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VEGETARIAN & SALADS





Vegetable terrine

roasted with za'atar dressing



SERVES 6 - 8

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| 2 aubergine (570 g), thinly sliced | 800ml (4 cups) tomato juice |
| 6 medium courgettes 575 g, thinly sliced using a manolin | 1 tbsp paprika |
| 3 yellow peppers (540 g) | Za'atar dressing |
| 1 x 200g jar piquillo peppers, drained | 6 tbsp extra-virgin olive oil |
| 130 ml olive oil | Juice of 1 lemon |
| 1 ½ tbsp fresh thyme leaves | 2 tbsp za'atar (<i>see note</i>) AH to do recipe |
| 4 tbsp agar or gelatine | 3 tbsp Greek-style yoghurt |

Preheat the oven to 250C. Roast the peppers on a tray until blistered (about 45 minutes). Place in a plastic, seal and let cool slightly. When cool enough to handle, remove from bag and skin the peppers, discarding the skin and seeds.

Lower oven heat to 200C. Lightly oil a roasting tray. Place strips of aubergine in the tray, brush with oil, sprinkle with thyme and season with sea salt. Roast in the oven for 15–20 minutes until tender. You might have to split them between 2 trays. Allow to cool. Repeat process with courgettes.

Place the tomato juice in a saucepan. Sprinkle over the agar agar flakes (don't stir at this stage) and heat over a very low heat for 5 minutes (don't let it boil). Then stir the tomato juice to make sure everything is combined and let simmer for another 3 minutes. Season generously with salt and pepper. Remove from heat and set aside to cool slightly for 5 minutes.

Line a 26cm long x 10cm wide x 7cm deep terrine mould with clingfilm. Dip each aubergine slice lightly into the tomato-agar mixture, then lay the aubergine slices, overlapping, up the sides and over the top of the mould. Put a couple of slices lengthways across the bottom. Spoon a little of the tomato mixture into the bottle of the mould to evenly cover the bottom, up to the level of the aubergine. Dip about half the courgette strips lightly into the tomato mixture and lay them lengthways over the aubergines. Drizzle over a little more tomato mixture, to come up level with the courgettes. Sprinkle over a little paprika. Now, dip the yellow peppers lightly in the tomato mixture and lay over the courgettes. Again, drizzle over a little of the tomato mixture. Now do the same thing with a layer of red pepper, and then the remaining courgettes and yellow peppers, drizzling over a little of the tomato mixture between each layer and sprinkling with a little paprika. Fold the overhanging aubergine slices into the terrine. Brush the aubergines with remaining tomato mixture. Cover with clingfilm, weight with 2 jars and refrigerate overnight.

5 To serve, turn out the terrine. Slice it with a very sharp knife – its easier if you rewrap it in clean cling film.



Agrodolce peppers

with pine nuts and capers



SERVES 4

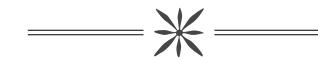
- 3 red peppers
- 3 yellow peppers
- 2 garlic cloves, peeled and thinly sliced
- 2 tbsp pine nuts
- 1 tbsp flat leaf parsley, finely chopped
- 6 tsp extra virgin olive oil
- 3 tbsp red wine vinegar
- 2 tbsp capers, drained



Preheat the oven to 250C. Roast the peppers on a tray until blistered (*about 45 minutes*). Place in a plastic, seal and let cool slightly. When cool enough to handle, remove from bag and skin the peppers, discarding the skin and seeds. Place in a bowl, add garlic, pine nuts, capers, parsley, olive oil and red wine vinegar. Season generously with sea salt and freshly ground black pepper and combine well. Allow to marinate for 30 minutes before serving.



Pea and mint risotto



SERVES 4-6

2 litres chicken stock
100g butter, chopped
1 onion, peeled and finely chopped
400g risotto rice
140ml dry white wine
300g fresh peas
small bunch fresh mint, chopped
100g grated parmesan

- 🍲 Bring stock to boil in a saucepan over medium heat then keep hot. Meanwhile, heat half the butter in large saucepan and sauté onion until softened. Add rice, season with salt and pepper, and cook for 5 minutes. Add wine and cook until evaporated..
- 🍲 Then, stir in peas. Add a cup of stock at a time and cook, stirring until stock is absorbed for about 20 minutes until rice is al dente. Remove from heat, add mint, remaining butter and cheese, stir well and serve immediately.



