The Mediterranean Recipes FDSV B50

Grilled Dublin Bay Prawns with Red Pepper Rouille
(French Cuisine)

Chicken Tagine
(Moroccan Cuisine)

Grilled Za-Atar-Coated Chicken with Mixed Baby Greens
(Tunisia Cuisine)

Pesto Sauce
(Italian Cuisine)

Lebanese Coleslaw _Salat Malfooof
Lebanese Cuisine)

Dried Apricot or Melon compote
(Greece)
Grilled Dublin Bay Prawns with Red Pepper Rouille

Chef Dan Scannell, CMC

Serves 4

Dublin Bay Prawns:
4 Dublin Bay prawns
4 wooden skewers, soaked in water for 20 minutes
1 tablespoon melted unsalted butter
Kosher salt and ground black pepper
1 tablespoon olive oil
4 cooked, blanched artichoke bottoms
1/4 cup white wine
2 teaspoons fresh lemon juice
1 tablespoon cold unsalted butter
1 tablespoon fresh minced chives

Red Pepper Rouille:
8 ounces canned pimientos, drained
6 tablespoons extra-virgin olive oil
2 teaspoons kosher salt
1/2 teaspoon ground white pepper
2 tablespoons mayonnaise
2 teaspoons sherry vinegar
4 dashes Tabasco
1/4 teaspoon cayenne pepper

Finish and Serve:
12 toast points

To Make the Dublin Bay Prawns:
- Preheat a grill or, to bake the prawns, preheat the oven to 375 degrees F. Clean and peel the prawns. Thread each on a soaked skewer lengthwise. Brush with melted butter and sprinkle with salt and pepper. Grill or bake until cooked through.
- While the prawns are cooking, heat the olive oil in a skillet and sauté the artichoke bottoms until warmed through. Add the wine and lemon juice to the pan and cook until liquid is reduced by half. Swirl in the cold butter and fresh chives. Season with salt and pepper.

To Make the Red Pepper Rouille:
- Place the pimientos in a blender and pulse to chop. With the motor running, slowly pour in the olive oil. Add salt, pepper, mayonnaise, vinegar, Tabasco and cayenne. Continue to purée until smooth. Chill before serving.

Finish and Serve:
- Place the artichokes in the center of warmed plates and fill each with 1 tablespoon Red Pepper Rouille. Top with a grilled prawn and serve with toast points.

Chef's Tip:
- Dublin Bay prawns are also known as langostinos, scampi and lobster dainties. You may substitute very large shrimp or lobster tail meat in this recipe.
# Chicken Tagine

Yield: 10 servings

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>U.S.</th>
<th>Metric</th>
<th>Procedure</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken</td>
<td>3 each</td>
<td>3 each</td>
<td>Cut the chickens into 8 pieces. (A portion will consist of one breast or thigh and one drumstick.) Season the chicken parts with salt and pepper. Heat the oil over medium-high heat in a large frying pan. Saute the chicken until a light golden color. Work in batches if necessary. Remove the chicken from the pan and reserve.</td>
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<tr>
<td>Salt</td>
<td>1 tbsp</td>
<td>20 g</td>
<td>Add the onions to the pan and saute until they take on a light brown color, about 8 minutes.</td>
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<tr>
<td>Ground black pepper</td>
<td>1/2 tsp</td>
<td>3 g</td>
<td>Add the garlic and ginger and saute until aromatic. Stir in the cumin and saffron.</td>
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<tr>
<td>Olive oil, extra-virgin</td>
<td>3 fl oz</td>
<td>90 mL</td>
<td>Add a small amount of liquid and begin the braising process. Adjust the seasoning with salt and pepper, if necessary. Cover the pan and braise over low heat until the chicken is cooked through. In the last 15 minutes add the parsley, olives, and preserved lemon. Serve immediately.</td>
</tr>
<tr>
<td>Cipollini onions, blanched and peeled</td>
<td>30 each</td>
<td>30 each</td>
<td></td>
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<tr>
<td>Garlic cloves, thinly sliced</td>
<td>1/2 oz</td>
<td>15 g</td>
<td></td>
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<tr>
<td>Ginger, peeled and thinly sliced</td>
<td>1/4 oz</td>
<td>15 g</td>
<td></td>
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<tr>
<td>Cumin seeds, toasted and ground</td>
<td>1 tsp</td>
<td>0.5 g</td>
<td></td>
</tr>
<tr>
<td>Saffron</td>
<td>1/4 tsp</td>
<td>0.5 g</td>
<td></td>
</tr>
<tr>
<td>Chicken Stock (page 304)</td>
<td>8 fl oz</td>
<td>240 ml</td>
<td></td>
</tr>
<tr>
<td>Parsley, chopped</td>
<td>4 tbsp</td>
<td>10 g</td>
<td></td>
</tr>
<tr>
<td>Green olives</td>
<td>50 each</td>
<td>50 each</td>
<td></td>
</tr>
<tr>
<td>Preserved lemons</td>
<td>2 each</td>
<td>2 each</td>
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**Nutrition Information per 12-oz (340-g) Serving:**
- 454 Calories
- 30 grams Protein
- 7 grams Carbohydrate (total)
- 29 grams Fat (total)
- 1,400 milligrams Sodium
- 195 milligrams Cholesterol
GRILLED ZA-ATAR-COATED CHICKEN
WITH MIXED BABY GREENS

