (recipe follows) | as needed |
| Crispy Za'atar Chickpeas (recipe follows) | as needed |
| Micro cilantro | ¼ cup |

Method

1. *For the Marinated Cucumbers, Fava Beans, and Tomatoes:* Place the cucumbers, fava beans and cherry tomatoes in a bowl. Add the mint and lemon zest. Sprinkle with lemon juice and olive oil. Season with salt and pepper.
2. *Grain Bowl Base:* Preheat a 425°F oven. (If using frozen riced cauliflower heat oven to 500°F)

3. Toss the cauliflower rice with the olive oil. Season with salt and pepper. Spread in a thin layer on a baking sheet and roast in a hot oven until caramelized. Set aside and let cool.
4. Smash the garlic to a paste with a pinch of salt. Add a tablespoon of Chermoula.
5. Add the kale and gently massage to wilt the kale. Season with salt, pepper.
6. Combine the roasted cauliflower, farro, and quinoa in a bowl. Add the kale, preserved lemon, parsley leaves and cilantro leaves. Season with Chermoula, salt and pepper.
7. To Serve: Mound the grain mix in each bowl. Top with the Marinated Cucumbers, Fava Beans, and Tomatoes, a spoonful of Zaalouk, a few Marinated Olives, and Tuna Confit drizzled with Chermoula. Finish with a sprinkle of Crispy Za'atar Chickpeas and micro cilantro or cilantro sprig.

MARINATED OLIVES

| Ingredients | Amounts |
|--|----------------|
| Extra-virgin olive oil | 2 cups |
| Garlic cloves, cut in half | 6 ea. |
| Lemon, peel only, not pith | 2 ea. |
| Bay leaves | 2 ea. |
| Rosemary, thyme or oregano sprigs | 3 ea. |
| Olives, assorted picholine, queens, kalamatas | 3 cups |

Method

1. Combine the olive oil garlic, lemon peel, and herbs in a 2 qt sauce pot. Heat over low and let the ingredients infuse for 10 minutes.
2. Add the olives and let heat for 15 minutes. Remove from heat and cool.

TUNA CONFIT

Yield: 4 servings

| Ingredient | Amounts |
|--|----------------|
| Tuna steak, belly strip or trimmings skin removed | 1 lb. |
| Salt | 2-4 tsp |
| <i>Seasoned Oil</i> | |
| Basil stems, bruised | 4 ea. |
| Thyme sprigs, bruised | 4 ea. |
| Bay leaves, crushed | 4 ea. |
| Garlic cloves, cut in 4 lengthwise | 4 ea. |
| Lemon zest | 1 ea. |
| Black peppercorns | 1/2 tsp. |
| Serrano chili, split lengthwise (optional) | 1 ea. |
| Olive oil, mild | 3 - 3 1/2 cups |

Method:

1. Salt the fish liberally. Set aside and let sit 6 hours to overnight.
2. *For the Seasoned Oil:* Place all the other ingredients into a 2-quart saucepan (approximately) and bring to the barest simmer for 10 minutes to infuse the oil. You do NOT want to brown the garlic or onions.
3. Rinse the fish and pat dry. Gently poach the salted fish in the oil. Watch the fish carefully; it can still be barely pink in the center.
4. Set the cooked fish aside, cool the oil, and once cooled, pour the oil over the fish to store. You may strain out the vegetables and herbs or leave them in. The fish will keep under oil in the refrigerator for several days, but the texture will never be quite as good as if you can manage to eat it without chilling it.

Note: The herbed oil mixture can be used to flavor salads after you have cooked the fish, or kept refrigerated for a week for reuse.

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CRISPY ZA'ATAR CHICKPEAS

Yield: 2 Cups

| Ingredients | Amounts |
|-----------------------------------|----------------|
| Chickpeas, cooked, drained, dried | 2 cups |
| Extra-virgin olive oil | 2 Tbsp. |
| Salt | as needed |
| Za'atar | 1 Tbsp. |

Method

1. Preheat a 425°F oven. Toss the chickpeas with extra-virgin olive oil and salt. Place in a single layer on a parchment lined baking sheet.
2. Place in a hot oven and bake for 25 minutes or until the chickpeas are crispy and dry.
3. Remove from the oven and toss with the Za'atar. Let cool.

SHAKSHUKA

Yield: 3-4 Portions

| Ingredients | Amounts |
|-----------------------------------|--------------------|
| Olive oil | 2 Tbsp. |
| Cumin seeds | 1 tsp. |
| Onions, thinly sliced | 2 cups |
| Red bell peppers, thinly sliced | 1 cup |
| Yellow bell pepper, thinly sliced | 1 cup |
| Garlic cloves, sliced thin | 2 ea. |
| Serrano chile, minced | 1 ea. or as needed |
| Coriander seeds, toasted, ground | 1 tsp. |
| Paprika | 1 tsp. |
| Bay leaves | 1 ea. |
| Thyme leaves, chopped | 1 ½ tsp. |
| Tomatoes, canned, chopped | 16 oz. |
| Salt | as needed |
| Ground black pepper | as needed |
| Vegetable stock | ½ - 1 cup |
| Eggs | 3-4 ea |
| Green onions, finely minced | ¼ cup |
| Parsley, finely chopped | 1 ½ Tbsp. |
| Cilantro, finely chopped | 1 ½ Tbsp. |
| <i>Optional Garnishes</i> | |
| Yogurt | 2 oz. |
| Preserved lemons, fine julienne | 1 Tbsp. |
| Feta cheese crumbled | 1 Tbsp. |
| Zhug (recipe index) | as needed |

Method

1. Add the oil to the skillet add the cumin seeds and toast in the oil for a minute until aromatic. Add the onion and peppers, and sauté until they begin to change color. Add the garlic, chile, and ground spices, cook until aromatic. Add the bay leaves and thyme leaves; cook for 3 minutes over medium heat.
2. Add the tomatoes and their juice; cook over medium heat, stirring occasionally, until the sauce is thick like a paste. Season with salt and pepper.
3. Add the stock to thin out to tomato sauce consistency.
4. *To Serve:* Bring the sauce to a simmer, carefully break the eggs into the sauce and season with salt. Poach the eggs in the sauce until they are cooked to desired doneness. Cover the pan to assist with the cooking, if needed.
5. Place in bowls to serve. Garnish with green onions, parsley, and cilantro.
6. Serve with optional yogurt, preserved lemons, feta cheese, and zhug on the side.

SWEET POTATO SPANISH TORTILLA WITH ROMESCO AND GREEN OLIVES*

Yield: 18 Portions

| Ingredients | Amount |
|---|---------------|
| Sweet potatoes or yams, large, scrubbed, peeled and thinly sliced | 12 ea. |
| Olive oil spray | as needed |
| Red onions, medium, thinly sliced | 6 ea. |
| Garlic, thinly sliced | 12 ea. |
| Salt | 1 tsp. |
| Black pepper, ground | to taste |
| Eggs, large | 15-18 ea. |
| Toothpicks or cocktail picks | as needed |
| Green olives, pitted | 18 ea. |
| Cherry tomatoes | 3 cups |
| Prosciutto, slices (optional) | 24 ea. |
| Romesco Sauce (recipe follows) | |

Method

1. Heat a large non-stick sauté pan and add ½ the sweet potato slices spraying with a little olive oil. Sauté until they turn golden brown, remove browned sweet potatoes to set aside on a sheet tray while you repeat this step with the with the other ½ of the sweet potatoes.
2. Add the onions and continue to toss until the onions brown without burning. Spray with at little more olive oil as needed. Add the garlic and continue to cook for several minutes until fragrant. Season with salt and pepper.
3. Whisk the eggs together and season with salt and pepper. In a large bowl, mix all of the sweet potatoes and the onion and garlic mixture with the whisked eggs. Pour the whole mixture into 4-5 different 8" nonstick pans, and using a heat proof rubber spatula, stir gently. Lower the heat, shaking the pans now and then to prevent sticking.
4. Cook until the eggs are set and the tortilla comes away from the sides of the pan.
5. Shake the tortilla to make sure that it is loose. Flip onto a plate then slide back in the pan to cook the other side for a few minutes
6. Allow the tortilla to sit for 5 minutes.
7. Turn out the tortilla onto a cutting board and cut into even wedges
8. Skewer an olive, cherry tomato and a slice of prosciutto if desired and stab this into the wedge of tortilla.
9. Serve warm or cold with Romesco Sauce.

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TUNISIAN CARROT SALAD WITH HARISSA AND FETA CHEESE

Yield: 6 servings

| Ingredients | Amount |
|-----------------------------------|---------------|
| Carrots, peeled and cut ½" rounds | 6 ea. |
| Salt | 2 tsp. |
| Garlic clove, chopped | ½- 1 ea. |
| Caraway seeds, ground | 1 tsp. |
| Salt | as needed |
| Harissa (recipe index) | 1 Tbsp. |
| Water, cool | ¼ cup |
| Black olives, brine-cured, pitted | ¼ cup |
| Feta cheese, crumbled | ¼ cup |
| Extra virgin olive oil | ¼ cup |
| Red or white wine vinegar | 2 Tbsp. |

Method:

1. Bring a pot of water to a boil, add carrots and salt, cook for 5 minutes, just until they start to become tender. Drain, and spread the carrots out on a cool sheet pan to halt the cooking. Chop the carrot rounds very coarsely.
2. In a mortar, pound the garlic to a paste with the caraway and salt. Dilute the harissa with the water. If the olives are very large, chop them coarsely. Set aside a bit of feta and a few olives for garnish.
3. In a bowl, combine the carrots, garlic paste, and diluted harissa. Mix well. Add the oil and vinegar and toss once more to mix well. Sprinkle the crumbled cheese and olives over the top.
4. Set aside at room temperature for at least 30 minutes to develop the flavors. Garnish with the reserved olives and cheese and serve.