Tomato, bread *and anchovy salad*



SERVES 4

4 large ripe tomatoes, sliced
2 slices country-style bread, ripped
8 marinated anchovies
4 tbsp extra-virgin olive oil
2 tbsp red wine vinegar

To serve: some small Greek basil leaves



Combine bread in a bowl with tomatoes and marinated anchovies. Season with sea salt and freshly ground black pepper, drizzle with olive oil and red wine vinegar and combine well. Add some fresh small Greek basil leaves and serve.



Green bean salad

*with shallot vinaigrette
and goats cheese*



SERVES 6

800g green beans, boiled

Shallot vinaigrette

2 shallots, peeled and finely chopped

5 tbsp extra virgin olive oil

3 tbsp red wine vinegar

1 tsp Dijon mustard

To serve: crumbled goats cheese and pine nuts



Place green beans on a large platter. Make dressing, by combining shallots, olive oil, Dijon mustard and red wine vinegar. Season with salt and pepper, mix well and pour over green beans. Add crumbled goats cheese and pine nuts if you want.



Stuffed tomatoes



SERVES 4

- 6 large tomatoes
- 3 tbsp olive oil
- 1 onion, peeled and finely chopped
- 3 garlic cloves, peeled and finely chopped
- 1 tbsp dried mint
- 1 tbsp dried oregano
- 2 tbsp flat-leaf parsley, finely chopped
- 2 tbsp fresh mint, finely chopped
- 250g tomato passata
- 150g long grain rice
- 3 potatoes, peeled and cut into wedges
- juice of 1 lemon



Cut tops of tomatoes and reserve. Carefully scoop out inside flesh from each tomato with a teaspoon into a bowl. Roughly chop this mixture. Heat olive oil in a large frying pan over medium heat and sauté onions and garlic for 5 minutes until softened. Add dried mint, dried oregano, parsley, mint and rice and cook for 3-5 minutes.



Season well then add tomato passata and a wine glass of water and cook for further 3 minutes. Place tomatoes in a baking dish and stuff with rice mixture, replacing tomato lids on top. Add potatoes, lemon juice and more water and bake in a preheated oven at 180C for 50-60 minutes. Serve hot or cold.




Spinach and stellini pasta soup



SERVES 2

500ml chicken stock
100g stellini or other small soup pasta
handful baby spinach leaves
1 tbsp extra-virgin olive oil

To serve: grated parmesan

 Heat chicken stock in a saucepan, add small soup pasta, a generous handful baby spinach leaves and cook for 15 minutes. Transfer to soup bowls and sprinkle with grated parmesan and freshly ground black pepper.





Curried zucchini soup



SERVES 2

- 1 onion, peeled and chopped
- 2 cloves garlic, peeled
- 1 tbsp curry powder
- 2 tbsp extra virgin olive oil
- 6 courgettes, chopped
- 500ml vegetable stock

To serve: yoghurt or crème fraîche

-  Soften onion, garlic, curry powder with 2 tbsp olive oil in a saucepan over medium heat for 5 minutes. Add courgettes and sauté for 5 minutes then add stock and simmer for 20 minutes. Blend in a food processor then pour back into saucepan.
-  Season generously with sea salt and freshly ground black pepper. Reheat before serving with a dollop of yoghurt or crème fraîche.





Pumpkin soup



SERVES 6

2 kg pumpkin, peeled, deseeded and roughly chopped
1 litre vegetable stock
1 onion, peeled and chopped
200g tinned chickpeas, drained
2 cloves garlic, peeled
2 fresh bay leaves
1 tsp ground cumin
1 tsp cumin seeds
1 tbsp saffron threads
3 tbsp extra virgin olive oil, plus extra for drizzling
small handful flat leaf parsley
small handful fresh coriander

To serve: squeeze of lemon, olive oil, toasted bread

-  Heat olive oil over medium heat in a large saucepan and sauté garlic and onion for 5 minutes or until softened. Add pumpkin pieces, bay leaves, ground cumin, cumin seeds, parsley and coriander and continue to cook, stirring occasionally, for 5 minutes. Add saffron, chickpeas and stock.
-  Season generously with sea salt and freshly ground black pepper and bring mixture to boil. Then, simmer, covered, over low heat for 40 minutes. Transfer soup to a food processor in batches and blend to a thick pureed consistency, adding more water if you want a thinner soup. Serve in bowls drizzled with olive oil, a squeeze of lemon and toasted bread.



