

Baba Ghanoush - Eggplant Dip

Servings – 4; Time – 25 minutes

Ingredients

- 1 medium eggplant
- Sea salt
- Olive oil (for roasting)
- 2-3 Tbsp lemon juice (1 medium lemon yields about 3 Tbsp juice)
- 1 large clove garlic (grated or finely minced)
- 2 Tbsp tahini
- 1 small pinch cayenne pepper
- ¼ tsp ground cumin
- 2 Tbsp fresh cilantro, parsley or basil (optional // chopped)



- 1. Preheat oven to high broil (or medium if you have the ability) and position a rack at the top of the oven.
- 2. Slice your eggplant into 1/4 inch rounds and sprinkle with sea salt and place in a colander in the sink to drain any excess liquid. After 10 minutes, rinse slightly and then pat dry between two towels.
- 3. Arrange on a baking sheet and drizzle with olive oil and a pinch of sea salt. Roast for 5-10 minutes, turning once or twice, until the eggplant is softened and golden brown. Remove from pan, stack and wrap the rounds in foil to lock in moisture wait 5 minutes. Alternatively, roasting over an open flame will produce a smokier, richer flavour.
- 4. Peel away most of the skin of the eggplant (a little is OK) and add flesh to a food processor. It should be soft and tender and the skin should come off easy.
- 5. Add lemon juice, garlic, tahini, cayenne, cumin, a pinch of salt and mix until creamy. Add herbs last and pulse to incorporate. Taste and adjust seasonings as needed. You may need a bit more tahini and another pinch of salt.
- 6. Serve with pita and/or pita chips or veggies (for gluten-free friendly option). Will keep covered in the fridge for several days.



Simple Greek Salad

Serves 4

Ingredients

- 4 cups romaine hearts, washed, dried and torn into bite size pieces
- 1 large ripe tomato
- ½ field cucumber peeled and cut into bite sized pieces
- 1/8 cup greek feta cheese
- ¼ cup Kalamata olives
- 1 to 2 tbsp olive oil
- ½ teaspoon dried oregano
- Fresh salt and pepper to taste



- 1. Wash romaine hearts, tear into bite size pieces and spin dry in a salad spinner; add to medium sized salad bowl
- 2. Cut tomato into bite size pieces and add to salad bowl
- 3. Peel and cut cucumber into bite size pieces and add to salad bowl
- 4. Crumble feta cheese with a fork and add to the salad bowl
- 5. Drizzle with olive oil
- 6. Add dried oregano, salt and pepper
- 7. Toss and let sit for 5 to 10 minutes before serving



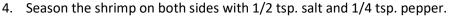
Grilled Shrimp

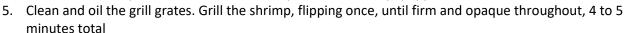
Serves 4 - 6

Ingredients

- 1-1/2 lb. raw extra-jumbo shrimp (16 to 20 per lb.), peeled (leave tail segment intact) and deveined
- 2 Tbs. fresh lemon juice
- 1 tsp. smoked sweet paprika
- 2 tbsp extra-virgin olive oil
- Vegetable oil, for the grill
- Kosher salt
- Ground black pepper

- 1. May be prepared on a hot grill or under the broiler.
- 2. In a medium bowl, toss the shrimp with 2 Tbs. of the lemon juice and the paprika; marinate at room temperature for 5 minutes.
- 3. Thread the shrimp onto metal skewers or wooden skewers that have been soaked in water for at least 30 minutes.









Chicken Souvlaki with Tzatziki

Serves 4

Ingredients

Chicken Souvlaki

- 1 lb. chicken breast, ½ inch cubes
- 4 cloves garlic
- ¼ white onion, chopped
- 2 tbsp fry oregano
- ¼ cup fresh parsley
- 2 tbsp Dijon mustard
- 2 tsp ground cinnamon
- 2 tsp lemon zest
- 1 tbsp salt
- 2 tsp ground black pepper
- ½ cup olive oil



Directions

- 1. Blend all marinade ingredients until smooth.
- 2. Mix chicken in marinade and allow to sit in the refrigerator for 6-36 hours.
- 3. Skewer chicken. Sear in a hot frying pan until golden brown on all sides.
- 4. If needed, finish the cooking on a parchment lined baking tray in a hot oven.

Tzatziki

Makes 1 litre

Ingredients

- 1 tub plain Greek yogurt (650g)
- 4 cloves garlic, minced
- ¼ large cucumber, grated and strained (only used the pulp, not the juice)
- 2 tbsp lemon juice
- 2 tbsp honey
- 2 tbsp freshly minced parsley
- 2 tbsp extra virgin olive oil
- 1 tbsp salt
- 2 tsp ground black pepper

Directions

Mix all ingredients in a large bowl and serve, or store in the refrigerator.



Nut-Free Baklava with Cinnamon and Sunflower Seeds

Ingredients

- 1 cup shredded coconut
- ½ cup dried apricots
- ½ cup golden raisins (or currants)
- ½ cup sunflower seed
- ¼ cup caster sugar (granulated would work too)
- ½ teaspoon ground cinnamon
- 16 sheets phyllo dough pastry, thawed in the refrigerator
- 200 grams unsalted butter, melted (about 8 Tbsp)
- For the Syrup:
- 1 tablespoon honey
- ½ teaspoon ground cinnamon
- 1 teaspoon finely grated orange
- 1 cup sugar



- 1. Preheat oven to 400 degrees F. Grease a (7" x 10") glass pan. If using a larger pan (9" x 13") double the recipe ingredients.
- 2. Place coconut, apricots, raisins and sunflower seeds in a food processor. Add sugar and cinnamon. Process until finely chopped. Mixture will be clumpy.
- 3. Place pastry on clean work surface. Cover with a damp towel to prevent from drying out. Brush 1 sheet pastry with melted butter. Fold in half. Press into pan. Trim excess dough from edges to fit the side of the pan. Sprinkle ½ cup coconut mixture evenly on top of pastry.
- 4. Brush another sheet of pastry with melted butter and fold in half. Press into pan on top of the first layer. Sprinkle with 2 Tablespoons coconut mixture. Repeat process this process with remaining pastry sheets, butter, and 2 Tablespoons coconut mixture per layer, trimming edges as you go to fit the side of the pan.
- 5. End layering with a pastry sheet buttered and folded in half. Using a sharp knife, carefully cut the stacked layers of pastry into thirds lengthwise. Then cut crosswise diagonally to make 16 diamond-shaped pieces.
- 6. Bake for 30 minutes. Reduce heat to 325 F for about 10-15 more minutes or until golden brown. Note: fruit mixture will darken faster than pastry.



7. While baklava is baking, make syrup. Place honey, cinnamon, orange rind, sugar and 2/3 cup cold water in sauce pan over medium-heat. Cook, stirring, until sugar dissolves. Bring to a boil. Reduce heat to medium. Simmer for 5 minutes or until syrup is slightly thickened. Pour hot syrup over hot baklava. Cool in pan. Serve and enjoy!
N.B. Phyllo pastry sheets are typically $9'' \times 14''$ which is why a (7 x 10) or (9 x 13) pan are best suited