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TUNISIAN MARKET SANDWICH

Yield: 4 Portions

| Ingredients | Amounts |
|---|--------------------------|
| <i>Tunisian Carrot Salad</i> | |
| Carrots, medium, peeled, julienned, or large grated | 5-6 ea. |
| Garlic clove, chopped | 1 ea. |
| Sea salt | as needed |
| Caraway seed, ground | 1 tsp. |
| Cumin seed, toasted, ground | ¼ tsp. |
| Harissa (recipe index) | 1 Tbsp. + more as needed |
| Lemon juice, freshly squeezed | 1 Tbsp. |
| Extra virgin olive oil | 2 Tbsp. |
| <i>Mechouia</i> | |
| Red peppers, roasted, peeled, seeded, julienned, reserve juices | 2 ea. |
| Green peppers, roasted, peeled, seeded, julienned, reserve juices | 2 ea. |
| Jalapenos roasted, peeled, julienned, reserve juices | 1-2 ea. |
| Tomatoes, medium | 4 ea. |
| Onions, small, unpeeled | 2 ea. |
| Parsley leaves, coarsely chopped | ½ cup |
| Extra virgin olive oil | 3 Tbsp. |
| Lemon juice | 1 Tbsp. |
| Sea salt | as needed |
| Ground black pepper | as needed |
| Cilantro, fresh, minced | 1 Tbsp. |
| <i>To Assemble</i> | |
| Crusty bread rounds or crusty bread Or Tunisian Bread (recipe index) | 4 ea. |
| Potatoes, yellow-fleshed, medium, boiled, peeled, thinly sliced | 1 ea. |
| Capers, rinsed | 1 Tbsp. |
| Eggs, hard-boiled, coarsely chopped | 2 ea. |
| Tuna, confit (recipe index) | 1.75 oz. |
| Preserved lemon peel, chopped | 1 ea. |
| Black and green olives, pitted, coarsely chopped | ½ cup |
| Baby greens or salad to serve with | |

Method

1. *For the Carrot Salad:* Using the large holes of a grater, grate carrots into a bowl. In a mortar, pound garlic to a paste with a pinch of salt. Stir in the caraway, cumin, lemon juice and harissa, mixing well, then the olive oil. Beat with a fork or a small wire whisk to amalgamate and immediately pour over the grated carrots. Set aside at room temperature for about 30 minutes to develop flavors.
2. *For the Mechouia:* Preheat a 450°F oven.
3. Roast the tomatoes and onions on a baking sheet in a hot oven or under the broiler until the peel is charred, but the flesh is still firm. Remove from the heat. Let sit until cool enough to touch. Remove the peels. Julienne the onion. Remove the seeds from the tomatoes and julienne the tomatoes.
4. Combine the roasted peppers and chiles, onions and tomatoes.
5. Add the parsley and toss to mix well.
6. In a separate bowl, Whisk together the oil and lemon juice. Season with salt and pepper. Add to the pepper mixture and adjust the seasoning.
7. *To Assemble:* Cut the bread in half. Remove some of the dough in the middle.
8. Slather harissa all over the inside of the bread. Stuff in the potatoes, mechouia, lemon, olives, capers and tuna a little at a time, ending with the tuna. Sprinkle on enough olive oil to drizzle down inside. Serve immediately.

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TUNISIAN BREAD

Yield: 12 Rolls

| Ingredients | Amounts |
|-----------------------------------|----------------|
| Flour, sifted | 3 cups |
| Whole wheat flour | 1 cup |
| Active dry yeast | 2½ tsp. |
| Peanut oil | 4 Tbsp. |
| Sugar | 1½ Tbsp. |
| Egg, beaten | 1 ea. |
| Salt | 1 Tbsp. |
| Warm water (or more if necessary) | ¾-1 cup |

Method

1. In the bowl of the stand-mixer, add the flour, sugar and yeast, and mix well.
2. Dig a well in the center of this mixture and pour in the egg and oil.
3. Start mixing at low speed and gradually stir in water until obtaining a homogeneous, light dough that detaches from the sides of the bowl.
4. Add salt, increase the speed to medium, and knead for 5 minutes.
5. Cover the dough with a cloth and let it rise for 1h30 in a warm place, away from drafts.
6. Once the dough has doubled in volume, place it on a lightly floured work surface and punch it down.
7. Divide the dough into several pieces of about 4 ounce.
8. Shape each piece of dough into a stick to obtain oval buns.
1. Place them, with enough space between them, on a sheet lined with greased parchment paper.
2. Cover them with a clean cloth and let them rise again for 20 - 40 minutes.
3. Heat the frying oil in a deep frying pan and fry, at medium temperature, 3 at a time (not more).
4. Fry for about 2 to 3 minutes on each side until they are golden brown. Drain on paper towels.

WHOLE GRAIN PASTA WITH ITALIAN PESTO ALLA TRAPANESE, ZUCCHINI, AND BLISTERED TOMATOES

Yield: 8 Portions

| Ingredients | Amounts |
|---|----------------|
| <i>Pesto alla Trapanese</i> | |
| Almonds, blanched, slivered, toasted | 1/3 cup |
| Garlic, crushed peeled | 1 ea. |
| Cherry tomatoes, cut in half | 12 oz. |
| Red pepper flakes, a pinch | 1 ea. |
| Extra virgin olive oil | 1/2 cup |
| Mint or basil leaves | 1/2 cup |
| Pepperoncini, stemmed, seeded, chopped | 1 ea. |
| Pecorino, grated | 1 oz. |
| Salt | 1/2 tsp. |
| Ground black pepper | 1/2 tsp. |
| | |
| Whole grain pasta | 1/2 lb. |
| Extra-virgin olive oil | 2 Tbsp. |
| Cherry tomatoes, cut in half | 1 pt. |
| Garlic clove, minced | 1 ea. |
| Red chile flakes, a pinch | 1 ea. |
| Broccoli rabe, blanched, cut in 1" pieces | 2 cups |
| Pecorino, grated | as needed |
| Mint or basil leaves, torn | 1/4 cup |

Method

1. Place the almonds and garlic in a food process and pulse to coarsely chop. Add the tomatoes, and red pepper flakes and puree. Slowly add the extra-virgin olive oil to emulsify.
2. Add the herbs and pepperoncini, and cheese. Puree for 1 minute more. Season with salt and pepper.
3. Cook the pasta according to the package directions.
4. While the pasta is cooking, heat a sauté pan over medium high heat. Add the 1 tablespoon oil and tomatoes. Cook over high to blister the tomatoes. Reduce the heat, add the garlic, cook a few seconds, add the broccoli rabe and chili flakes. Toss to warm.
5. Add the cooked pasta and the pesto. Toss to combine. Adjust seasoning with salt and pepper.
6. Finish with cheese and herbs.

ENTREES

SALT CRUSHED NEW POTATOES WITH AIOLI AND ROMESCO SAUCE

Yield: 8 portions

| Ingredients | Amounts |
|------------------------------------|----------------|
| Butterball or yellow finn potatoes | 3 lbs. |
| Fine sea salt | 1/3 cup |
| Aioli (recipe follows) | 2 cups |
| Romesco sauce (recipe follows) | 2 cups |
| Parsley leaves | 1/4 cup |

Method

1. Bring potatoes and salt up to a boil covered with water and simmer until almost fork tender, about 8-10 minutes.
2. Drain most of the water leaving behind about an inch.
3. Continue cooking the potatoes until the water has evaporated, swirling the pot often to coat each potato evenly.
4. The potatoes should be coated with a crust of salt at this point.
5. Crush the potatoes and serve them warm, with Aioli and Romesco, and garnish with parsley.

AIOLI

Yield: 2 ½ cups

Ingredients

Amounts

| | |
|------------------------|----------|
| Egg yolks | 3 ea. |
| Garlic, roasted | 1 head |
| Extra virgin olive oil | 2 cups |
| Lemon juice | 1 tsp. |
| Salt | to taste |
| Black pepper | to taste |

Method

3. Place garlic, lemon juice, and egg yolks in a food processor and puree.
4. Slowly add the olive oil and season to taste with salt and pepper.

ROMESCO SAUCE

Yield: 1 Quart

| Ingredients | Amounts |
|---|----------------|
| Ñoras (dried red peppers) | 16 ea. |
| Garlic cloves, chopped | 6 ea. |
| Marcona almonds, toasted | ¾ cup |
| Hazelnuts, blanched, toasted, | ¾ cup |
| Parsley, chopped | ½ cup |
| Bread slices, fried in olive oil | 2 ea. |
| Red bell pepper, roasted, cleaned | 2 ea. |
| Fresno red chile pepper, roasted seeded, chopped | 1 ea. |
| Roma tomato, roasted over open flame | 2 ea. |
| Sherry vinegar | ¼ cup |
| Pimenton dulce | 2 tsp. |
| Salt | to taste |
| Extra virgin olive oil | ¾ cup |

Method

1. Remove seeds and stems from the noras. Then cover with boiling water and let soften for 1 hour. Drain, reserving a little liquid.
2. Puree the noras with garlic cloves in a food processor adding the nuts, parsley, fried bread, peppers, and tomato to homogenize the paste.
3. Next pour the red wine vinegar, pimenton, and salt to taste.
4. Process in a food processor to the consistency of fine breadcrumbs. And pour in the olive oil slowly to emulsify. Taste and add salt and adjust with more vinegar if needed.

KAKAVIA; GREEK FISH AND POTATO SOUP

Yield: 10 portions

| Ingredients | Amounts |
|---|----------------|
| Russet potatoes, peeled, sliced 1/8-in. | 1 ½ Lbs. |
| Yellow onion, finely diced | 8 oz. |
| Salt | to taste |
| Ground black pepper | to taste |
| Extra-virgin olive oil | ¾ cup |
| Water | as needed |
| Black bass, whole | 3 ½ Lbs. |
| Lemons, juice of | 2 ea. |
| Parsley, chopped | 1/3 cup |

Method

1. Peel and slice the potatoes about 1/8-inch thick. Peel and dice the onion fine. Clean the fish, trim the fins with scissors, remove the head, and gut the fish. Cut each of the cleaned fish into three thick slices.
2. In a 3-quart soup pot, layer the potatoes and the onion alternately until both are used up. Season each layer of potatoes with salt and pepper. Pour the olive oil over the potatoes and add water until the potatoes are barely covered. Season the fish and lay the fish on top of the potatoes in a single layer. Cover the pot and bring it to a boil over high heat. Shake the pot occasionally to prevent the potatoes from sticking to the bottom and scorching. Once the pot boils, reduce the heat slightly but maintain a strong boil.
3. After about 5 minutes begin checking the fish for doneness – the tail sections will cook faster than the thicker sections from near the gills. When the fish is barely cooked, remove it to a platter and return the cover to the pot and continue to boil. The action of the boiling along with the gelatin from the skin of the fish will make the olive oil emulsify. Check the bottom of the pot periodically to be sure the potatoes aren't catching or scorching. Add additional water if the soup is getting too thick.
4. Once the fish is cool enough to handle, pick the meat from the bones and discard the bones and the skin. Flake the fish into bite-sized pieces and reserve along with any liquid that has gathered on the platter with the fish.
5. After about 20 minutes of boiling, the potato and onion should be tender. Add the lemon juice to the soup and pass it through a fine food mill (it should be nearly puréed already). Adjust the seasoning with salt, pepper, and lemon juice if needed.
6. Reheat the soup after you are happy with the flavor. Once hot, add the fish and the parsley and serve immediately in warm soup plates before the fish over cooks.

SPIRALIZED BEET AND CARROT NOODLE BOWL WITH GINGER TAHINI SAUCE AND FARRO AND KALE

Yield: 8 portions

| Ingredients | Amounts |
|---|------------------|
| <i>Dressing</i> | |
| Almond butter | ½ cup |
| Tahini | 1/3 cup |
| Lime | 2/3 cup |
| Soy sauce | 2 Tbsp. |
| Honey | 2 Tbsp. |
| Grated fresh ginger | 2 Tbsp. |
| Garlic cloves, minced | 3 ea. |
| Toasted sesame oil | 1 tsp. |
| Hot water | ¾ cup |
| <i>Noodles</i> | |
| Red beets, trimmed and peeled | 1 ½ lb. |
| Carrot, trimmed and peeled sliced thin on bias | 1 ½ lb. 8 ea. |
| Scallions, sliced thin on a bias | 1 bu. |
| Cilantro leaves | ½ cup |
| Sesame seeds, toasted | 2 Tbsp. |
| | |
| Farro, cooked | 1 qt |
| Kale, bite size pieces | 2 qt |
| Olive oil | ¼ cup |
| Lemon juice | 2 Tbsp. |
| Salt | as needed |
| Black pepper, ground | as needed |

Method

1. *For the Dressing:* Whisk all ingredients, except the water, together in large bowl until well combined. Whisking constantly, add hot water, 1 tablespoon at a time, until dressing has consistency of heavy cream (you may not need all of water).
2. *For the Noodles:* Using spiralizer, cut beets and carrots into ⅛-inch-thick noodles; then cut beet and carrot noodles into 6-inch lengths.
3. Add beet and carrot noodles and scallions to dressing and toss well to combine. Sprinkle with cilantro and sesame seeds.
4. In a large bowl, add kale, and farro and toss to combine with lemon juice, olive oil, salt, and pepper.
5. *To Assemble:* Plate the kale mixture and top with the noodles.

