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Cold Appetizers

Stuffed Small Vegetables,

Preparation time: 55 minutes
 Cooking time: 40 minutes
 Difficulty: ★★

Serves 4

4 tomatoes
 2 lemons
 10½ oz/300 g zucchini
 8¾ oz/250 g eggplants
 7 oz/200 g mild green chiles
 1¼ lb/500 g potatoes
 salt and pepper

For the stuffing:
 ¼ cup/50 g rice



1¼ lb/500 g ground beef
 1 onion, chopped
 6½ tbsp/100 g chopped parsley

6½ tbsp/100 g grated Swiss cheese
 1 tsp caraway seeds
 1 egg, beaten
 1 tsp harissa
 cooking oil

For the tomato sauce:
 1¾ lb/750 g tomatoes
 2 garlic cloves, crushed
 7 tbsp/100 ml olive oil
 1 pinch saffron strands, in
 ½ glass water

For the garnish:
 chopped parsley

Known as *doulma*, this mixture of stuffed small vegetables from the Tunis area is typical of the Mediterranean region as a whole. Consisting of zucchini, eggplants, tomatoes, mild green chiles, potatoes, and lemons, this refreshing dish is mainly served in summer.

According to a family's taste, the stuffing is prepared with ground beef or ground lamb. The highly flavored meat goes perfectly with the vegetables. When you fry the vegetables, our chef recommends that you lightly brush the stuffing with beaten egg and all-purpose flour. This way, they'll retain their attractive appearance.

It's best to start by frying the potatoes. These vegetables, originating from Latin America, are eaten throughout the world. Select the hardest potatoes with a smooth skin, unblemished and without any sprouts. They keep perfectly well in a dry, cool place, preferably out of direct light. On

contact with the air, the inside of a potato tends to go black. Leave peeled potatoes immersed in cold water while waiting to use them.

The zucchini and eggplants must be added at the same time. These summer vegetables are a great favorite of Mediterranean people. Preferably choose the smaller, tastier vegetables for this recipe. With their strong flavor, eggplants go extremely well with the tomato sauce. They must be unblemished, with a smooth, intact, and firm skin. As for the zucchini, you can judge their freshness by how uniform their color is. They are not usually peeled, but you need to scrape the skins.

In the Tunis region, stuffed small vegetables are often enjoyed as a family meal. According to your preference you can either pour the tomato sauce straight onto the vegetables or serve it separately.

Prepare the stuffing by boiling the rice for about 10 minutes. Mix the ground beef, chopped onion, chopped parsley, grated Swiss cheese, and boiled rice in a bowl. Add the salt, caraway seeds, and harissa. Mix well. Allow to stand for approximately 10 minutes.

For the sauce, wash, peel, and deseed the tomatoes; then reduce them to a purée. Wash the remaining tomatoes and the lemons, zucchini, eggplants, and chiles. Peel the potatoes. Cut the zucchini into chunks. Deseed the chiles. Scoop out all the vegetables.

Prepare the sauce by browning the prepared purée and crushed garlic cloves in 7 tbsp (100 ml) olive oil. Add salt and pepper. Add the saffron water. Fry gently until the vegetable water has evaporated. Add a little extra water and cook for approximately 10 minutes.



Tunis-Style



Blanch the scooped out lemons. Fill the zucchini, potatoes, tomatoes, lemons, and chiles with the stuffing.

Heat the cooking oil. Brush the vegetable stuffing with a little beaten egg. Carefully immerse the vegetables in the hot oil.

Place the stuffed vegetables on a dish. Pour the sauce over the top. Bake in the oven at 350 °F/180 °C for 10 minutes. Arrange the small vegetable parcels on a serving dish. Garnish with a little chopped parsley.



