

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 follows)	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.

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.

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.

Source: Catherine Brandel

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.