BRAISED BLACK BEAN AND CHORIZO AREPA MOLE VERDE

Yield: 20-25 Arepas

| Ingredients | Amounts |
|---------------------------------------|---------|
| Black beans, sorted, soaked overnight | ½ lb. |
| Garlic clove | 4 ea. |
| White onion | ½ ea. |
| Bay leaf | 1 ea. |
| Cumin, ground | 1 tsp. |
| Olive oil | ¼ cup |
| Water | 1 qt. |
| Mexican Chorizo | 1 lb. |
| Prepared Masa (recipe follows) | 2 lb. |
| Mole Verde (recipe follows) | 2 qts. |
| Cotija cheese, crumbled | 1 cup |
| Red onion, small dice | 1 cup |
| Radishes, thinly sliced | 1 cup |

Method

1. Drain beans and place into a pot with the garlic, onion, bay leaf, cumin, olive oil, and water. Bring to a simmer, and cook on low until softened and creamy, about 1 ½ hours. Allow to cool in liquid.
2. Drain beans.
3. Cook chorizo on medium heat until cooked through and crumbly. Mix beans and the chorizo together, set aside.
4. Separately, knead the masa and divide into balls about 1½ inches in diameter. Then roll into cylinders about 2½ inches long. Make into oval tortillas, either by hand or in a tortilla press. Then spread a tablespoon of the chorizo and bean mixture down the center of the masa and fold over, pressing the edges of the dough together to seal and lightly press and form into an oval shape.
5. Cooking the arepas: Wipe the skillet (preferably non-stick) with a bit of oil and put it over medium heat.
6. Allow the pan to fully heat up before adding the arepas.
7. Once the pan is hot, add the arepas to the pan and cook without moving them in the pan for 5-7 minutes. Reduce the heat to medium low and cover the pan with a lid to help the arepas cook a bit faster.
8. Flip the arepas over when lightly brown and allow them to cook on the other side for about the same amount of time.
9. You may need to turn them several times cooking for an additional few minutes until they are done.

10. Serve smothered with mole Verde and garnish with queso cotija, red onion, and radishes.

MASA FOR AREPAS

Yield: 2 pounds

| Ingredients | Amounts |
|--------------------|----------------|
| Water, warm | 5 cups |
| Yogurt | 1 cup |
| Salt | 1 Tbsp. |
| Masa for Tamales | 5 cups |

Method

1. Place water, yogurt, and salt in a mixing bowl. Stir to dissolve the salt.
2. Add 1 cup of masa to the mixture and stir with a spoon. Add the remaining masa and mix it well. As the dough thickens, you will need to begin working the dough with your hands.
3. The dough is ready to shape into arepas when it is firm and no longer very sticky.

MOLE VERDE

Yield: 4 quarts

| Ingredients | Amounts |
|---|----------------|
| <i>Lettuce mixture</i> | |
| Green leaf lettuce, bottom removed and washed | 6 oz. |
| Romaine lettuce, bottom removed and washed | 5 oz. |
| Scallions, washed | 3 oz. |
| Radish leaves, washed | 2 oz. |
| Parsley, washed | 2 oz. |
| Mint leaves | ½ oz. |
| Epazote leaves | ¾ oz. |
| Tomatillos, husked and washed | 16 oz. |
| Poblanos, seeded, coarsely chopped | 12 oz. |
| Jalapeños, coarsely chopped | 2 ea. |
| Serrano's, coarsely chopped | 1 ea. |
| Spinach, stemmed, washed | 3 oz. |
| Zucchini, small | 6 oz. |
| Celery | 2 oz. |
| White onions | 8 oz. |
| Garlic cloves, peeled | 4 oz. |
| Vegetable oil | 4 oz. |
| Vegetable stock for blending & cooking | 4 qt. |
| <i>Nut mixture</i> | |
| Pepitas, gently fried in oil | 1 ½ cups |
| Sesame seeds, gently fried in oil | ½ cup |
| Peanuts, fried in oil | ½ cup |
| Almonds, fried in oil | ½ cup |
| Pecans, raw | ½ cup |
| Cumin, gently toasted | 2 tsp |
| Mexican cinnamon | ¼ tsp |
| Black peppercorns, lightly toasted | 1 tsp. |
| Sugar | 1 Tbsp. |
| Salt | as needed |
| Cilantro, washed | 3 oz. |
| Lime juice | ¼ cup |

Method

1. Blend all ingredients (except the cilantro) in the lettuce mixture together with 1 ½ quarts of stock until it is smooth but still is a textured purée.

2. Heat the oil and fry the sauce, cooking for approximately 25 minutes.
3. Blend all ingredients in the nut mixture with the help of stock and add to the sauce. Let this cook for 45 minutes at low heat.
4. Season with salt and sugar to taste.
5. With a couple of ladles of the mole, blend the cilantro and lime juice with the mole, and then add it back to the pot. Bring it back up to a boil then take off the heat and enjoy.

ISRAELI STYLE GREEN PEA HUMMUS WITH FRIED HALLOUMI CHEESE, SPICED POPPED LENTILS AND GRILLED ZA'ATAR

Yield: 8 portions

| Ingredients | Amounts |
|---------------------------------|----------|
| <i>Hummus</i> | |
| Green peas, shucked | 2 cups |
| Water | 3 cups |
| Garlic cloves, whole | 3 ea. |
| Salt | 1 tsp. |
| | |
| Tahini paste | ½ cup |
| Lemon juice | ½ cup |
| Salt | 2 Tbsp. |
| Ground white pepper | ¼ tsp. |
| Ground cumin | 1 tsp. |
| Ice | 1 cup |
| | |
| Halloumi cheese, sliced 1-inch | 8 slices |
| Extra virgin olive oil | ¼ cup |
| | |
| Pocketless Pita | 8 ea. |
| Extra virgin olive oil | ¼ cup |
| Za'atar spice | ¼ cup |
| | |
| Popped lentils (recipe follows) | 1 cup |

Method

1. *For the Hummus:* Add peas, water, and whole garlic cloves to a pot and bring to a boil. Simmer gently for 5 minutes until fully cooked.
2. Remove peas and garlic cloves and allow to cool. Reserving 1-2 cups of the cooking liquid for processing.
3. In the bowl of a food processor, add the peas once they have cooled, whole garlic, tahini paste, lemon juice, salt, pepper, and cumin.
4. With the machine running, add the ice in 3 additions making sure it fully emulsifies between additions.
5. Chill for 1 hour.
6. Heat a grill on medium high.
7. Heat a saute pan with olive oil and fry the Haloumi on both sides.
8. Brush the pitas with olive oil and sprinkle with za'atar. Grill on both sides and then cut into wedges.
9. Plate the hummus, top with the popped lentils, Fried Haloumi, and pita wedges.

POPPED LENTILS

Yield: 1 cup

| Ingredients | Amounts |
|-------------------------------------|----------------|
| Olive oil | 2 oz. |
| Cooked whole green lentils, drained | 1 cup |
| Cumin, ground | ½ tsp. |
| Fennel, ground | ¼ tsp. |
| Salt | ¼ tsp. |
| Pepper | ¼ tsp. |

Method

1. Heat a skillet on medium high heat with the oil and add the lentils.
2. Swirl the pan around and toss the lentils in the oil.
3. The lentils will start to sizzle and pop. When the lentils are crispy, and the edges are dried, drain on a paper towel. This will take about 5-10 minutes.
4. Season with spices, salt, and pepper.

CRISPY HONEY GARLIC CAULIFLOWER

Yield: 8-10 portions

| Ingredients | Amounts |
|--|----------------|
| Cauliflower, cut into bite sized florets | 2 ea. |
| Panko breadcrumbs | 4 cup |
| Extra virgin olive oil | as needed |
| Eggs, whisked | 4 ea. |
| Scallions, finely sliced | 4 ea. |
| <i>The Sauce</i> | |
| Honey | ¾ cup |
| Garlic cloves, minced | 6 ea. |
| Onion powder | 1 tsp. |
| Water | ½ cup |
| Cornstarch | 2 Tbsp. |
| Soy sauce | ¼ cup |
| Sriracha sauce/hot sauce | 1 Tbsp. |
| Black sesame seeds | 1 tsp. |
| White sesame seeds | 1 tsp. |

Method

1. Preheat oven to 350°F with fan.
2. Line a large baking sheet with parchment paper. Spread panko crumbs in a thin even layer across the surface of the baking sheet. Toss panko crumbs with extra virgin olive oil. Bake crumbs about 5-7 minutes or until golden brown.
3. Set whisked eggs aside in a small bowl. Line another large baking sheet with parchment paper.
4. Dip cauliflower in egg mixture and then shake a few times so that excess egg drips off. Then place into sheet with panko crumbs. Cover cauliflower with panko, pressing the crumbs gently against the cauliflower to help them stick.
5. Place coated cauliflower on empty prepared baking sheet. Repeat until all cauliflower is coated.
6. Bake for about 15-20 minutes or until cauliflower is cooked and the coating is a dark golden brown.
7. *For the Sauce:* put all the ingredients for the sauce together in a pot and bring to a boil. Whisk until it thickens. About 1-2 minutes.
8. To serve, drizzle the sauce on the cauliflower, and top with both sesame seeds.

CREPE NOODLE BOWL WITH GRILLED VEGETABLES, ARUGULA AND ROMESCO SAUCE

Yield: 10 portions

| Ingredients | Amounts |
|---|-----------|
| <i>Crepes</i> | |
| Unbleached all-purpose flour, | 2 cups |
| Eggs, whole | 6 ea. |
| Milk | 2 cups |
| Water | ½-1 cup |
| Olive oil, pure | 4 Tbsp. |
| Fine salt | 1/4 tsp. |
| Parsley, fresh minced | 2 Tbsp. |
| Chives, fresh minced | 2 Tbsp. |
| Olive oil spray | as needed |
| | |
| Vegetables such as zucchini, eggplant peppers, mushrooms, onions | 3 lb. |
| Extra virgin olive oil | ½ cup |
| Salt | as needed |
| Black pepper, ground | as needed |
| | |
| Baby arugula | 1 lb. |
| Extra virgin olive oil | ¼ cup |
| Lemon juice | 4 Tbsp. |
| | |
| Romesco Sauce (recipe Follows) | 3 cups |
| Manchego cheese, shredded | ½ cup |

Method

1. *For the Crepes:* Two hours before serving, blend the flour, eggs, milk, water, and olive oil with a blender until completely smooth and looks like the consistency of heavy cream.
2. Add the herbs in and stir.
3. Cover and let rest for 1 hour.
4. Heat a large nonstick pan on medium heat. Spray with olive oil, lightly and place 4 oz of batter in the pan, swirling to evenly coat the bottom. pour excess batter back into the uncooked batter.
5. Cook until lightly golden brown on one side about 2-3 minutes. Flip over and cook the other side until golden. Place onto a plate or tray and repeat with rest of batter, stacking crepes on top of each other.
6. Take 1-2 crepes, roll it up and slice into 1/3-1/2-inch slices. Repeat with rest of crepes. Reserve.
7. Heat a grill to medium high heat.

