

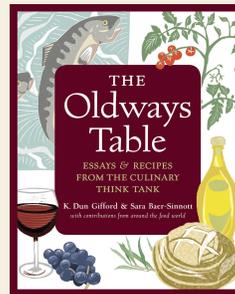
Mediterranean HOLIDAY MENU

December 2008

TO: YOU!

WISHING YOU A HAPPY,
HEALTHY HOLIDAY SEASON.
FROM: OLDWAYS AND
THE MFA

A collection of holiday recipes from *The Oldways Table*



Bring the pleasures of Mediterranean eating to your holiday table with this simple, yet luxurious, meal.

STARTERS

OLEANA TAPENADE WITH VEGETABLE CRUDITÉS

FETA CHEESE SPREAD WITH PITA TOASTS

SPICED PECANS

PARMIGIANO-REGGIANO WITH ACETO BALSAMICO
(CHUNKS OF PARMIGIANO-REGGIANO DIPPED IN
BALSAMIC VINEGAR)

SPARKLING CAVA OR PROSECO

MAINS

BROILED SALMON FILETS WITH SOY & BROWN
SUGAR

MIXED GREENS WITH LEMON & OLIVE OIL
DRESSING

MASHED POTATOES WITH KALE & OLIVE OIL

WINTER GREEN CASSEROLE

WHITE RIOJA OR A CALIFORNIA PINOT NOIR

DESSERT

WARM GINGERBREAD WITH VANILLA GELATO



Broiled Salmon Filets with Soy & Brown Sugar Served with Mixed Green



Oleana Tapenade with warm crostini



Sparkling wine from Spain

Enjoying good food
with family and
friends is what the
holidays are all about.

OLDWAYS
THE FOOD ISSUES THINK TANK

**MEDITERRANEAN
FOODS ALLIANCE**
AN OLDWAYS PROGRAM

STARTERS

OLEANA TAPENDE WITH VEGETABLE CRUDITÉS

Ana Sortun

Serves 8; Makes 1 cup

1 cup pitted dry-cured black olives
2 cloves garlic, chopped
2 tablespoons capers, rinsed
2 anchovies, rinsed
2 teaspoons brandy or cognac
2 teaspoons freshly squeezed lemon juice
½ cup EVOO
1 tablespoon fresh parsley

Blend all ingredients coarsely in a food processor with a steel blade. Serve immediately or set aside for serving later.

FETA CHEESE SPREAD WITH PITA TOASTS

Sara Baer-Sinnott

Serves 4

½ pound feta cheese
Juice of ½ a lemon
2 Tbs chopped fresh oregano
Sea salt and freshly ground black pepper

Preheat oven to 400 F. Put the feta cheese in an ovenproof dish. Mix the lemon juice, oregano, salt and pepper and spread over the feta cheese. Cover with aluminum foil.

Bake for 15 minutes. Serve hot out of the oven.

SPICED PECANS

Steve Johnson

Serves 12; Makes 4 cups

2 Tbs brown sugar, loosely packed
1 Tbs sea salt
½ tsp sweet paprika
½ tsp chili powder
¼ tsp ground red pepper
½ cup butter, melted
4 cups pecans, or any other nuts

Preheat the oven to 350 F. In a mixing bowl, blend the brown sugar, salt, paprika, chili powder and red pepper. Pour in the melted butter and stir to mix. Add the nuts and toss to them evenly. Spread the seasoned nuts out on a baking sheet, and roast them for 15 minutes or so. Your nose will tell you when they are ready! Serve immediately, or let cool and store in a jar for later.

PARMIGIANO-REGGIANO WITH ACETO BALSAMICO

Hunk of Parmesan cheese
Balsamic Vinegar

To serve, break the cheese into small chunks using the tip of a knife. Chunk 10-12 pieces, and then leave the rest of the chunking to your guests. Serve it on a plate, along with a small plate of Aceto Balsamico (balsamic vinegar).

Note: Aceto Balsamico is also a product of Emilia-Romagna, and Modena is the town famous for its Traditional Aceto Balsamico, the thick syrupy liquid that is a perfect partner for Parmigiano-Reggiano. Just dip a chunk of Parmigiano-Reggiano into the Aceto Balsamico for a true holiday treat. The traditional Aceto Balsamico can be expensive (but well worth the price), so choose a Balsamico that fits your budget.

MAINS

BROILED SALMON FILETS WITH SOY & BROWN SUGAR

K Dun Gifford
Serves 6

6 (4-ounce) 1-inch-thick salmon fillets
2 Tbs EVOO
1 cup reduced-sodium soy sauce
½ cup dark brown sugar, loosely packed

Place the salmon fillets about 1 inch apart on a rimmed baking sheet lightly brushed with olive oil. Brush both sides of the salmon liberally with soy sauce. Cover the fillets with waxed paper or foil. Let marinate for 30 minutes.