Turnip tops & chorizo

with chickpeas



SERVES 2

- 3 tbsp extra-virgin olive oil
- 2 garlic cloves, peeled and sliced
- 1 onion, peeled and sliced
- 1 chorizo sausage, sliced
- 1 handful turnip tops or baby spinach leaves
- 1 jar red peppers, drained and cut into strips
- 1 tin chickpeas, drained
- ½ tbsp paprika

To serve: crusty bread

D Heat olive oil in a frying pan over medium heat and sauté the garlic, onion and chorizo sausage for 5 minutes. Add turnip tops or spinach and sauté until wilted or for about 5 minutes. Add red peppers and chickpeas. Add paprika and stir mixture well, cooking for about 5 more minutes. Serve with crusty bread.





Roast root vegetables



SERVES 4-6

450g carrots, peeled
2 bulbs fennel, quartered
400g parsnips, peeled
300g beetroot, peeled
300g baby turnips, peeled
1kg potatoes, peeled, halved
fresh herbs such as sage, bay leaves and thyme
6 garlic cloves, unpeeled
6 tbsp olive oil

-  Preheat oven to 190C. Parboil all the vegetables for about 10 minutes, except the beetroot (do them in a separate saucepan) in a saucepan of boiling salted water. Drain in a colander then transfer to a large bowl.
-  Season generously with sea salt and freshly ground black pepper and add herbs. Place them on a baking tray and roast in oven for 1 hour until crisp. Place on a platter and serve.






Aubergine Skordalia



SERVES 4

- 1 large aubergine, sliced
- olive oil for frying
- Skordalia
- 3 thick slices white bread, crusts removed
- 5 garlic cloves, peeled
- 1 tsp coarse sea salt
- 2 tbsp red wine vinegar
- 6 tbsp extra virgin olive oil

To serve: half a lemon

-  To make skordalia, soak slices of bread in bowl of water for 15 minutes then squeeze out excess water. Place garlic cloves and sea salt in a large mortar and crush to a paste with pestle. Transfer to a food processor, add bread, red wine vinegar and some black pepper. Slowly add olive oil, blending until smooth.
-  Meanwhile, fry aubergine slices in plenty of olive oil in a frying pan over medium heat until tender and golden brown. Drain on kitchen paper.
-  Serve fried aubergine slices with skordalia and lemon.

Artichoke vinaigrette



SERVES 6

6 artichokes
1 lemon, halved

Vinaigrette

3 tbsp red wine vinegar
2 tbsp Dijon mustard
12 tsp sugar
50ml extra virgin olive oil
splash mineral water



Trim the bases of the artichokes so that they are flat. Snap off the small bottom leaves and a layer of outer leaves. Slice about 2.5cm off the top each artichoke. Rub the cut edges with lemon to stop discolouring. Bring a large saucepan of salted water to the boil. Place artichokes in saucepan with the lemon, bring back to the boil then simmer for 2-30 minutes or until tender. Remove artichokes and drain in a colander. Serve warm or cold with vinaigrette.



To make vinaigrette, whisk vinegar, sugar and mustard in a bowl with sea salt and freshly ground black pepper. Add olive oil, whisking until blended. Add mineral water, whisk again and transfer to bowl to serve with artichokes.

Pomegranate *and red onion salad*



SERVES 4-6

2 ripe pomegranates
4 (*about 450 g*) red onions, peeled and thinly sliced
2 tbsp extra virgin olive oil
3 tbsp pomegranate juice



Combine all ingredients in a bowl, season generously with sea salt and freshly ground black pepper and transfer to a serving bowl. Allow to marinate for about 20 minutes before serving.