8. Slice vegetables about ½ inch thick, coat with olive oil, salt and pepper and grill until nicely charred and cooked through. Cool.
9. Slice vegetables into ½ inch pieces lengthwise
10. Mix vegetables and crepe noodles with the romesco sauce.
11. Toss arugula with the remaining olive oil and lemon juice and plate on top of the crepe noodle mixture. Garnish with Manchego cheese.

ROMESCO SAUCE

Yield: 1 Quart

| Ingredients | Amounts |
|---|----------------|
| Ñoras (dried red peppers), | 16 ea. |
| Garlic cloves, chopped | 6 ea. |
| Marcona almonds, toasted | ¾ cup |
| Hazelnuts, blanched, toasted, | ¾ cup |
| Parsley, chopped | ½ cup |
| Bread slices, fried in olive oil | 2 ea. |
| Red bell pepper, roasted, cleaned | 2 ea. |
| Fresno red chile pepper, roasted seeded, chopped | 1 ea. |
| Roma tomato, roasted over open flame | 2 ea. |
| Sherry vinegar | ¼ cup |
| Pimenton dulce | 2 tsp. |
| Salt | to taste |
| Extra virgin olive oil | ¾ cup |

Method

1. Remove the seeds and stems from noras. Then cover with boiling water and let soften for 1 hour. Drain, reserving a little liquid.
2. Puree the noras with garlic cloves in a food processor adding the nuts, parsley, dried bread, peppers, and tomato in this order to homogenize the paste.
3. Next pour the red wine vinegar, pimenton, and salt to taste.
4. Process in a food processor to the consistency of fine breadcrumbs. And pour in the olive oil slowly to emulsify. Taste and add salt and adjust with more vinegar if needed.

ROMAN TORTELLINI EN BRODO SOUP DUMPLINGS

Yield: 8 portions

| Ingredients | Amounts |
|-----------------------------|----------------|
| Beef Broth (recipe follows) | 2 cups |
| <i>Dumpling Wrapper</i> | |
| All-purpose flour | 6 oz. |
| Water, hot | 2 oz. |
| Water, cold | 1 oz. |
| Salt | ½ tsp. |
| <i>Tortellini Filling</i> | |
| Pork, ground | 4 oz. |
| Prosciutto, minced | 2 oz. |
| Romano cheese, grated | 2 oz. |
| Parsley, chopped | 3 Tbsp. |
| Black pepper, ground | ¼ tsp. |
| Extra virgin olive oil | ½ cup |
| Balsamic vinegar of Modena | ½ cup |
| Basil, chiffonade | ¼ cup |

Method

1. Prepare the beef broth (recipe follows). Reduce to 2 cups. Chill.
2. *For the Dumpling Wrapper:* Prepare the dough by mixing flour and hot water vigorously and adding in cold water until dough is workable. Knead well and wrap in plastic. Rest for 30 minutes.
3. Roll dough into a thin log and cut into 20 pieces. Flatten each piece with the palm of your hand and roll with a small rolling pin into thin rounds about 3-4 inches in diameter.
4. *For the Tortellini Filling:* Combine the meats and romano cheese, parsley, and pepper; mix well to blend.
5. Place the filling into a piping bag and pipe onto the rolled dough.
6. Gather the dough in a spiral pattern at the top sealing with water. Place on a cornstarch lined tray and cover with a towel.
7. Prepare a steamer and steam the dumplings for 5 minutes until cooked through.
8. Serve immediately in the beef broth and drizzle with olive oil, vinegar, and basil.

BEEF BROTH

Yield: 2 quarts

| Ingredients | Amounts |
|---|----------------|
| Beef broth | 48 oz. |
| Beef, pork, chicken bones, meaty | 2 lb. |
| Leeks, thinly sliced | 2 oz. |
| Carrots, sliced | 2 oz. |
| Celery, sliced | 2 oz. |
| Parsley stems, roughly cut | 12-16 ea. |
| Tomatoes, fresh or canned, seeded, roughly cut | 6 ea. |
| Onion brûlé, roughly cut | 1 ea. |
| Bay leaves, crushed | 2 ea. |
| Thyme sprig, roughly cut | 2 ea. |
| Allspice, whole | 4 ea. |
| Fennel seed, whole | ½ tsp. |

Method

1. Combine all the ingredients in a stock pot.
2. Bring to a simmer; simmer for 2 to 3 hours, skimming often and then strain.
3. Degrease.

OLIVE OIL POACHED SMOKED TROUT WITH FENNEL AND RADISH SALAD, CONFIT POTATOES AND SAUCE GRIBICHE

Yield: 8 portions

| Ingredients | Amounts |
|--|----------------|
| <i>Trout Cure</i> | |
| Kosher salt | 2 cups |
| Sugar | ½ cup |
| Lemon zest | 1 ea. |
| Grapefruit zest | 1 ea. |
| | |
| Trout fillet, boned and skinned | 8 ea. |
| Wood chips, soaked | 1 cup |
| Olive oil | 2 qt. |
| | |
| <i>Salad</i> | |
| Fennel bulb, shaved on a mandolin | 2 ea. |
| Radish, red, sliced thinly on a mandolin | 4 ea. |
| Onion, sweet, thinly sliced | 1 cup |
| Salt | as needed |
| Black pepper, ground | as needed |
| Extra virgin olive oil | ¼ cup |
| Grapefruit juice | ¼ cup |
| | |
| <i>Potatoes</i> | |
| Marble potatoes, red and yellow | 1 lb. |
| Olive oil | 2 cups |
| Thyme sprigs | 4 ea. |
| Garlic cloves in skin | 8 ea. |
| | |
| Gribiche sauce (recipe follows) | 2 cups |

Method

1. Heat oven to 300 degrees F
2. *For the Trout Cure:* Combine all cure ingredients and mix well.
3. Cover each side of fish with the cure. Let sit for 30 minutes. Rinse off the cure and dry the fish well.
4. Heat a smoker with wood chips and smoke fish for 5 minutes on medium high covered with foil. Cool.
5. Heat olive oil to 140 degrees and add fish. Poach for 10 minutes in olive oil, remove, and let cool.
6. *For the Potatoes:* Place all ingredients for the potatoes in a baking pan, cover with foil, and bake for 1 hour.

7. Cool potatoes in oil, remove and slice each in half.
8. *For the Salad:* Combine all ingredients for the salad together right before serving.
9. *To Assemble:* Place gribiche on plate and spread into 5x2 inches, Top with potato halves.
10. Place trout fillet on top of potatoes, Top trout with salad and serve.

GRIBICHE; EGG AND MUSTARD DRESSING

Yield: 2 cups

| Ingredients | Amounts |
|----------------------------|----------------|
| Eggs, hard boiled, chopped | 4 ea. |
| Dijon mustard | 2 Tbsp. |
| White wine vinegar | 1 Tbsp. |
| Olive oil | 1 cup |
| Parsley, minced | ½ cup |
| Capers, minced | ¼ cup |
| Cornichons/pickles minced | ¼ cup |

Method

4. Put 3 eggs, mustard, and vinegar in the bowl of a food processor and pulse to chop.
5. Finely chop the remaining egg and set aside.
6. Add the oil, drop by drop with the motor running until a thick sauce is created, thinning with water as necessary. Fold in the cornichons, capers, herbs, and rest of the eggs and adjust the seasoning.

SICILIAN FRIED RICE WITH POACHED EGGS

Yield: 8 portions

| Ingredients | Amounts |
|--|---------------------------|
| Olive oil | ¼ cup plus more as needed |
| Globe eggplants, 1" dice | 3-4 ea. |
| Onions, ½" dice | 2 ea. |
| Extra-virgin olive oil, as needed | 1 cup |
| Celery, ½" dice | 1 cup |
| Rice, cooked, chilled overnight | 4 cups |
| Sundried tomatoes, chopped | 1 cup |
| Capers, salt-packed, rinsed | 3 Tbsp. |
| Green olives, pitted, coarsely chopped | 1 cup |
| Pine nuts, toasted | ¼ cup |
| Red wine vinegar | ¼ cup |
| Sugar | 2 Tbsp. |
| Golden raisins, soaked | ½ cup |
| Parsley, chopped | ¼ cup |
| Eggs | 8 ea. |
| Flakey sea salt | as needed |
| Fennel pollen | 1 tsp. |
| Basil, chiffonnade | ½ cup |

Method

1. In a heated wok with olive oil, Sauté eggplant until translucent but not cooked through. Add the onions, cooking until tender adding more oil if needed.
2. Add the celery and sauté briefly – the celery should be crisp.
3. Add the rice and saute until browned and slightly crisp adding more oil as needed.
4. Fold in the capers, olives, sundried tomatoes, pine nuts, olives, vinegar, sugar and raisins and parsley.
5. Heat a medium pot with 2-quart olive oil to 140 degrees F
6. Add cracked eggs one at a time and poach until yolk is creamy.
7. Remove and top each bowl of rice with an egg, salt, fennel pollen, and basil.

POTATO AND WALNUT CHORIZO STUFFED ANCHO CHILE WITH AVOCADO AIOLI AND PEPITAS

Yield: 8 each

| Ingredients | Amounts |
|---|----------------|
| <i>Filling</i> | |
| Walnut chorizo (recipe follows) | 2 cups |
| Potato, cooked and cut ¼" dice | 2 cups |
| Corn, blanched, kernels cut from the cob | 1 ea. |
| Poblano, roasted, peeled, and sliced into ¼" strips | 1 ea. |
| Red pepper, roasted, peeled sliced into ¼" strips | 1 ea. |
| Cilantro, chopped | 3 Tbsp. |
| Lime juice | ¼ cup |
| Extra-virgin olive oil | 3 Tbsp. |
| Salt | to taste |
| Pickled Anchos (recipe follows) | 8 ea. |
| <i>Avocado Aioli</i> | |
| Avocado, peeled, deseeded | 1 ea. |
| Egg yolk | 1 ea. |
| Lime juice | 2 Tbsp. |
| Extra virgin olive oil | ½ cup |
| Salt | ½ tsp. |
| <i>Garnish</i> | |
| Cabbage, shredded | 2 cups |
| Radishes, julienne | 4 ea. |
| Cilantro leaves | ½ cup |
| Queso Cotija or feta cheese, crumbled | ¾ cup |
| Pepitas, toasted | 1 cup |

Method

1. *For the Filling:* Mix all the ingredients for the filling together. Set aside.
2. Stuff each of the pickled ancho chiles generously with the filling. Warm an oven to 350 degrees.
3. *For the Avocado Aioli:* In the bowl of a food processor, add the avocado flesh, egg yolks, and lime juice. Puree and add olive oil slowly to emulsify. Season with salt.
4. *To Assemble:* Mix the garnish ingredients and place on each chile.

