

## Ceviche

### Ingredients

1 lb bay scallops	½ green bell pepper, minced
8 limes, juiced	½ cup chopped fresh parsley
2 tomatoes, diced	Freshly ground black pepper
5 green onions, minced	1½ Tbsp. olive oil
2 stalks celery, sliced	⅛ cup chopped fresh cilantro

**Prep:** 20 min  
**Additional:** 8 hours  
**Total:** 8 hr 20 min  
**Servings:** 4  
**Yield:** 4-6 servings

### Instructions

1. Rinse scallops and place in a medium-sized bowl. Pour lime juice over the scallops. The scallops should be completely immersed in the lime juice. Chill the lime juice and scallops all day or overnight until scallops are opaque (you cannot see through them).
2. Empty half of the lime juice from the bowl. Add tomatoes, green onions, celery, green bell pepper, parsley, black pepper, olive oil, and cilantro to the scallop mixture. Stir gently. Serve this dish in fancy glasses with a slice of lime hanging over the rim for effect.

### Nutritional Facts

211 calories; 21.4g protein; 22.4g carbohydrates; 6.5g fat; 37.5mg cholesterol; 212.9mg sodium.

Adapted from All Recipes. Ceviche. Accessed June 24, 2021.  
<https://www.allrecipes.com/recipe/12819/ceviche/>



## Peruvian Locro

### Ingredients

1 large butternut squash, peeled and cut into chunks	¾ (12 ounce) can evaporated milk (such as PET®)
Water to cover	1 (16 ounce) package frozen corn
Salt to taste	1 (16 ounce) package frozen sweet peas
½ cup butter	2 cups grated Cheddar cheese
	3 cups cooked basmati rice

### Instructions

Place squash in a large pot and add enough water to cover; season with salt. Bring water to a boil and cook until squash is tender, about 20 minutes. Drain squash and return to pot. Mash squash with a potato masher; add evaporated milk, butter, and salt and beat with an electric mixer until smooth and creamy. Stir corn, peas, and Cheddar cheese into squash mixture; cook and stir over medium-low heat until cheese is melted, about 10 minutes. Serve squash mixture over rice.

### Nutritional Facts

**Per Serving:** 673 calories; 23g protein; 79.3g carbohydrates; 32.3g fat; 92.6mg cholesterol; 510.7mg sodium.

Adapted from <https://www.allrecipes.com/recipe/242071/peruvian-locro-butternut-squash/>



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## Chicken Curry and Rice

### Ingredients

1½ cups rice	1 Tbsp. olive oil
½ packet of curry paste (4 oz.)	2 cloves garlic
9 oz. chicken	¼ cup grated apple
1 yellow onion	1 Tbsp. honey
1 large potato	2 cups water
1 carrot	Salt and pepper to taste

**Prep:** 20 min  
**Additional:** 8 hours  
**Total:** 8 hr 20 min  
**Servings:** 4  
**Yield:** 4-6 servings

### Instructions

Start cooking the rice and cut the protein, potatoes, carrot, and onion into bite-size pieces and set aside. Slice the garlic and add it to a pot over medium heat with olive oil. When the garlic is fragrant, add the onion to cook. Add the chicken to cook, and then add the potato, carrot, and onion and stir with a wooden spatula. Add the water, honey, and grated apple; bring it to a boil, and then turn the heat down to low to simmer for 15 minutes. Turn the heat off, and dissolve the curry paste until thickened. Serve the cooked, plain rice in a shallow bowl, and pour the curry over the rice.