Cabbage coleslaw



SERVES 2

650g cabbage, grated
¼ tsp fennel seeds
¼ tsp caraway seeds
1 tbsp flat-leaf parsley, finely chopped
4 tbsp extra-virgin olive oil
2 tbsp apple cider vinegar




Place cabbage in a bowl. Whisk fennel seeds, caraway seeds, parsley, oil and vinegar together. Season with sea salt and freshly ground black pepper. Pour dressing over cabbage, combine well and transfer to a serving bowl.

Potato gratin



SERVES 4

1 kg potatoes, peeled and thinly sliced
1 small red onion, peeled and thinly sliced
1 tbsp fresh thyme
1 tbsp butter, diced
200ml milk
200ml thick cream (*graddfil*)

 Preheat oven to 220C. Layer potatoes and onion in an ovenproof dish, seasoning each layer with thyme, sea salt, freshly ground pepper and cream. Pour milk over the mixture, add diced butter and bake in oven for 45-50 minutes or until top begins to go a golden colour and potatoes are tender. Allow to cool then serve.

Plum Tomatoes

stuffed with tuna



SERVES 4

6 plum tomatoes
1 140g tin tuna, drained
2 tbsp capers, drained
1 small red onion, peeled and finely chopped
zest of ½ lemon
2 tbsp coarse breadcrumbs
1 tbsp extra-virgin olive oil
½ tbsp red wine vinegar



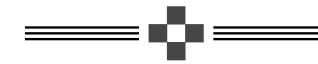
Cut tomatoes in half and carefully cut around their centres with a sharp knife. Use a teaspoon to remove tomato flesh and create a hollow in each tomato half. Chop this tomato mixture and transfer to a bowl.



Add tuna, capers, onion, lemon zest, breadcrumbs, olive oil, vinegar and some sea salt and freshly ground black pepper. Combine well then fill tomato halves with this filling. Transfer to a plate and serve with optional fresh samphire as a garnish.



Baked Aubergines

with tomato sauce



SERVES 2

1 large aubergine, sliced
5 tbspe xtra-virgin olive oil
200g tomato passata
60g feta, crumbled
1 tsp dried oregano

-  Heat olive oil in a large frying pan over medium heat and sauté the aubergine slices, turning the slices once, for about 5-7 minutes or until softened and golden brown. Transfer to a smaller oven-proof dish or frying pan and arrange the aubergine slices in a circle in the dish or frying pan. Pour tomato passata over, sprinkle with oregano and freshly ground black pepper.
-  Bake in a preheated oven at 200C for 20-24 minutes, adding the feta during last 10 minutes of cooking, until the aubergine is tender and the feta is beginning to melt. Serve immediately.

Grated carrot *and orange salad*



SERVES 4

4 (*about 550 g*) large carrots, peeled and grated or thinly sliced
juice of 3 (*about 250 ml*) large oranges
2 tsp ground cumin
150ml extra virgin olive oil



Combine all ingredients in a bowl, season generously with sea salt and freshly ground black pepper, transfer to a serving bowl and marinate for 15 minutes before serving.

Spinach and feta borek



SERVES 4

6 pieces filo pastry, cut in half
380g spinach, cooked
4 spring onions, finely chopped
2 tbsp fresh dill, finely chopped
220g feta cheese, crumbled
1 tsp dried mint
3 tbsp extra virgin olive oil
1 tbsp za'aatar or sesame seeds



Combine spinach, spring onions, dill, feta, mint, some freshly ground black pepper and half the olive oil in a bowl. Divide mixture between the cut filo sheets and roll up tightly into cigar shapes.



Lightly brush pastries with remaining olive oil then lay on baking tray, sprinkle with a little sea salt and the za'aatar or sesame seeds, and cook in a preheated oven at 180C for 15-20 minutes or until golden brown. Serve immediately.

Stuffed cabbage leaves

with soy and lime






Use different types of cabbage leaves in this dish if you can.