5. Drizzle each chili with the aioli and sprinkle with queso cotija and the pepita seeds.

MEXICAN WALNUT CHORIZO

Yield: 1 Pound

| Ingredients | Amounts |
|-------------------------------------|----------------|
| Walnuts, ground | 1 lb. |
| Green lentils, cooked | ¼ lb. |
| Sundried tomatoes, minced | 2 oz. |
| Dried chilies, ground | 1 Tbsp. |
| Salt | ½ Tbsp. |
| Garlic, minced, sautéed, and cooled | ½ Tbsp. |
| Spanish paprika | 2 tsp. |
| Ground cinnamon | ½ tsp. |
| Ground oregano | ½ tsp. |
| Ground thyme | ½ tsp. |
| Ground cumin | ½ tsp. |
| Ground black pepper | ½ tsp. |
| Ground cloves | ¼ tsp. |
| Ground ginger | ¼ tsp. |
| Ground nutmeg | ¼ tsp. |
| Ground coriander | ¼ tsp. |
| Ground bay leaf | ¼ tsp. |
| Red wine vinegar | 1 Tbsp. |

Method

1. Mix everything but the vinegar together in a mixer with a paddle until evenly blended, about 1 minute.
2. With the mixer running, gradually add the red wine vinegar.

PICKLED ANCHO CHILES

Yield: 8 Chiles

| Ingredients | Amounts |
|-----------------------------------|----------------|
| Cider vinegar | ¾ cup |
| Brown sugar, packed | 1/3 cup |
| Cloves | 5 ea. |
| Allspice berries | 10 ea. |
| Black peppercorns | 10 ea. |
| Bay leaf | 2 ea. |
| Garlic cloves, peeled and cracked | 6 ea. |
| Thyme, fresh sprigs | 6 ea. |
| Ancho chiles | 8 ea. |

Method

1. Place all ingredients, except the chiles, in a medium, non-reactive saucepan and bring to a boil over high heat. Remove from the heat and reserve.
2. Soften the chiles by steaming them over boiling water just until they become flexible. Cut a slit the length of the chile to within 1 inch of each end. Using a sharp paring knife, remove the seeds and veins from the chiles. Handle the chiles carefully since each chili will be stuffed and if it is torn the appearance will be spoiled.
3. Add the cleaned chiles to the hot marinade and return to a quick boil over high heat. Press the chiles under the liquid with a plate, cover and refrigerate overnight. The following day the chiles should be fully softened and the color will have lightened considerably. If they are still leathery at all, return the pot to the heat and bring the marinade back to the boil.
4. Allow the chiles to cool pressed under the surface of the hot liquid.
5. Once cool, the chiles are ready to use.

SALMON POKE WITH GREEN TEA OLIVE OIL VINAIGRETTE

Yield: 8 portions

| Ingredients | Amounts |
|---|----------------|
| <i>Poke:</i> | |
| Salmon, small dice | 5 cups |
| Cucumber, peeled Seeded, small dice | 2 cups |
| Cashews, toasted, chopped | 1 cup |
| Shallots, minced | ¼ cup |
| Tamari/ soy sauce | ¼ cup |
| Sesame oil, toasted | 2 tsp. |
| Black sesame seeds | 1 tsp. |
| White sesame seeds | 1 tsp. |
| Rice vinegar | 2 tsp. |
| Garlic clove, minced | 1 ea. |
| Ginger, minced | 2 Tbsp. |
| Salt | as needed |
| Black pepper, ground | as needed |
| Green tea olive oil vinaigrette (recipe follows) | ¼ -½ cup |
| Nori, 1/8 th x 1" Pieces, cut with scissors | ½ cup |
| <i>Garnish:</i> | |
| Sprouts, such as radish | 2 cups |
| Sunflower, broccoli | |
| Jasmine, rice, cooked | 2 cups |

Method

1. *For the Poke:* Combine all ingredients in a bowl. Adjust seasoning.
2. Garnish with sprouts and serve over jasmine rice.

GREEN TEA OLIVE OIL VINAIGRETTE

Yield: 8 portions

| Ingredients | Amounts |
|------------------------|----------------|
| Corn starch | ½ Tbsp. |
| Green tea | ½ cup |
| Ginger, chopped | 1 tsp. |
| Orange juice | 2 Tbsp. |
| Lime, zest, and juice | 1 ea. |
| Rice wine vinegar | ½ cup |
| Green onion, chopped | 2 Tbsp. |
| Mint leaves | 8 ea. |
| Basil leaves | 8 ea. |
| Cilantro, chopped | ¼ cup |
| Extra virgin olive oil | ½ cup |
| Black pepper, ground | ¼ tsp. |
| Sugar | ½ tsp. |

Method

1. Dissolve the starch in 3 tablespoons of water.
2. Bring the green tea to a boil and whisk in starch to thicken; remove from heat and chill.
3. Add the ginger, orange juice, lime juice and zest, rice vinegar, green onions, and herbs to blender and purée. Drizzle in olive oil as needed to make a smooth puree. Season with black pepper and sugar.

ANGEL HAIR PASTA WITH PINENUTS, TOASTED GARLIC AND BURNT CITRUS GREMOLATA

Yield: 8 portions

| Ingredients | Amounts |
|------------------------|----------------|
| Angel hair pasta | 1 lb. |
| Salt | 1 Tbsp. |
| Olive oil | ¼ cup |
| <i>Gremolata</i> | |
| Navel orange, zested | 2 ea. |
| Lemon, zested | 2 ea. |
| Kumquats, zested | 8 ea. |
| Extra virgin olive oil | ½ cup |
| Parsley, minced | ½ cup |
| Black pepper, ground | 1 tsp. |
| Olive oil | ½ cup |
| Garlic, thin slivers | ¼ cup |
| Pinenuts, toasted | 1 cup |

Method

1. Cook pasta in boiling salted water. Drain and mix with olive oil. Keep covered.
2. *For the Gremolata:* Cut the already zested citrus in half.
3. Place the inside cut side down in a dry heated cast iron pan until blackened. Remove from the pans and let them cool slightly.
4. Juice all the citrus through a fine mesh strainer.
5. Add olive oil, parsley, zest and pepper.
6. Place remaining olive oil in a cold saute pan with the garlic slivers and heat on medium heat until garlic is browned. Immediately add the cooked pasta and toss.
7. Season with salt and add the gremolata. Toss well.
8. Plate garnished with Pinenuts.

SEARED MUSHROOM “SCALLOPS” WITH A RAISIN CAPER SAUCE, CAULIFLOWER COUSCOUS AND BRUSSEL SPROUT LEAVES

Yield: 8 portions

| Ingredients | Amounts |
|--|-----------|
| <i>Cauliflower Couscous</i> | |
| Cauliflower, grated | 1 head |
| Turmeric | ½ tsp. |
| Chicken stock | 1 cup |
| Extra virgin olive oil | 2 Tbsp. |
| Almonds, sliced, toasted | ½ cup |
| Salt | as needed |
| Parsley, minced | 1 Tbsp. |
| Chives, minced | 1 Tbsp. |
| <i>Mushroom Scallops</i> | |
| King oyster trumpet mushrooms, large cleaned | 8 ea. |
| Olive oil | as needed |
| Garlic, minced | 2 tsp. |
| Lemon juice | 2 Tbsp. |
| Butter | 2 Tbsp. |
| Brussel sprouts, leaves | 2 qt. |
| Olive oil | ¼ cup |
| Salt | as needed |
| Black pepper, ground | as needed |
| Caper Raisin Sauce (recipe follows) | 2 Cups |

Method

1. *For the Couscous:* Place cauliflower, turmeric, chicken stock and olive oil in a saucepan. Cover and steam, stirring occasionally for 5 minutes until cauliflower is tender. Add almonds and herbs.
2. *For the Mushrooms:* Slice the mushrooms into 1” long pieces across the stem. They should resemble jumbo scallops. Score both flat sides of the mushrooms 1/8” deep.
3. Heat a sauté pan over medium heat. Add olive oil to coat the bottom of the pan. Add the mushrooms in a single layer, flat side down in the pan. Sear until golden brown. Flip and brown on the other side. Remove from the pan.
4. Add garlic to the pan and cook for 30 seconds. Add lemon juice and swirl in butter.

5. Heat a saute pan with olive oil on medium high and add brussels sprout leaves. Leave to sear and then toss after about 1 minute. Add salt and pepper and cook until slightly wilted.
6. Place couscous on plate, a swoosh of caper raisin sauce on plate, top with "Scallops", drizzle with the leftover pan sauce and dress the brussels sprout leaves around.

CAPER RAISIN SAUCE

Yield: 2 Cups

| Ingredients | Amounts |
|--------------------|-------------------|
| Capers, rinsed | 1 cup |
| Golden raisins, | 1 cup |
| Sherry vinegar | 1 Tbsp. |
| Olive oil | $\frac{3}{4}$ cup |
| Parsley, minced | $\frac{1}{4}$ cup |

Method

1. Soak raisins in $\frac{3}{4}$ cup hot water for 10 minutes.
2. Place capers and raisins with water and vinegar in a blender and blend until smooth.
3. Slowly add in oil to emulsify.
4. Season as necessary. Add parsley.

EGYPTIAN FUL MEDAMES BRAISED SPICED FAVA BEANS WITH MATBUCHA AND LAVASH

Yield: 8 portions

| Ingredients | Amounts |
|--|---------|
| <i>Spiced Fava Beans</i> | |
| Broad beans or fava beans, dry | 3 cups |
| Bay leaf | 1 ea. |
| Thyme sprigs | 2 ea. |
| Garlic cloves, crushed | ¼ cup |
| Extra virgin olive oil | ¼ cup |
| Cumin, ground | 2 Tbsp. |
| Aleppo chili | 1 tsp. |
| Salt | 1 tsp. |
| Pepper, ground | ½ tsp. |
| Lemon juice | ½ cup |
| | |
| Matbucha (recipe below) | 1 cup |
| | |
| Shallot, peeled sliced thinly into rings | ½ cup |
| Parsley, chopped | ¼ cup |
| Lemon wedges | 8 ea. |
| Lavash | 8 ea. |

Method

6. *For the Spiced Fava Beans:* Soak beans overnight in cold water. Drain the beans and cover them with new water by 2 inches in a medium sauce pot. Add the bay leaf, thyme, and garlic.
7. Bring to a boil, then reduce to a gentle simmer and cook until very tender about 2- 2 ½ hours.
8. When tender, and the mixture is slightly soupy in consistency, mash some of the beans leaving about ½ of the beans whole.
9. Add the olive oil, cumin, aleppo chili, salt, pepper.
10. Simmer until liquid is reduced, about 10-15 minutes. Mix in the lemon juice.
11. *For the Lavash:* Lightly grill the lavash and then tear into pieces.
12. *To Assemble:* Serve topped with shallot rings, parsley, lemon wedges, matbucha, and grilled lavash.

