

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)



Directions

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



Directions

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

Directions

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.
4. Season the shrimp on both sides with 1/2 tsp. salt and 1/4 tsp. pepper.
5. Clean and oil the grill grates. Grill the shrimp, flipping once, until firm and opaque throughout, 4 to 5 minutes total



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



Directions

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" x 14" which is why a (7 x 10) or (9 x 13) pan are best suited