15 minutes before cooking, preheat oven to 450 F. Set oven rack so that the top of the fillets will be positioned 4-inches away from the heat source. Removed the waxed paper or foil from the salmon and brush their tops again generously with soy sauce. Turn on the broiler and place the baking sheet in the oven.

After 3 minutes remove the pan, carefully turn the fillets over with a spatula, brush the tops with soy sauce again, and return to the oven. In a small bowl, add the brown sugar to the remaining soy sauce and stir together until the sugar is dissolved.

After 3 minutes, remove the pan, brush the tops of the fillets liberally with the soy and brown sugar mixture, return to the oven and close the door.

After 3 minutes, remove the fillets and, using the tines of a fork, test to see if they are done. If the tines go through the fillets easily, the salmon is cooked. If they do not, return to the oven and cook for another 2 minutes and check again. Repeat as necessary. Serve immediately.

MIXED GREENS WITH LEMON & OLIVE OIL DRESSING

Fausto Luchetti

Makes 1 cup; Serves 8

1 tablespoons sea salt
3 cloves garlic, minced
½ cup freshly squeezed lemon juice
½ cup best-quality EVOO
Finely grated zest of 1 lemon

Mix together salt and minced garlic. Mix together lemon juice and olive oil.

Add the salt and garlic mixture to the lemon juice and olive oil in a tightly closed container. Shake and serve as a clean, fresh salad dressing. Sprinkle the zest on top of the salad just before serving.

MASHED POTATOES WITH KALE & OLIVE OIL

Chef Steve Petusevsky

Serves 6

3 pounds all-purpose potatoes, peeled and cut into large chunks
Water
Sea salt
4 Tbs EVOO
4 cloves garlic, minced
1 bunch kale, large stems stripped and discarded, leaved chopped
½ cup warm milk
Freshly ground black pepper
5 scallions, chopped
¼ freshly grated Parmesan cheese, for garnish

Put the potatoes in a large pot and cover with water. Add a pinch of salt. Bring the water to a boil and continue boiling for 20 minutes, or until the potatoes are tender. Drain and place in a large bowl.

Heat 2 tablespoons oil in a large sauté pan or skillet over medium heat. Add the garlic and chopped kale and sauté for 4 minutes, until softened. Add the sautéed kale to the bowl with the potatoes.

Mash the potatoes and kale together with a potato masher or fork. Slowly add the warm milk and combine. Season with salt and pepper; mix just until creamy with a few chunks.

Place the potatoes in a serving bowl. Make a well in the center and pour the remaining 2 tablespoons of olive oil over the top. Sprinkle with scallions and Parmesan cheese. Serve immediately.

WINTER GREEN CASSEROLE

Mirsini Lampraki

Serves 6

½ cup EVOO
3 large onions, finely chopped
2 pounds chicory or other greens like kale or chard
3 tomatoes, finely sliced
¼ cup white wine vinegar
Pinch of sugar
Sea salt
2 cups of water
Freshly ground black pepper

Heat the oil in a large skillet over medium heat. Add the onions and sauté for about 2 minutes, until slightly golden. Add the greens, tomato, vinegar, sugar, salt and water. Sauté, uncovered, for 5 to 15 minutes, until tender. Serve this dish warm, seasoned with ample ground pepper.

DESSERT

WARM GINGERBREAD WITH VANILLA GELATO

By Elizabeth Luard

Makes 12 servings with ½ cup of gelato

3 ¼ cups unbleached flour
1 Tbs ground ginger
1 tsp ground allspice
Pinch of sea salt
Pinch of freshly ground black pepper
1 cup butter
½ cup brown sugar
1 cup molasses
2 medium eggs
5 Tbs Greek yogurt
Splash milk

Preheat oven to 325 F. Line an 8 by 4-inch loaf pan with wax or parchment paper. Sift the flour with ginger, allspice, salt, and pepper.

Melt the butter in a small saucepan over low heat with the brown sugar and molasses. Mix well and leave to cool. Mix the eggs with the yogurt in a small bowl.

Mix the butter mixture and egg mixture into the dry ingredients, stirring in enough milk to make a soft batter that drops easily from a spoon. Spread in the prepared loaf pan.

Bake for 1 ¼ hours, until the gingerbread is glossy and firm. You may need to cover it after the first hour so it doesn't blacken. It doesn't matter if it sinks a little – it'll be nice and sticky. Turn it out on a plate when it has cooled.