MATBUCHA

Yield: 8 portions

| Ingredients | Amounts |
|--|----------------|
| Extra-virgin olive oil | ¼ cup |
| Garlic cloves, large, sliced thin | 4 ea. |
| Fresno chile, seeded, minced | 1 Tbsp. |
| Cumin seeds, toasted, ground | 1 tsp. |
| Sweet paprika | 1 tsp. |
| Red peppers, roasted, peeled, small dice | 4 ea. |
| Tomatoes, canned, chopped | 2 cups |
| Salt | ½ tsp. |
| Black pepper, ground | ¼ tsp. |
| | |
| Lemon zest | 1 tsp. |
| Lemon juice | 2 Tbsp. |
| Cilantro, chopped | 2 Tbsp. |

Method

1. Heat the olive oil over low heat in a medium saucepan. Add the garlic and let cook slowly until soft and lightly golden brown, approximately 4-5 minutes.
2. Add the fresno chiles and spices, cook for 1 minute or until aromatic.
3. Add the roasted peppers, let cook for 5 minutes until softened.
4. Add the tomatoes and continue to cook over medium low heat until the liquid has evaporated, approximately 30 minutes.
5. Remove from the heat, add salt, pepper, lemon zest and juice to taste.
6. Stir in cilantro.

PROVENÇAL TARTINE, RATATOUILLE WITH HERBS DE PROVENCE, GOAT CHEESE AND GRILLED LEVAIN

Yield: 8 portions

| Ingredients | Amounts |
|-----------------------------------|----------------|
| <i>Ratatouille:</i> | |
| Extra virgin olive oil | ½ cup |
| Herbs de Provence | 1 tsp. |
| Onion, thinly sliced | 2 cups |
| Garlic, finely chopped | 2 Tbsp. |
| Eggplant, unpeeled, ½-inch cubes | 2 cups |
| Green bell pepper, ½-inch dice | 1 cup |
| Red bell pepper, ½-inch dice | 1 cup |
| Zucchini, ½ inch dice, | 2 cups |
| Plum tomatoes, cored, large dice | 2 cups |
| Tomato paste | 1 Tbsp. |
| Thyme sprigs | 4 ea. |
| Bay leaf | 1 ea. |
| Salt | to taste |
| Black pepper, ground | to taste |
| | |
| Crusty levain bread, ½ inch slice | 8 ea. |
| Extra virgin olive oil | ¼ cup |
| Garlic clove, peeled | 2 ea. |
| Boucheron goat cheese, crumbled | 1 cup |
| Basil, thinly sliced | ¼ cup |

Method

1. *For the Ratatouille:* Heat the oil in a large heavy sauté pan. Add the herbs de Provence and heat for 10 seconds before adding the onions, garlic, eggplant, and peppers. Stir continuously over high heat so pieces cook evenly for about 4 minutes.
2. Once the onions are translucent, add the tomatoes, tomato paste, thyme, bay leaf, salt, and pepper; stir to blend. Cook over medium heat for 5 minutes. Add the squash and cook for 5 more minutes. Remove the bay leaf and thyme sprigs.
3. Set aside to cool slightly.
4. Heat a grill to medium high heat.
5. Drizzle the bread with olive oil, salt and pepper and grill on both sides until nice char marks are achieved about 1-2 minutes per side, making sure the bread is still soft in the middle.
6. Remove from grill and rub garlic on one side of the bread.
7. *To Assemble:* Serve ratatouille on top of the grilled bread and serve with crumbled goat cheese and basil.

PAELLA MIXTA

Yield: 8 portions

| Ingredients | Amounts |
|--|----------------|
| Chicken stock | 5 cups |
| Saffron | 2 tsp. |
| Salt | to taste |
| Chorizo bilbao | 8 oz. |
| Pork shoulder, 1 inch cubes | 1 lb. |
| Chicken thighs, large diced | 1 lb. |
| Extra virgin olive oil | ½ cup |
| Green bell pepper, ½ inch dice | 1 cup |
| Onion, ¼ inch dice | 1 cup |
| Carrots, medium dice | ¾ cup |
| Garlic, minced | 1 Tbsp. |
| Short-grain Spanish rice | 2 cups |
| Piquillo peppers, drained, ½ inch dice | 1 cup |
| Beefsteak tomato, flesh, and seeds, grated | 1 cup |
| Shrimp, peeled, veined, tail on 16/20 | 16 ea. |
| Mussels, debearded | 16 ea. |
| Clams, manila | 16 ea. |
| Green peas, blanched | 1 cup |
| Artichoke hearts, canned, quartered | 2 cups |
| Lemon juice | 2 oz |
| Lemon, cut into 8 wedges | 1 ea. |
| Parsley, rough chop | ¼ cup |

Method

1. Bring the chicken stock to a boil in a saucepot over medium-high heat, crush the saffron between your fingers and add to the pot. Season with salt to taste. Keep warm.
2. Heat the olive oil in a paella pan over medium-high heat. Sauté the chorizo until it is golden brown, remove and set aside.
3. Add the pork and chicken to the pan and sauté until the pieces are golden brown, about 5 minutes.
4. Add the green peppers, onions, carrots, and garlic and sauté until softened and translucent but not browned, about 2 minutes.
5. Stir in the rice so that each piece is coated with the oil. Toast the rice until it becomes translucent, but not brown. Add tomato, piquillo peppers, and browned chorizo.
6. Add the stock to the rice mixture and bring to a boil. Reduce to a gentle simmer and cook for about 15 minutes. *Add additional stock, if necessary.
7. When the rice is about 10 minutes away from being done, arrange shrimp, mussels, clams, artichokes, and peas on top of the rice making sure the valve of the shellfish are submerged

and they will open upward. Cover with foil and continue to cook for 10 minutes until shellfish are all opened.

8. Remove the paella from the heat. Drizzle with the lemon juice.
9. Serve the paella in the paella pan, garnished with lemon wedges, and chopped parsley.

SALMOREJO TOMATO BREAD SOUP

Yield: 8 portions

| Ingredients | Amounts |
|-------------------------------------|---------------------|
| <i>Tomato Soup</i> | |
| Tomatoes, ripe | 4 lb. |
| Levain bread, crusts removed, cubed | $\frac{3}{4}$ lb. |
| Sherry vinegar | 3 Tbsp. |
| Salt | 1-2 tsp. |
| Pepper | 1-2 tsp. |
| Garlic cloves, large | 4 ea. |
| Extra virgin olive oil | $\frac{3}{4}$ cup |
| | |
| Eggs, hard boiled, sliced | 4 ea. |
| Spicy chorizo, crumbled | 1 $\frac{1}{2}$ cup |
| Extra virgin olive oil | 4 Tbsp. |
| Black pepper, fresh cracked | 1 tsp. |
| Levain bread, sliced 1" thick | 4 ea. |

Method

1. *For the Tomato Soup:* Puree the tomatoes, bread, vinegar, salt, pepper, and garlic in a blender until smooth.
2. Drizzle in the olive oil with the motor running, slowly until incorporated. Refrigerate for 1 hour covered.
3. Heat a pan with the chorizo and fry until the fat is rendered out and the mixture is slightly crispy. Set aside. Do not drain.
4. Grill the bread on both sides.
5. Garnish the soup with sliced egg, chorizo, with a little of the rendered fat, then place the bread in the bowl, and drizzle with olive oil.
6. Dust with black pepper.

SHAVED FENNEL, ARTICHOKE SALAD WITH GAROXA CHEESE AND EXTRA VIRGIN OLIVE OIL

Yield: 8 portions

| Ingredients | Amounts |
|-------------------------------------|----------------|
| Fennel bulb, trimmed | 2 ea. |
| Portabello mushrooms, gills removed | 2 ea. |
| Frisee lettuce, cleaned | 1 qt. |
| Globe artichoke, large | 2 ea. |
| Lemon juice | 1 ea. |
| Parsley leaves | 1 cup |
| Garoxa cheese, shaved | 1 ½ cup |
| Extra virgin olive oil | ¾ cup |
| Honey | ½ cup |
| Salt | 1 tsp. |
| Black pepper | 1 tsp. |
| Lemons, halved, grilled | 4 ea. |

Method

1. Prepare an ice bath with a colander or strainer in it.
2. Using a mandolin, very thinly shave the fennel and place into the ice bath to crisp for 10 minutes.
3. Very thinly cut the portobello mushroom using a knife or the mandolin and place into a bowl with the frisee.
4. Clean the artichokes of all the leaves and choke, leaving the heart. Using the mandolin, shave the artichoke heart very thinly and place into a bowl and pour lemon juice over it.
5. Drain the fennel and dry well. Add to the bowl with the frisse, mushrooms, artichokes, parsley, cheese, olive oil, honey, salt, and pepper and toss the ingredients well.
6. Plate with a grilled lemon half.

CHICKPEA SOCCA WITH SMOKEY EGGPLANT TAPENADE AND WILTED SPINACH

Yield: 8 portions

| Ingredients | Amounts |
|-------------------------------------|----------------------------------|
| <i>Tapenade</i> | |
| Kalamata black olives, pitted | 1 ¼ cup |
| Anchovy fillets | 4 ea. |
| Capers | ¼ cup |
| Lemon juice | 2 Tbsp. |
| Black pepper, ground | to taste |
| Parsley, chopped | 2 Tbsp. |
| Extra virgin olive oil, fruity | ½ cup |
| Lemon juice | 2 Tbsp. |
| Eggplant, Globe | 1 ea. (approx. 1 lb.) |
| <i>Socca</i> | |
| Chickpea flour | 2 cups |
| Olive oil | ¼ cup (plus 2 Tbsp. for cooking) |
| Water, warm | 2 cups |
| Salt | 1 tsp. |
| Rosemary, minced | 1 Tbsp. |
| | |
| Baby spinach | 1 lb. |
| Extra virgin olive oil | ¼ cup |
| Pancetta, minced | ½ cup |
| Garlic cloves, smashed | 4 ea. |
| Chickpeas, cooked, slightly crushed | 1 cup |
| Balsamic vinegar | ¼ cup |
| | |
| Extra virgin olive oil | ¼ cup |
| Honey, warm | ¼ cup |
| Black pepper, coarsely ground | 1 tsp. |

Method

1. *For the Tapenade:* Rinse the olives, anchovies, and capers in cold water to remove excess salt. Pat dry.
2. In a food processor or blender, combine olives, anchovies, capers, lemons juice, parsley, and pepper and blend until pasty. With the machine on, pour in just enough olive oil in a steady stream to obtain a smooth thick sauce. Allow flavors to meld at least 1 hour.
3. Char the eggplant over an open flame turning often until it collapses, about 20 minutes.
4. Place in a colander over a bowl to drain and cool. Scoop the soft flesh into a bowl and mash with a fork and knife into small chunks.

5. Combine the tapenade and the eggplant together and season if desired. Set aside.
6. *For the Socca:* Combine all the ingredients for the batter and whisk together. Set aside for 20 minutes.
7. Heat an 8-inch cast iron pan in a 450 degree oven until hot.
8. Add the ½ tablespoon of remaining olive oil to coat the pan.
9. Pour ¼ of the Socca batter into the pan all at once and place into the oven for 8 minutes until the batter has cooked through.
10. Remove the pan from the oven and turn the Socca out onto a cutting board to cool. Repeat 3 more times with remaining olive oil and batter. Cut each Socca into 6 wedges.
11. Place baby spinach into a bowl.
12. Heat a small saute pan with the remaining olive oil on low heat and add the minced pancetta. When it is almost rendered crispy, add the garlic and chickpeas.
13. When the garlic starts to brown add ½ of the balsamic vinegar to the pan and pour the contents of the pan over the spinach and cover with the lid to steam it for 2-3 minutes. Remove the lid, toss the spinach mixture, incorporating it all together.
14. To plate, fan 3 of the socca wedges on a plate, topped with tapenade and drape with the spinach.
15. Drizzle olive oil, honey, remaining balsamic vinegar and black pepper on the plate.

