

Mediterranean Cooking Class
With Dan Taylor
July 20th 2019

Smoked Trout Escabeche (serves 4)

2 filets smoked trout, trimmed and bones removed
1 carrot, thin sliced
1 shallot, thin sliced
1 zucchini, thin sliced
1 yellow squash, thin sliced
1 tsp chopped parsley
2 tbsp red wine vinegar
4 tbsp extra virgin olive oil

Method:

Sweat all the vegetables apart from the parsley. Make a warm vinaigrette in the pan with the vinegar and the olive oil and the softened vegetables. Pour the mixture whilst hot over the fish filets. Serve with crusty bread.

Tatziki (serves 4)

1 large cucumber, peeled, seeded
1 cup whole fat yoghurt
3 sprigs mint
1 clove garlic, grated
1 tbsp olive oil
1 lemon, juiced

Method:

Grate the cucumber on a box grater and add a good pic of salt. Combine all ingredients and chill for 1 hour before serving.

Herb Sauce (serves 4)

1 bunch parsley, washed and chopped
10 leaves basil, chopped
1 tsp dill, chopped
1 tsp chives, chopped
1 boiled egg
2 anchovy filets, chopped
1 clove garlic, grated
1 slice crusty bread, chopped
4 tbsp extra virgin olive oil

Method:

Combine all ingredients and serve with beef, chicken or lamb

Piemontese Peppers (serves 4)

1 red, 1 yellow 1 orange pepper, quartered and deseeded

2 cloves garlic, sliced thin

12 anchovy filets

2 small tomatoes, sliced

12 leaves basil

2 oz butter

olive oil

Method:

Fill the peppers first with the anchovy, then 2 slices garlic, then basil leaf and finally the tomato.

Place a small pat of butter on the tomato and season with salt and olive oil. Roast at 350 degrees for about 25 minutes or until nicely wilted.