ZA-ATAR, A DARK-GREEN MIXTURE OF THYME, TOASTED SESAME SEEDS, AND GROUND SUMAC, IS TRADITIONALLY MIXED WITH OLIVE OIL AND SERVED AS A DIP OR SPREAD OVER BREAD SLICES. ZAATAR (ALSO SPELLED ZAATAR) IS AVAILABLE AT LOCAL ETHNIC MARKETS BUT CAN BE MADE FROM SCRATCH BY COMBINING EQUAL PARTS OF GROUND, DRIED THYME AND TOASTED SESAME SEEDS, WITH A LITTLE BIT OF SUMAC (ABOUT ONE-FOURTH OF THE AMOUNT OF THE OTHER INGREDIENTS), AND SALT TO TASTE. THE WONDERFULLY TART FLAVOR OF SUMAC BALANCES AND COMPLEMENTS THE OTHER SEASONINGS, RESULTING IN VERY UNIQUE AND DELICIOUS GRILLED CHICKEN.

Sprinkle the chicken with 1 1/2 teaspoons of salt and 1 teaspoon of black pepper. Stir the za-atar and 3 tablespoons of oil in a small bowl to blend. Rub the herb mixture all over the chicken. Cover and refrigerate at least 1 hour or up to 1 day.

Prepare the barbecue for medium-high heat. Grill the chicken until just cooked through, about 4 minutes per side. Set the chicken aside and cool. Cut the chicken into 1/4-inch-thick strips.

Toss the corn kernels, fava beans, tomatoes, red and green bell peppers, and shallots in a large bowl. Whisk the lemon juice, 1 tablespoon of oil, 1 1/2 teaspoons of salt, and 1 teaspoon of black pepper in a small bowl to blend. Drizzle the dressing over the vegetable mixture and toss to coat. Toss the mixed greens with the remaining 1 teaspoon of oil in another large bowl.

Place a bed of the mixed greens on each plate. Mound the vegetable mixture on top of the greens. Top with the sliced chicken pieces and serve.

COOK'S NOTES: During the spring, when fresh fava beans are available, use them in place of the canned beans. They do require a bit more work, but their fresh flavor and pale green color add to the beauty of this salad. To prepare fresh fava beans, remove them from their large pods, and cook the beans in boiling water for 1 minute. Then, peel away the outer shell from the bean. One pound of whole fava beans will yield about 1/2 cup of peeled fresh beans.

When grilling chicken, cook the meat fairly close to the heat source. This method of cooking seals the juices in so that the meat becomes more tender and succulent. A chicken breast is cooked perfectly when the center is heated to 160°F (you can use a meat thermometer); if you exceed that temperature, the chicken is considered over-cooked and will most likely yield a stringy and tough texture.

Serves 6

6 boneless skinless chicken breasts
3 teaspoons salt
2 teaspoons ground black pepper
3/4 cup za-atar (page 14)
4 tablespoons plus 1 teaspoon olive oil
2 ears of corn, kernels cut from cob
2 cups canned fava beans, rinsed, drained and patted dry
4 tomatoes, seeded and cut into 1/2-inch pieces
1 red bell pepper, seeded and cut into 1/2-inch pieces
1 green bell pepper, seeded and cut into 1/4-inch pieces
2 tablespoons minced fresh shallots
3 tablespoons fresh lemon juice
6 cups mixed baby greens
PESTO SAUCE

Taken from the word that means “paste” in Italian, pesto is traditionally made using basil and pine nuts pounded by hand with a heavy pestle in a mortar. Other herbs and nuts can be substituted; blanched almonds or walnuts work well, as does cilantro, mint or parsley.