### Nutritional Facts

**Per Serving:** 500 calories; 86g carbohydrates; 16g protein; 8g fat; 25mg cholesterol; 43mg sodium; 504mg potassium; 3g fiber; 4g sugar

Adapted from Chopstick Chronicles. Japanese Curry Rice. Accessed June 21, 2022.  
<https://www.chopstickchronicles.com/japanese-curry-rice/>



## Japanese Banana Rice Pudding

### Ingredients

2 bananas	
1 tbsp. white sugar	3 tbsp. white sugar
1 cup milk	2 tbsp. butter, melted
1 cup cooked short-grain white rice	1 pinch salt
2 egg yolks	½ cup whipped cream

### Instructions

Slice ½ of 1 banana and sprinkle 1 tablespoon sugar over it. Chop the remaining bananas and place in a skillet over medium heat; stir and mash until bananas become heated through, are slightly browned, and hold together in 1 ball, 5 to 10 minutes. Remove from heat. Mix milk, rice, egg yolks, 3 tablespoons sugar, butter, and salt together in a saucepan over low heat until slightly thickened and steamy, 2 to 3 minutes. Stir in mashed bananas until well blended and heated through. Remove from heat and refrigerate rice pudding until slightly cooled, at least 15 minutes. Stir whipped cream into rice pudding until well blended. Heat a skillet over medium heat; cook and stir sugared banana slices until sugar has melted and caramelized, 2 to 4 minutes. Spoon over rice pudding.

### Nutritional Facts

**Per Serving:** 287 calories; 5.4g protein; 43.2g carbohydrates; 11.2g fat; 128.3mg cholesterol; 119.5mg sodium.

Adapted from All Recipes. Japanese Banana Rice Pudding. Accessed August 17, 2022.  
<https://www.allrecipes.com/recipe/258389/japanese-banana-rice-pudding/>



## Focaccia

### Ingredients

3 ½ cups all-purpose flour  
1 ½ cups warm water  
2 Tbsp. + 1 tsp. instant yeast  
4 ½ Tbsp. extra virgin olive oil  
1 medium potato, boiled soft, peeled  
1 Tbsp. fine salt

### Toppings

15-20 cherry tomatoes, sliced in half  
1 Tbsp. Italian seasoning or oregano  
1 pinch of fine salt  
Olive oil

### \* Baking pan:

Square or rectangular, no smaller than 12-inch diameter cake pan, at least 1.5 inches tall. If it's too small, the focaccia will be too thick and doughy even after cooked. If the pan is too big, the focaccia will be too thin.

## Instructions

1. Preheat oven to 400°F (200°C). In a large bowl, combine the flour and powdered yeast. Make a well in the center, then add about 4 tablespoons of olive oil. Add the warm water, 1 tablespoon at a time, kneading after each addition until the dough forms. You should have a soft loaf. If the dough is hard, add more water.
2. Now add the salt and knead once more to let the dough absorb the salt. Handle the dough to test the consistency; the dough must be soft and smooth. If it's too hard, add more water. The dough is the right consistency when you poke it with your finger and the indentation remains.
3. Oil the pan thoroughly with half a tablespoon of olive oil, then press the dough into the pan. It should be less than 1 inch thick.
4. Add tomatoes to the top of the dough, taking care to push them deep into the dough. Sprinkle the top with oregano, salt, and several tablespoons of quality olive oil.
5. Bake for 20 to 30 minutes, until the focaccia is well golden on both the top and the bottom. Remove the focaccia from the oven, and cover it with a cloth. Let it rest for 10 minutes before removing it from the pan and cutting it.

Adapted from Eventbrite, Focaccia Barese Bread  
[www.eventbrite.com/e/phenomenal-focaccia-workshop-tickets-148787281765?aff=ebdsoporgprofile](http://www.eventbrite.com/e/phenomenal-focaccia-workshop-tickets-148787281765?aff=ebdsoporgprofile)



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## Pesto Pasta

### Ingredients

2 Tbsp. Italian pine nuts, toasted  
1 tsp. kosher salt  
2 garlic cloves, roasted, peeled  
2 bunches Italian basil, leaves  
picked, thick stems removed

6-8 Tbsp. olive oil,  
preferably Ligurian  
½ cup Pecorino Fiore Sardo  
(Pecorino Sardo)  
1 lemon, freshly squeezed

**Time:** 30 min  
**Yield:** 2 cups

### Instructions

In a large mortar,\* add the pine nuts, salt, and garlic cloves. Using a large pestle, pound and scrape the ingredients into a very smooth paste, for 5 to 7 minutes. Add the basil in small amounts, working it into the mixture after each addition, until all the basil has been added and the mixture is smooth and creamy (15 to 20 minutes). Slowly add the oil while stirring with the pestle until emulsified. Add cheese and stir with the pestle to incorporate. Season with a pinch of kosher salt and a little lemon juice.