SERVES 4

24 mixed cabbage leaves
260g cooked long-grain rice
3 tomatoes, finely chopped
1 small onion, peeled and finely chopped
2 tbsp extra-virgin olive oil

1 tbsp flat-leaf parsley, finely chopped
1 tbsp dill, finely chopped
1 tbsp fresh coriander, finely chopped
1 tbsp mint, finely chopped

To serve: Soy sauce and 1 lime, halved

-  Bring a saucepan of salted boiling water to the boil and blanch the cabbage leaves for 3 minutes. Drain in a colander and allow to cool.
-  Meanwhile, combine rice, tomatoes, onion, olive oil, parsley, mint and dill in a bowl. Season generously with sea salt and freshly ground black pepper.
-  Take a soft cabbage leaf in your hand and spoon the mixture into the middle, then fold in the sides until you have a closed parcel. Repeat process with remaining cabbage leaves. Lay the cabbage leaves in a steamer or colander over a saucepan half filled with water. Bring water to boil, cover with a tight-fitting lid and steam for about 10 minutes. Serve immediately with some soy sauce and squeeze of lime.

Steamed courgettes *with anchovy dressing*



SERVES 4

3 large courgettes, thinly sliced lengthways
6 anchovy fillets, chopped
1 garlic clove, peeled chopped
1 tbsp flat-leaf parsley, finely chopped
2 tbsp extra virgin olive oil



Steam the courgettes for about 10-12 minutes or until tender. Transfer to a plate.



Place garlic and 1 tsp sea salt in a mortar and pound with a pestle. Add anchovies and parsley and pound to a rough paste. Add olive oil and freshly ground black pepper and drizzle over courgettes.



The perfect mixed salad



SERVES 2

Handful Treviso radicchio
Handful lambs lettuce (*mache*)
Handful escarole
Handful frisee
Handful lettuce

Dressing:

4 tbsp extra virgin olive oil
2 tbsp red wine vinegar



Combine all leaves in a bowl. Drizzle with oil and vinegar and season generously with sea salt and freshly ground black pepper. Combine well and transfer to 2 plates.

Baby vegetables a la Grecque



This dish can be refrigerated and eaten over several days as its flavours improve if left in its cooking liquid.

SERVES 4-6

| | |
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| 100 ml extra-virgin olive oil | 3 garlic cloves, peeled and thinly sliced |
| 12 asparagus spears, peeled | ½ tbsp dried savory |
| 6 (about 200g) baby fennel, trimmed | 2 tbsp flat-leaf parsley, including stems |
| 14 (about 200g) baby leeks, trimmed | 4-5 sprigs fresh thyme |
| 12 (about 200g) baby courgettes | 1 tbsp white peppercorns |
| 6 shallots, peeled | 1 tbsp coriander seeds |
| 12 (about 200g) baby carrots | 2-3 fresh bay leaves |
| 8 (about 200g) baby zucchini, halved lengthways | 200ml dry white wine |
| 8 (about 250g) baby turnips, trimmed | 100ml white wine vinegar |
| 6 artichokes, outer leaves removed, stems peeled and halved | juice of 3 lemons |



Place artichokes in a bowl of water acidulated with juice of 1 lemon until ready to use. Heat oil in a wide saucepan over medium heat. Add all vegetables and cook for 5-7 minutes or until just beginning to soften. Add garlic, savory, parsley, thyme, white peppercorns, coriander seeds, bay leaves and a generous pinch sea salt and cook for 2 minutes.



Add wine, vinegar, remaining lemon juice and 100ml water. Bring to boil then cover with a round of baking paper. Lower heat and simmer for 8-10 minutes or until vegetables are just cooked, as you want them tender but still slightly crunchy. Allow to cool before serving with a little of the cooking liquid poured over the vegetables and sprinkled with extra sea salt and freshly ground black pepper.

Roast vegetable salad



SERVES 6

6 plum tomatoes, halved
4 long red peppers, halved and deseeded
2 yellow peppers
2 large red onions, skin on and quartered
6 unpeeled garlic cloves
1 tbsp capers
½ tbsp paprika
4 tbsp extra-virgin olive oil, plus extra for drizzling
juice of ½ lemon



Preheat oven to 220C. Place the tomatoes, red and yellow peppers, onion and garlic in a roasting tin. Drizzle with olive oil and sea salt and roast for 45 minutes or until all vegetables are tender and blackened all over. Transfer peppers to a wooden board, peel skins off immediately, deseed and cut into strips. Place peppers in a large bowl. Add tomatoes, onion and garlic and any remaining juices from the roasting pan to the bowl.



