

School of Cooking

Martin's

Mostly Mediterranean

Hosted by Chef Eileen Quinn

June 19, 2008

Martin's Super Markets at Heritage Square
Mishawaka, Indiana

Greek Gazpacho with Feta

Yield: 8 to 10 servings

Ingredients

2 thick slices day-old bread, such as ciabatta or peasant white, crusts removed
6 large cloves garlic, chopped
2 tablespoons freshly chopped oregano leaves
2 tablespoons chopped flat-leaf parsley
5 tablespoons red wine vinegar
5 tablespoons good olive oil
1 red bell pepper, seeded chopped
1 yellow bell pepper, seeded and chopped
2 red onions, chopped
1 seedless cucumber, unpeeled, seeded, and chopped
4 large ripe tomatoes, chopped
3/4 cup kalamata olives, pitted and chopped
1 (46-ounce) can Sacramento tomato juice
4 teaspoons kosher salt
2 teaspoons freshly ground black pepper
8 ounces good feta cheese, small-diced not crumbled

Instructions

Place the bread, garlic, oregano, and parsley in a food processor and process until everything is finely chopped. Add the vinegar and olive oil and process again until smooth. Transfer the mixture to a large mixing bowl. Place the peppers, red onion, cucumbers, tomatoes, and olives separately in the food processor and process until very coarsely chopped. Add to the mixing bowl. Add the tomato juice, salt, and pepper and stir well. Taste for seasoning, cover with plastic wrap, and refrigerate for at least 3 hours. Fold in the feta and serve cold.

Israeli Couscous with Roasted Butternut Squash, Dates and Figs

Ingredients

1 preserved lemon
1 1/2 lb. butternut squash, peeled, seeded, and cut into 1/4-in. dice
3 tablespoons olive oil
1 large onion, chopped
1 3/4 cups Israeli couscous or acini di pepe (tiny peppercorn-shaped pasta), about 1 lb.
1 (3-inch) cinnamon stick
1 cup chopped fresh flat-leaf parsley
1/2 cup pine nuts, toasted
1/2 cup golden raisins
1/4 teaspoon ground cinnamon

Instructions

Preheat oven to 475F. Halve lemons and scoop out flesh, keeping both flesh and peel. Cut enough peel into 1/4-inch dice to measure 1/4 cup. Put lemon flesh in a sieve set over a bowl and press with back of a spoon to extract juice. Toss squash with 1 tablespoon oil and salt to taste in a large shallow baking pan and spread in 1 layer.

Roast in upper third of oven 15 minutes, or until squash is just tender, and transfer to a large bowl. Cook onion in 1 tablespoon oil in a 10-inch heavy skillet over moderately high heat, stirring occasionally, until just beginning to turn golden. Add to squash. Cook couscous with cinnamon stick in a large pot of boiling salted water 10 minutes, or until just tender, and drain in a colander (do not rinse). Add couscous to vegetables and toss with 2 tablespoon oil to coat. Add lemon peel and juice, parsley, nuts, raisins, ground cinnamon, and salt to taste. Toss to mix well.

Roasted Striped Bass with Shrimp & Mussels

Ingredients

2 tablespoons good olive oil
1 cup chopped yellow onions
2 ounces pancetta or bacon, diced
1 tablespoon chopped garlic
1 (28-ounce) can plum tomatoes, drained and diced
1 teaspoon saffron threads
1 teaspoon kosher salt
1/2 teaspoon freshly ground black pepper
1/2 cup dry white wine
1/4 cup Pernod, optional
1 (2 to 3-pound) striped bass fillet, skin removed
1 pound large shrimp, shelled and de-veined
24 mussels, cleaned and de-bearded
2 tablespoons chopped fresh flat-leaf parsley

Instructions

Preheat the oven to 350 degrees F. Heat the oil in a medium sauté pan and sauté the onion and pancetta over medium - low heat for 10 minutes, or until the onion is translucent. Add the garlic and cook for 1 more minute. Add the tomatoes, saffron, salt, pepper, white wine, and Pernod, if using, and simmer over medium heat for 5 minutes. Meanwhile, lay the fish in a 10 by 14 - inch baking dish and sprinkle with salt and pepper. Add the shrimp and mussels to the dish. Pour the sauce over the seafood and bake uncovered for 20 to 30 minutes, until the fish and shrimp are cooked through and the mussels are open. Sprinkle with parsley and serve.

Pear & Pistachio Tart

Ingredients

4 small pears, peeled, halved, cored
1 and 1/2 cup Essencia or other sweet dessert wine
1 vanilla bean
1 cup shelled unsalted pistachios (about 3 ounces)
3/4 cup sugar
6 tablespoons unsalted butter, room temperature
1 large egg
Pie crust, par baked for 10 minutes

Finely chopped pistachios
Fresh mint leaves

Instructions

Combine pear halves and 1 cup dessert wine in heavy medium saucepan. Scrape in seeds from vanilla bean; add bean. Bring wine to boil. Reduce heat, cover and simmer until pears are just tender, turning occasionally, about 10 minutes. Using slotted spoon, transfer pear halves to paper towels and drain well. Boil pear poaching liquid in saucepan until reduced to 2 tablespoons, about 7 minutes. Set glaze aside. Finely grind pistachios and sugar in processor. Add unsalted butter and egg; blend just until filling is combined. (Can be prepared 1 day ahead. Cover pears and nut filling separately and refrigerate. Cover glaze and let stand at room temperature.) Preheat oven to 375F. Fill pie shell with prepared filling. Carefully arrange thin slices of pear in a spiral on the tart. Bake for about 25 minutes or until puffed and golden. Remove from oven and allow to cool thoroughly. Brush with glaze and sprinkle with chopped nuts. Garnish with mint.