\*A blender or food processor could be used, but using a mortar and pestle is the traditional way to blend.

Serve with pasta (linguine, fettuccine, or penne), cooked white potatoes, and green beans (traditionally all cooked with the same water).

Adapted from Saveur. Best Authentic Pesto Recipe. Accessed June 24, 2022  
<https://www.saveur.com/best-authentic-pesto-recipe/>



## Dolma

### Ingredients

1 Tbsp. olive oil	1 Tbsp. cinnamon
2 onions, minced	1 Tbsp. dried mint
1.5 cups uncooked white rice	1 Tbsp. dried dill weed
2 Tbsp. tomato paste	1 tsp. ground allspice
2 Tbsp. dried currants	1 tsp. ground cumin
2 Tbsp. pine nuts	1 (8 oz.) jar grape leaves

**Prep:** 30 min  
**Cook:** 45 min  
**Total:** 1 hr 15 min  
**Servings:** 8  
**Yield:** 8 servings

### Instructions

1. Heat oil in a medium saucepan over medium heat. Sauté onions until tender. Stir in rice and hot water to cover. Cover and simmer until rice is half cooked, about 10 minutes.
2. Remove from heat and stir in tomato paste, currants, pine nuts, cinnamon, mint leaves, dill weed, allspice, and cumin. Let mixture cool.
3. Prepare a large pot by placing an inverted plate on the bottom; this protects the dolmas from direct heat when steaming. Rinse grape leaves in warm water; drain and cut off any stems. Place about 1 teaspoon of the cooled rice mixture in the center of a leaf. Fold in the sides and then roll into a cigar shape.
4. Pour in just enough warm water to reach the bottom of the first layer of dolmas. Cover and simmer over low heat for 30 to 45 minutes, or until rice is totally cooked.

### Nutritional Facts

**Per serving:** 207 calories; 5.3g protein; 39.1g carbohydrates; 3.8g fat; 846.7mg sodium.

Adapted from All Recipes. Dolmas (Stuffed Grape Leaves). Accessed July 01, 2022.  
<https://www.allrecipes.com/recipe/25310/dolmas-stuffed-grape-leaves/>



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## Baked Falafel

### Ingredients

¼ cup chopped onion  
1 (15 oz.) can garbanzo beans,  
rinsed and drained  
¼ cup chopped fresh parsley  
3 cloves garlic, minced  
1 tsp. ground cumin

¼ tsp. coriander  
¼ tsp. salt  
¼ tsp. baking soda  
1 Tbsp. all-purpose flour  
1 egg, beaten  
2 tsp. olive oil

**Prep:** 20 min  
**Cook:** 20 min  
**Additional:** 15 min  
**Total:** 55 min  
**Servings:** 2  
**Yield:** 4 patties

### Instructions

1. Wrap onion in cheese cloth and squeeze out as much moisture as possible. Set aside. Place garbanzo beans, parsley, garlic, cumin, coriander, salt, and baking soda in a food processor. Process until the mixture is coarsely pureed. Mix garbanzo bean mixture and onion together in a bowl. Stir in the flour and egg. Shape mixture into 4 large patties and let stand for 15 minutes. Meanwhile, preheat an oven to 400°F (200°C).
2. Heat olive oil in a large, oven-safe skillet over medium-high heat. Place the patties in the skillet; cook until golden brown, about 3 minutes on each side.
3. Transfer skillet to the preheated oven and bake until heated through, about 10 min.