Tuna Fillet

Preparation time: 30 minutes
Cooking time: 40 minutes
Difficulty: ★

Serves 4

| | |
|---------|-------------------|
| 1 | carrot |
| 1 | white turnip |
| 1 whole | garlic bulb |
| 1 | onion |
| 1 | green bell pepper |
| 1 | leek |



| | |
|---------------|---------------------------------------|
| 7 tbsp/100 ml | sherry vinegar |
| 7 tbsp/100 ml | white wine |
| 2 | bay leaves |
| 1 bunch | thyme |
| pinch | dried oregano |
| 1 tsp | ground cumin |
| 4 | cloves |
| 4 slices | red tuna, each weighing 6 oz/150 g |
| ¾ cup/200 ml | virgin olive oil |
| | salt and pepper |

For centuries, Spanish chefs have tried many different ways of preserving tuna without impairing its consistency or flavor. In a break from preserving fish in salt, they had the idea of preserving tuna in a marinade of vinegar, vegetables, and spices—*escabeche*. This cold sauce is used with every possible kind of fatty fish in Spain—including red tuna, sardines, and mackerel, as well as tuna. The abundance of fish oil in these varieties helps to preserve them, as well as enhance the flavor. Over time, this method of preservation has found its way, under various names, into the culinary traditions of other countries—including North Africa, Italy, South America, and even Belgium, which was once under Spanish rule.

Julio Reoyo recommends tuna in a delicious *escabeche*. At the time of the Moors, lookouts were positioned on towers

to watch for the vast shoals of tuna. As soon as they were spotted in the vicinity of the coast, fishermen set sail and caught them in huge nets. For this recipe, Julio Reoyo likes to use fatty red tuna.

Escabeche always contains delicious vegetables. The vast, sun-drenched expanses of Castile provide the markets of Madrid with onions, garlic, bell peppers, tomatoes, eggplants, and much more. Garlic is a typical product of La Mancha. The Spanish consume nearly 3½ lb (1.5 kg) of it per person per year.

When you have put the sautéed tuna in the *escabeche*, transfer everything into a glass or plastic container. Sealed so it is airtight, the fish will keep for two or three months in the refrigerator. Serve cold or warm.

Peel and slice the carrot. Peel and dice the turnip. Peel and roughly chop the garlic and onion. Cut the bell pepper and leek into chunks.

Put all the vegetables in a pot of water, and simmer gently for 15 minutes, stirring frequently. The vegetables should be well cooked.

Add the vinegar and white wine, and bring to the boil.



in Escabeche



Now put the spices in the pot: bay leaves, thyme, oregano, cumin, cloves, salt, and pepper. Add 2 cups (500 ml) cold water, and return to the boil.

Skin the tuna and cut into large chunks. Heat some oil in a skillet until very hot, then cook the tuna all over.

Put the tuna chunks into the boiling escabeche, and cook for 8 minutes. Then remove with a slotted spoon, and leave the liquid to cook. Serve the tuna in the warm escabeche.



The



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Évie Voutsina

Figs with

Preparation time: 15 minutes
Cooking time: 15 minutes
Difficulty: ★

Serves 4

2¼ lbs/1 kg fresh figs
½ stick/50 g butter
3½ oz/100 g thyme honey
5 oz/150 g fresh goat's cheese

For the garnish (as desired):
mint leaves



Although there are many lovely Moroccan desserts consisting of small pastries with dried fruit, there are no traditional sweet dishes with fresh fruit. Various kinds of fruit are offered in a basket or served in sweet salads with cinnamon and orange flower water. M'hamed Chahid has proved his creativity once again and proposes lightly frying quartered figs in butter, pouring a syrup of thyme honey over them and serving with goat's cheese.

M'hamed Chahid comes from Tangier: northern Morocco is equally famous for its figs and for its goat's cheese and honey. The chef uses thyme honey that is as dark as chocolate. If you can't get thyme honey, simply use ordinary honey and warm it in a pan with a sprig of thyme.

For this dessert, the chef likes to use white figs, which are ideal because of the combination of colors. However,

purple-skinned figs are also suitable. Two kinds of figs are on offer in Moroccan markets. The *bakour*, which ripen in a single week, are the source of the proverb "The seven days of figs soon pass." All those who boast of their successes and forget that inevitably other times will follow get to hear this proverb. The other variety of fig is very sweet and has a much longer season.

Choose a good quality fresh goat's cheese. It is still made by hand in the Rif Mountains, with the milk churned by being shaken in a goatskin. The cheese is then allowed to drain for three or four days wrapped in a cloth. Little cubes of fresh goat's cheese taste wonderful with the fruit covered with honey syrup.

Rinse and wash the figs. Remove the stalks. Cut the fruits, starting from the top, into regular thirds or quarters.