MEDITERRANEAN FALAFEL BOWL

Yield: 8 portions (3-4 balls each)

| Ingredients | Amounts |
|---|----------------|
| <i>Falafel Balls</i> | |
| Dried chickpeas | 2 cups |
| Onion, chopped | 2 cups |
| Parsley, chopped | 2 cups |
| Cilantro, chopped | 1 cup |
| Salt | 2 tsp. |
| Crushed hot red pepper | ½ tsp. |
| Garlic cloves, crushed | 4 ea. |
| Cumin, ground | 2 tsp. |
| Baking powder | 1 tsp. |
| Extra virgin olive oil, for frying | 1 quart |
| Orzo pasta, cooked, cooled, Tossed with 2 Tbsp. extra virgin olive oil | 2 cups |
| Cilantro, minced | ¼ cup |
| Mint, minced | ¼ cup |
| Lemon zest | 1 Tbsp. |
| Salt and pepper | to taste |
| <i>Salad</i> | |
| Romain lettuce, ½ inch sliced | 8 cups |
| Kalamata olives, pitted | 2 cups |
| Pistachios, lightly toasted | 1 cup |
| Pomegranate arils or seeds | 2 cups |
| Persian cucumber, sliced thinly | 4 ea. |
| Cherry Tomatoes, halved | 2 pints |
| Pita Breads, cut into wedges | 4 ea. |
| Extra virgin olive oil | ¼ cup |
| Tahini sauce (recipe follows) | 2 cups |
| Parsley, minced | 1 Tbsp. |
| Sesame seeds, toasted | 2 Tbsp. |

Method

1. *For the Falafel Balls:* Place the chickpeas in a large bowl and add enough cold water to cover them by at least 2 inches; soak overnight and then drain.
2. Place the drained, uncooked chickpeas and the onions in the bowl of a food processor. Add the parsley, cilantro, salt, crushed hot pepper, garlic, and cumin. Process until blended but not puréed – it should look mealy.
3. Sprinkle in the baking powder, and pulse.

4. The dough should form a small ball when pressed and no longer sticks to your hands. Refrigerate, covered, for at least an hour or overnight.
5. Form the chickpea mixture into balls about the size of walnuts, using water to wet hands so the balls don't stick.
6. Heat 3 inches of oil to 375°F in a deep pot and fry 1 ball to test. Fry the balls until golden brown; drain on paper towels.
7. Toss the orzo pasta with the cilantro, mint, and lemon zest. Season with salt and pepper.
8. *For the Salad:* To plate the bowl, divide the salad ingredients into 8 bowls place 3 falafel on each bowl. Drizzle with tahini sauce and garnish with parsley and sesame seeds.

TAHINI SAUCE

Yield: 2 ½ cups

| Ingredients | Amounts |
|------------------------|----------------------------|
| Tahini paste | 1 cup |
| Lemon juice | 1 ea. |
| Garlic, minced | 2 tsp. |
| Cumin, ground, toasted | 2 tsp. |
| Water | 2 cups (or more if needed) |
| Olive oil | ½ cup |
| Salt | to taste |
| Ground black pepper | to taste |
| Honey | 1 Tbsp. |

Method

2. Combine all the ingredients and mix well with a whisk. Adjust with more water to get a slightly runny consistency.

CHARRED CABBAGE WITH CREAMY TURKISH TARATOR AND POMEGRANATE MOLASSES

Yield: 8 portions

| Ingredients | Amounts |
|--------------------------------------|----------------------|
| Green cabbage, cut into 8 wedges | 1 ea. Approx. 2 lbs. |
| Extra virgin olive oil | 1 Tbsp. |
| <i>Tarator</i> | |
| Walnuts or hazelnuts, toasted | 2 cups |
| Garlic, finely minced | 2 Tbsp. |
| Fresh breadcrumbs, finely minced | 2 cups |
| Extra virgin olive oil | $\frac{3}{4}$ cup |
| Lemon juice | $\frac{1}{3}$ cup |
| Water | $\frac{1}{3}$ cup |
| Salt | 2 tsp. |
| Black pepper, ground | $\frac{1}{2}$ tsp. |
| Pomegranate molasses | $\frac{1}{2}$ cup |
| Hazelnuts, toasted, slightly crushed | $\frac{1}{2}$ cup |
| Parsley leaves | $\frac{1}{2}$ cup |

Method

1. Heat oven to 475 degrees F.
2. Grease a sheet pan with the olive oil and lay the cabbage wedges on top.
3. Roast for 10 minutes. Flip and roast for 5 more minutes. Remove and allow to cool in the pan.
4. *For the Tarator:* Combine nuts, garlic, and bread into the container of a food processor. Puree on medium speed until combine.
5. Add olive oil and lemon juice and continue pureeing until a smooth purée is achieved.
6. Thin to a spoon-able consistency with water.
7. Season with salt and pepper.
8. *To Assemble:* Plate the cabbage with the tarator on top and drizzle with Pomegranate Molasses, nuts, and parsley leaves.

SWEET POTATO TAGINE BOWL WITH CHERMOULA, APRICOT COUSCOUS AND OLIVE OIL FRIED WALNUTS

Yield: 8 portions

| Ingredients | Amounts |
|---|----------------|
| Purple sweet potato, washed, unpeeled | 2 lb. |
| Salt | 1 tsp. |
| Hubbard or butternut squash, peeled | 2 lb. |
| Extra virgin olive oil, for frying | ¾ cup |
| Anaheim chilis, seeded, quartered lengthwise | 4 ea. |
| Capers, rinsed | ¼ cup |
| Scallions, sliced | 1 cup |
| Preserved lemon peel, small dice | ¼ cup |
| Parmesan cheese, grated (optional) | ½ cup |
| <i>Apricot Couscous</i> | |
| Water or vegetable broth | 3 ¼ cup |
| Cinnamon stick | 1 ea. |
| Cloves, whole | 4 ea. |
| Orange peel, fresh, 2 inch long | 1 ea. |
| Extra virgin olive oil | 2 Tbsp. |
| Salt | 2 tsp. |
| Couscous | 2 cups |
| Turkish dried Apricots, sliced | ½ cup |
| Golden raisins | ½ cup |
| <i>Fried Walnuts</i> | |
| Water | 3 cups |
| Honey | 1 cup |
| Walnut halves | 2 cups |
| Extra virgin olive oil | 2 cups |
| Chermoula Vinaigrette (recipe follows) | 1 cup |

Method

1. Slice the sweet potato on the diagonal, about 1/3 inch thick.
2. Cut the squash in half, scoop out the seeds and slice squash about 1/3 inch thick. Set aside.
3. Bring olive oil to 350°F in a deep skillet add the squash slices, a few at a time. Fry on both sides until the slices turn a light golden brown, then remove and drain on a rack lined pan or paper towels.
4. In the same oil, fry the potato slices turning once, until light golden brown on both sides. Remove to a rack lined pan or paper towels to drain.

5. Lower the heat slightly and add the chilis to the pan. Frequently stir the chilis until the outside skin is transparent, has started to blister and become soft. Remove and set aside to cool, then pull away the skin.
6. Preheat the oven to 375°F.
7. Place the potatoes and squash in a decorative pattern in the skillet, alternating with the squash and potatoes, and top with the pepper slices.
8. Sprinkle with capers, scallions, preserved lemons, and parmesan cheese and bake for 20 minutes.
9. *For the Apricot Couscous:* Heat the broth or water for the couscous with cinnamon, cloves, orange peel, olive oil and salt.
10. Place the couscous, apricots, and raisins in a bowl and when the broth boils, pour it over the couscous, stir and immediately cover with plastic or foil.
11. Allow to steam for 5 minutes, uncover, and fluff with a fork, remove the spices and orange peel. Keep warm.
12. *For the Fried Walnuts:* Heat the water and honey in a sauce pan and bring to a boil, add the walnuts. Simmer for 5 minutes.
13. Heat the remaining olive oil in a pot to 350 degrees and using a slotted spoon, drain some walnuts from the honey syrup and add to the hot oil.
14. Stir and fry for 3-4 minutes until lightly golden and remove to let cool. Do this in 3-4 batches.
15. Remove the tagine from the oven and let sit for 5 minutes.
16. Drizzle the tagine with Chermoula Vinaigrette, serve with the couscous and top with the walnuts.

CHERMOULA VINAIGRETTE

Yield: 1 cup

| Ingredients | Amounts |
|-----------------------------|----------------|
| Cumin seeds | 1 tsp. |
| Onion, minced | ¼ cup |
| Parsley leaves | ½ cup |
| Cilantro leaves | ½ cup |
| Lemon juice | 2 ea. |
| Sweet paprika | 1 tsp. |
| Garlic clove, large, peeled | 1 ea. |
| Extra virgin olive oil | ¾ cup |
| Salt | 2 tsp. |
| Black pepper, ground | ¼ tsp. |

Method

1. Toast the cumin seeds in a dry pan until fragrant. Let cool.
2. Place the onions, cumin, parsley, cilantro, lemon juice, paprika, garlic, and olive oil in a food processor and process to a coarse consistency.
3. Drizzle in olive oil whisking to emulsify. Season with salt and pepper.

BRAISED EGGPLANT, PEPPERS WITH HERBS AND BLACK GARLIC SERVED WITH BLACK AND WHITE TAHINI AND GRILLED PITA

Yield: 8 portions

| Ingredients | Amounts |
|---|----------|
| Extra virgin olive oil | ½ -1 cup |
| Baby sweet tricolor peppers, halved lengthwise | 1 lb. |
| Japanese eggplant 1 ½ inch pieces | 4 ea. |
| Fennel fronds, chopped | 2 Tbsp. |
| Parsley, chopped | 2 Tbsp. |
| Salt | to taste |
| Black pepper | to taste |
| Chives, 1-inch pieces | ¼ cup |
| Black garlic cloves | 1 head |
| <i>White Tahini Sauce</i> | |
| White sesame paste | ½ cup |
| Lemon juice | 2 Tbsp. |
| Extra virgin olive oil | 2 Tbsp. |
| Salt | ½ tsp. |
| Cumin, ground | ¼ tsp. |
| Water | ¼ cup |
| <i>Black Tahini Sauce</i> | |
| Black sesame paste | ½ cup |
| Pomegranate molasses | 2 Tbsp. |
| Extra virgin olive oil | 1 Tbsp. |
| Salt | ½ tsp. |
| Water | ¼ cup |
| White sesame seeds | 2 tsp. |
| Black sesame seeds | 2 tsp. |
| Pita wedges, grilled, cut into wedges | 4 ea. |

Method

1. Heat a large skillet with ¼ cup of the olive oil on medium heat. Add the peppers and sear them on all sides stirring occasionally until they are blistered and softened. Remove and set aside.