Yield: 1 1/4 pt. (720 ml)  Method: Puréeing

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Yield</th>
<th>2 Method</th>
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</thead>
<tbody>
<tr>
<td>Olive oil</td>
<td>12 fl. oz.</td>
<td>360 ml</td>
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<tr>
<td>Pine nuts</td>
<td>3 oz.</td>
<td>90 g</td>
</tr>
<tr>
<td>Fresh basil leaves</td>
<td>6 oz.</td>
<td>180 g</td>
</tr>
<tr>
<td>Garlic, chopped</td>
<td>1 Tbsp.</td>
<td>15 ml</td>
</tr>
<tr>
<td>Parmesan, grated</td>
<td>4 oz.</td>
<td>120 g</td>
</tr>
<tr>
<td>Romano, grated</td>
<td>4 oz.</td>
<td>120 g</td>
</tr>
<tr>
<td>Salt and pepper</td>
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<td>TT</td>
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Place one-third of the oil in a blender or food processor and add all the remaining ingredients.

Blend or process until smooth. Add the remaining oil and blend a few seconds to incorporate.

VARIATIONS:

Walnut Pesto—Substitute walnuts for pine nuts.

Sun-Dried Tomato Pesto—Add 1 ounce (30 grams) sun-dried tomatoes that have been softened in oil or water. Add additional oil as necessary.

Approximate values per 1-fl. oz. (30-ml) serving: Calories 200, Total fat 19 g, Saturated fat 4 g, Cholesterol 10 mg, Sodium 250 mg, Total carbohydrates 1 g, Protein 4 g, Calcium 15%
LEBANESE COLESLAW
Salat Malfoof

Yield: 8 portions

Ingredients
Garlic cloves
Salt
Lemon juice
Olive oil
White cabbage, shredded
Mint, chopped
Caraway seeds

Amount
3 each
1 1/4 teaspoon
5 oz.
5 oz.
1 lb.
3 tablespoons
3 tablespoons

Method
1. Mash garlic with salt to a paste, whisk in lemon juice, then olive oil - slowly as you would for mayonnaise to form an emulsion.
2. Toss all remaining ingredients together, serve immediately.

Note: The original recipe calls for Dutch cabbage that has a strong garlic flavor, if not available you may increase the garlic cloves.
DRIED APRICOT OR MELON COMPOTE
Serves 4

Dried fruits make a wonderful dessert compote in winter. However, in warmer months, you may want to choose a fresh fruit compote to serve with this menu. This recipe gives you a choice.

If you like, a mixture of dried fruits can be used in place of the apricots and raisins in the winter compote. Prepare it up to 3 days ahead of serving. The melon compote can be made up to 24 hours ahead.

For the Dried Apricot Compote:
1½ lb (750 g) dried apricots
½ cup (2 oz/60 g) golden raisins
5–6 cups (40–48 fl oz/1.25–1.5 l) water, Riesling, Moscato or other sweet wine, to cover
1 cup (8 oz/250 g) sugar, or to taste
2 orange zest strips (see glossary)
½ teaspoon ground cardamom
1–2 tablespoons orange flower water or rose water, or to taste (see glossary)
¾ cup (4 oz/125 g) toasted pine nuts or slivered almonds, optional (see glossary)

In a bowl, combine the apricots, raisins and enough of the water or wine to cover. Let stand overnight at room temperature. The next morning, transfer the fruits and their soaking liquid to a saucepan and add additional water or wine as needed to cover. Add the sugar, orange zest and cardamom and bring to a boil, stirring to dissolve the sugar. Reduce the heat to medium and simmer, uncovered, until the apricots are tender, about 30 minutes.

For the Melon Compote:
1½ cups (12 fl oz/375 ml) water
¼ cup (2 fl oz/60 ml) fresh lemon juice
1 cup (8 oz/250 g) sugar
orange zest (see glossary)
2–3 lb (1–1.5 kg) cantaloupe or honeydew melon, peeled, seeded and scooped into balls or diced
½ teaspoon ground cardamom
1 tablespoon rose water
chopped pistachios or toasted slivered almonds (see glossary)

In a saucepan, combine water, lemon juice, sugar and orange zest to taste. Bring to a boil while stirring; cook 10 to 15 minutes, or until syrupy. Stir in the melon and the cardamom. Simmer 5 minutes. Remove from heat and stir in rose water. Transfer fruit to a bowl, cool, cover and chill before serving. Garnish with pistachios or almonds.