Cut the butter into pieces. Melt in a pan until it foams.

Put the quartered figs into the hot butter. Shake the pan in order to coat the figs well with the butter, and brown them evenly.



Thyme Honey



Remove the figs and set aside. Instead of the figs, now add the honey to the melted butter. Stir with a wooden spatula. Reduce the sauce over a medium heat, stirring continuously.

Cut the goat's cheese into little cubes.

Pour the honey syrup onto a plate. Place the cubes of cheese in the middle, then arrange the figs in a ring around them. Garnish with leaves of mint.



Loin of Lamb

Preparation time: 45 minutes
 Cooking time: 1 hour 15 minutes
 Difficulty: ★

Serves 4

2 white onions
 2 tbsp olive oil
 1 sprig fresh thyme
 1 bay leaf
 2 loins of lamb, each
 1½ lb/700 g
 1 zucchini
 1 eggplant
 3 beefsteak tomatoes, each
 2 ½ oz/60 g
 salt, pepper



For the herb crust:

1 bunch fresh chives
 1 bunch fresh chervil

1 bunch fresh tarragon
 2 egg yolks
 7 oz/200 g prepared mustard

For the lamb gravy:

1 carrot
 1 onion
 1 sprig fresh parsley
 3½ tbsp/50 ml white wine
 1 tbsp olive oil

For the garlic oil:

4 cloves garlic
 1 sprig fresh thyme
 1 bay leaf
 ¾ cup/150 ml olive oil

For the garnish:

4 sprigs rosemary, 1 clove garlic

With this recipe Joël Garault, chef at the restaurant in the “Hermitage” hotel, Monte Carlo, pays homage to the Principality and its famous cliffs.

Loin of lamb with a herb crust is a traditional dish from the Provençal countryside. It’s a very popular cut of lamb. According to our chef, each piece, when trimmed, should weigh 1½ pounds/700 grams. If you can’t obtain lamb you could serve veal or poultry with the vegetable rosettes.

Spicy mustard plays an important role in the golden herb crust. The seeds of the mustard plant, indigenous to the Mediterranean region, are used to make the yellow condiment of the same name that can be mild or hot. The mustard combines with the flavor of the lamb to produce a characteristic taste.

Of course herbs are also part of the herb crust. Sometimes our chef uses basil instead of tarragon, or flat-leaf parsley instead of chervil. The slightly peppery flavor of chives is, on the other hand, an essential component. Fresh chives are available from spring to fall. They should not be in flower and the blades should be slender and dark green.

To save time you can prepare the vegetable rosettes a day before you need them. They will be nice and juicy when reheated. Choose zucchini, eggplant, and tomatoes that are roughly the same size. Reserve the olive oil in which you fry the unpeeled garlic, because the vegetable rosettes are coated in it too.

Loin of lamb with a herb crust is very simple. The only garnish required is garlic and rosemary.

Peel and chop the onions and sweat them in olive oil for 10 minutes on low heat. Season with salt and pepper. Add the chopped thyme and the bay leaf.

Remove the back bones, belly flaps and fat from the lamb. Separate the lower part to a depth of 2 fingers wide, and free the ribs. Keep the scraps. To make the garlic oil, sweat the garlic, thyme, and bay leaf in olive oil on low heat for 35 minutes. Drain and keep the oil.

Slice the vegetables. Soak in the cooled garlic oil. Place round ring molds on a baking sheet. Divide the onions between the ring molds, then layer the sliced vegetables on top in a rosette shape. Season, drizzle over a little olive oil. Bake at 320 °F/160 °C for 20 minutes.



with a Herb Crust



To make the herb crust, finely chop the chives, chervil, and tarragon. In a bowl, combine them with the egg yolks and mustard.

Season the loins of lamb and scraps. Bake in the oven at 400 °F/200 °C, together with the chopped gravy ingredients, except for the wine, for 20 minutes. Deglaze the pan with the white wine. Spread the herb paste over the loins and roast at 465 °F/250 °C for 3 minutes.

Strain the gravy and season to taste with salt and pepper. Leave the loins of lamb to rest for 5 minutes. Then cut them into chops. Arrange 3 chops and a vegetable rosette on each plate. Garnish with rosemary, a halved clove of garlic, and a spoonful of gravy.