### Nutritional Facts

**Per serving:** 281 calories; 11.4g protein; 39.3g carbohydrates; 9.3g fat; 93mg cholesterol; 909.4mg sodium.

Adapted from All Recipes. Baked Falafel. Accessed June 30, 2022.  
<https://www.allrecipes.com/recipe/183947/baked-falafel/>



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## Greek Baklava

### Ingredients

1 (16 oz.) package phyllo dough  
1 lb chopped nuts  
1 cup butter  
1 tsp. ground cinnamon

1 cup water  
1 cup white sugar  
1 tsp. vanilla extract  
½ cup honey

**Servings:** 18  
**Yield:** 3 dozen

### Instructions

1. Preheat oven to 350°F (175°C). Butter the bottoms and sides of a 9x13 inch pan.
2. Chop nuts and toss with cinnamon. Set aside. Unroll phyllo dough. Cut whole stack in half to fit pan.
3. Cover phyllo with a dampened cloth to keep from drying out as you work. Place 2 sheets of dough in pan, butter thoroughly. Repeat until you have 8 sheets layered. Sprinkle 2 to 3 tablespoons of the nut mixture on top. Top with 2 sheets of dough, butter, nuts, layering as you go. The top layer should be about 6 to 8 sheets deep. Using a sharp knife, cut into diamond or square shapes all the way to the bottom of the pan. You may cut into 4 long rows and then make the diagonal cuts. Bake for about 50 minutes until baklava is golden and crisp.
4. Make sauce while baklava is baking. Boil sugar and water until sugar is melted. Add vanilla and honey. Simmer for about 20 minutes.
5. Remove baklava from oven and immediately spoon sauce over it. Let cool. Serve in cupcake papers.
6. This freezes well. Leave it uncovered as it gets soggy if it is wrapped up.

### Nutritional Facts

**Per Serving:** 393 calories; 6.1 g protein; 37.5 g carbohydrates; 25.9 g fat; 27.1 mg cholesterol; 196.4 mg sodium.

Adapted from All Recipes. Greek Baklava. Accessed July 01, 2022.  
<https://www.allrecipes.com/recipe/9454/greek-baklava/>



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## Spanakópita (spinach and feta pie)

### Ingredients

2 tbsp. olive oil  
1 large onion, chopped finely  
2 lb 4 oz/1 kg fresh young spinach leaves, washed or 1 lb. 2 oz/500 g frozen spinach, thawed  
4 tbsp. fresh, flat-leaf parsley, chopped  
2 tbsp. fresh dill, chopped  
3 eggs, beaten  
7 oz/200 g authentic Greek feta cheese  
salt and pepper  
3 ½ oz/100 g butter  
8 oz/225 g authentic Greek phyllo pastry

**Servings:** 6  
**Yield:** One large pie.  
Can be made into individual pastries to serve as appetizers.

### Instructions

1. To make the filling, heat the oil in a saucepan, add the onion, and sauté for 5-10 minutes, until softened.
2. Add the fresh spinach if using, or the frozen spinach and cook for 2 to 5 minutes, until wilted. Remove from the heat and let cool.
3. When the mixture has cooled, add the parsley, dill, and eggs. Crumble in the cheese, season with salt and pepper and mix together well.
4. Melt the butter and use a little to lightly grease a deep, 12 x 8-inch/30 x 20-cm metal baking pan.
5. Cut the pastry sheets in half widthwise. Take 1 sheet of pastry and cover the remaining sheets with a damp dish towel. Line the pan with the pastry sheet and brush it with a little of the melted butter. Repeat with half of the pastry sheets, brushing each with butter.
6. Spread the spinach and cheese filling over the pastry, then top with the remaining pastry sheets, brushing each sheet with butter and tucking down the edges.
7. Using a sharp knife, score the top layers of the pastry into 6 squares.
8. Preheat oven to 375 °F/190 °C.
9. Bake until golden brown, about 40 minutes.
10. Serve hot or cold.

### Nutritional Facts

**Per Serving:** Per Serving (approx. 3.5 oz/100 g): 156 calories (75 calories from fat); 7.2g protein; 15.5g total carbohydrates; 8.3g total fat (3.9g saturated fat), 42mg cholesterol, 282mg sodium, 243mg potassium, 1.4g dietary fiber, 1.3g sugars.

Recipe from: Tee S. *Food of the World, Greece: The Food and the Lifestyle*. Paragon Publishing; 2003.



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