2. Add the eggplant in a single layer. Sear the eggplant adding more oil as needed and then cover the pan for 2 minutes. Uncover the pan, stir the eggplant, and allow to sear some more, adding more oil as needed. Cover once more for 2-3 minutes. Uncover, test for doneness, and move to a platter. The eggplant should be softened throughout.
3. Add the peppers back to the pan with the eggplant. Toss with the herbs, salt, and pepper in a bowl.
4. *For the White Tahini Sauce:* Place all ingredients in a bowl and whisk until smooth. Set aside.
5. *For the Black Tahini Sauce:* Place all ingredients in a bowl and whisk until smooth. Set aside.
6. To plate, spread some of each of the tahini sauces on a plate. Sprinkle the white tahini with black sesame seeds and the black tahini with white sesame seeds.
7. Pile the eggplant and pepper mixture on top, Serve with grilled pita wedges.

OLIVE OIL BASED DESSERTS

HONEY-LEMON GLAZED OLIVE OIL SEMOLINA CAKE

Yield: 1 9" Cake

| Ingredients | Amounts |
|------------------------------|-----------------------------|
| <i>Honey-Lemon Glaze</i> | |
| Water | ¼ cup |
| Sugar | ½ cup |
| Honey | 2 Tbsp. |
| Lemon juice | 2 Tbsp. |
| <i>Olive Oil Cake</i> | |
| Pan spray | as needed |
| Flour, plus more for the pan | 1 ¼ cup plus more as needed |
| Semolina flour | 1 cup |
| Sugar | 1 ¼ cup |
| Baking powder | 1 tsp. |
| Salt | 1 ¼ tsp. |
| Baking soda | ½ tsp. |
| Eggs, large | 3 ea. |
| Yogurt | ¾ cup |
| Milk | ½ cup |
| Extra-virgin olive oil | 1 cup |
| Honey, orange blossom | ¼ cup |
| Lemon zest | 1 Tbsp. |
| Orange zest | 1 Tbsp. |

Method

1. *For the Honey-Lemon Glaze:* In a small saucepan, combine the granulated sugar, honey, and water and bring to a boil. Simmer for 5 minutes or until the sugar dissolves and it slightly reduces, remove from the heat, and add in the lemon juice.
2. *For the Olive Oil Cake:* Preheat the oven to 350°F. Butter and flour a 9-inch round nonstick cake pan.
3. In a medium bowl, sift together the semolina flour, flour, sugar, baking powder, salt, and baking soda. In a large bowl, whisk together the eggs, yogurt, milk, olive oil, honey, and lemon and orange zests. Add the flour mixture to the wet ingredients, gently whisk to combine. Be careful to not overmix.
4. Pour the batter into the prepared pan. Bake until a knife or cake tester comes out clean, 45 to 55 minutes. Brush with the glaze and let the cake cool for at least 20 minutes in the pan before serving.

Note: Serve with whipped sweetened Labne frosting and fresh berries, or citrus compote

OLIVE OIL ICE CREAM

Yield: ½ Quarts

| Ingredients | Amounts |
|---|----------------|
| Milk | 1 1/3 cup |
| Sugar | ½ cup |
| Vanilla extract | ½ tsp. |
| Salt, a pinch | 1 ea. |
| Egg yolks | 6 ea. |
| Heavy cream | 1 cup |
| Extra-virgin olive oil, ripe fruitiness | ½ cup |
| Lemon zest | 1 tsp. |

Blood oranges

Method

1. Warm the milk, sugar, vanilla, and salt in a medium saucepan.
2. Pour the cream and lemon zest into a large bowl and set a mesh strainer on top.
3. In a separate medium bowl, whisk together the egg yolks. Temper the egg yolks by slowly pouring 1/3 of the warm mixture, whisking constantly, then pouring the warmed egg yolks back into the saucepan.
4. Stir the mixture constantly over medium heat with a heatproof spatula, scraping the bottom as you stir, until the mixture thickens and coats the spatula, approximately 170°F.
5. Pour the custard through the strainer and stir it into the cream. Whisk the olive oil into the custard vigorously to emulsify. Stir until cool over an ice bath. Chill the mixture thoroughly in the refrigerator, then freeze it in your ice cream maker according to the manufacturer's instructions.

OLIVE OIL SEMOLINA COOKIES

MELOMAKARONA

Yield: 45 cookies

| Ingredients | Amounts |
|---|---------------------------|
| Olive oil, light, mellow ripe fruitiness | 1 ½ cups |
| Sugar | 1/3 cup |
| Fine semolina | 1 cup |
| Oranges grated zest of | 2 ea. |
| Orange juice | 2/3 cup |
| Salt | ½ tsp. |
| Cloves, ground | 1 tsp. |
| Cinnamon, ground | 2 tsp. |
| Baking soda | ½ tsp. |
| Baking powder | 1½ tsp. |
| Brandy | ½ cup |
| Walnuts, almonds or a combination, ground | 1 cup |
| Cake flour, sifted | 3 ½ cups + more as needed |
| <i>Honey Syrup</i> | |
| Sugar | ½ cup |
| Honey, Greek, thyme-scented* | 1 cup |
| Water | 1 ½ cups |
| Walnuts and almonds, coarsely chopped, to sprinkle the cookies | 2 cups |

Method

1. Add the oil and sugar in the bowl of a mixer and blend for 2 minutes on medium. Add the semolina, the orange zest and juice, salt, cloves, and cinnamon. Blend another 3 minutes.
2. In a small bowl dilute the baking soda and the baking powder in the brandy and add them to the mixer together with the ground nuts. Blend for 2 minutes more.
3. In a big bowl add the flour and toss with a spatula to sift. Pour in the mixture from the blender and with a large spatula or with your hands draw flour into the wet ingredients to mix, creating a soft, oily dough.
4. Turn the dough out onto a working surface, adding a little more flour (1-2 tablespoons) if it is too soft and difficult to shape. Knead for 2-3 minutes, then cover with plastic wrap and let the dough stand for 20-30 minutes.
5. Preheat the oven to 375°F (200 C).
6. Shape a large tablespoon of the dough into ovals. Press the tines of a fork on the surface to create ridges that will hold the topping.
7. Place the cookies about 1 inch apart, on baking sheets lined with parchment paper.

8. Bake for about 20 minutes, or until they start to color. Let cool slightly on a rack.
9. Meanwhile, make the syrup: In a medium saucepan, simmer the sugar, honey and water for 5 minutes and remove from the heat. Let cool to just warm.
10. Drop 6-8 cold cookies at the time in the honey syrup and let them soak about 2 minute or a bit longer, depending how soft or crunchy you like your melomakarona. Sprinkle a few nuts on a plate or container and make a layer of syrup-drenched cookies. Sprinkle generously with nuts and make more layers, sprinkling each with nuts.
11. Alternatively, you can place the cookies in a large, deep dish or baking pan that holds them snugly, and pour the syrup over them. Let stand for 15 minutes. Flip the cookies to moisten the other side and let them stand until they have absorbed most of the syrup.
12. Sprinkle with nuts and arrange on plates or airtight containers.
13. Better let stand for 1 day before serving. Store for up to 1 month.

NOTE: Use a strongly flavored honey for melomakarona. Our local thyme-scented honey is ideal, but pine honey works well too. If you have a light honey simmer 3-4 thyme branches in the syrup. Remove after it cools.

Source: Aglaia Kremezi. Published with permission of the author. All rights reserved.

PASSION FRUIT AND OLIVE OIL SORBET

Yield: 1 ½ Quarts

| Ingredients | Amounts |
|------------------------|----------------|
| Water | 1 ¾ cups |
| Sugar | 1 ½ cups |
| Passion Fruit Purée | 1 ¾ cups |
| Extra-virgin olive oil | 1 ¼ cups |
| Egg white, large | 1 ea. |
| Salt | a pinch |
| Lemon zest | 1 tsp. |

Method

1. Heat the water and the sugar together until they boil and form a syrup. Remove from the heat and allow the resulting syrup to cool.
2. When cool, combine the syrup, passion fruit puree, egg whites, salt, and zest in a blender. Turn the blender to low and slowly incorporate the extra-virgin olive oil into the mixture to emulsify.
3. Place the mixture into an ice-cream freezer and churn according to the manufacturer's instructions.

OLIVE OIL MOCHI CAKE WITH GREEN TEA OLIVE OIL ICE CREAM, CONFIT NUTS AND DRIED FRUITS

Yield: 8-10 portions

| Ingredients | Amounts |
|-----------------------------|--------------------------------|
| <i>Cake</i> | |
| All- purpose flour | ¾ cup |
| Glutenous rice flour | 2 cups |
| Baking powder | 1 tsp. |
| Salt | 1 tsp. |
| Eggs | 3 ea. |
| Sugar | 1 ¼ cup plus 2 Tbsp. |
| Lemon zest | ¼ tsp. |
| Extra virgin olive oil | ¾ cup |
| Milk | ¾ cup |
| <i>Ice Cream</i> | |
| Egg yolks | 3 ea., whisked in a small bowl |
| Whole milk | 2 cups |
| Cream | 1 cup |
| Sugar | ½ cup |
| Olive oil | ½ cup |
| Honey | ¼ cup |
| Salt | ¾ tsp. |
| Vanilla bean | 1 ea. |
| <i>Confit</i> | |
| Figs, stalks removed, diced | ½ cup |
| Apricots, dried, diced | ½ cup |
| Golden raisins | ½ cup |
| Walnuts | ¼ cup |
| Green tea, brewed | 2 cups |
| Honey | 1 cup |

Method

1. *For the Cake:* Adjust oven rack to middle position and heat oven to 350 degrees.
2. Grease 9-inch springform pan. Whisk both flours, baking powder, and salt together in bowl.
3. Using stand mixer fitted with whisk attachment, whip eggs on medium speed until foamy, about 1 minute.
4. Add 1¼ cups sugar and lemon zest, increase speed to high, and whip until mixture is fluffy and pale yellow, about 3 minutes.
5. Add half of flour mixture and mix on low speed until incorporated, about 1 minute, scraping down bowl as needed. Add milk and mix until combined, about 30 seconds.

6. Add in the olive oil in a thin stream until it is fully incorporated.
7. Add remaining flour mixture and mix until just incorporated, about 1 minute, scraping down bowl as needed.
8. Transfer batter to prepared pan; sprinkle remaining 2 tablespoons sugar over entire surface.
9. Bake until cake is deep golden brown, and toothpick inserted in center comes out with few crumbs attached, 40 to 45 minutes.
10. Transfer pan to wire rack and let cool for 15 minutes. Remove side of pan and let cake cool completely, about 1 1/2 hours.
11. *For the Ice Cream:* For the ice cream, heat the milk, cream, sugar, honey, and salt in a medium sauce pot until it just begins to simmer. Pour a little into the whisked eggs to create a liaison. Pour the liaison into the sauce pot and return to a simmer while whisking. Add the vanilla bean seeds and allow to thicken. Cool to room temperature and refrigerate for 4 hours. Churn the ice cream and just before the ice cream is at the right consistency, pour the olive oil in a steady stream. Allow the ice cream to freeze for up to 4 hours before serving.
12. *For the Confit:* Soak fruits and nuts overnight in the tea then drain and layer in large jar.
13. Add honey, bring to a boil, and cool.
14. Serve 1 slice of cake with olive oil ice cream topped with confit.

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