Add capers, paprika, olive oil and lemon and season generously with sea salt and freshly ground black pepper. Combine well with hands and transfer to a serving bowl. Serve warm or cold, drizzled with a little extra olive oil.

Pickled mushroom *and seaweed salad*



You can eat these immediately or better still place in a sterilized Kilner jar and refrigerate and serve with grilled fish or add to salads.

SERVES 6-8

| | |
|---|-------------------------------|
| 1 kg mixed mushrooms, such as button mushroom, blewit, horse mushroom | 3 fresh bay leaves |
| 30g mixed dried seaweed, such as sea lettuce, wakame and nori | ½ tbsp coriander seeds |
| 3-4 sprigs fresh thyme | ½ tbsp white peppercorns |
| 2 tbsp fresh tarragon | ¼ tbsp allspice berries |
| 1 tbsp fresh marjoram | 1 cinnamon stick |
| | 4 tbsp extra-virgin olive oil |
| | 1 litre white wine vinegar |



Place seaweed in a bowl. Add about 500ml warm water or enough to cover the seaweed. Add a generous pinch sea salt and leave for 10 minutes. Heat oil in a wide saucepan over medium heat. Add mushrooms and cook for 3-5 minutes or until just beginning to soften. Add thyme, tarragon, marjoram, bay leaves, coriander seeds, white peppercorns, allspice berries, cinnamon stick and a generous pinch sea salt and cook for 2 minutes.



Add vinegar and 400ml water. Drain seaweed in a colander, add to saucepan, bring mushroom mixture to boil then lower heat and simmer for 8-10 minutes or until mushrooms are tender. Allow to cool before serving mushrooms and seaweed with a little of the cooking liquid poured over the mushrooms.

Warm potato salad *with capers and rocket*



SERVES 4

1.5 kg mixed potatoes, such as baby, charlotte and Kipfler,
some peeled and cut and some scrubbed and left whole
1 small bunch rocket
8 tbsp extra virgin olive oil
4 tbsp red wine vinegar



Place potatoes in a large saucepan of slated water. Bring to the boil then simmer for 20 minutes until tender. Drain in a colander and transfer to a bowl.



While potatoes are still warm , add other ingredients and season generously with sea salt and freshly ground black pepper. Transfer to plates and serve immediately.

Pumpkin

and goats cheese crepes with onion salad



SERVES 4

150g plain flour
1 egg
180ml milk
2 tbsp extra virgin olive oil
2 tbsp chives, finely opped
170g unsalted butter
50g pumpkin seeds
12 sage leaves

Pumpkin and goats cheese filling:

600g pumpkin, peeled and diced
60ml extra virgin olive oil
150g soft goats cheese, crumbled

Onion salad:

80ml extra virgin olive oil
1 white onion, peeled and thinly sliced
juice of 1 lemon
½ tsp fennel seeds
½ tsp aniseed seeds

Sift flour into a large bowl. Combine egg, milk, olive oil, 90ml water and pinch sea salt in a separate bowl and whisk well. Make a well in centre of flour and slowly add liquid, whisking, until combined. Add chives, transfer to a jug and stand for 30 minutes. Heat 1 tbsp butter in a crepe pan over medium heat, then pour in enough batter to just cover the base of the pan. Cook crepe for 2 minutes on each side until golden, transfer to a plate and repeat with remaining mixture.

For pumpkin and goats cheese filling, place pumpkin on a roasting tray, drizzle with olive oil and season with sea salt. Roast at 220C for 30-40 minutes or until tender. Cool, combine with goats cheese and season to taste.

Divide pumpkin mixture between 4 crepes and roll each into a log. Refrigerate for 1 hour, remove and cut each into crepe into 4 pieces. Place pieces in an upright position on a baking tray and bake at 180C for 20 minutes or until just golden brown.

For onion salad, combine spices, olive oil and lemon juice in a bowl, season to taste with sea salt and freshly ground black pepper. Add onion and combine well. Stand for 10 minutes. Heat remaining butter in a frying pan over medium heat until foaming, add pumpkin seeds and cook for 5 minutes until golden brown. Add sage leaves and fry for 5 minutes or until crisp and butter begins to brown. Place crepe pieces on plates, scatter with pumpkin seeds and sage leaves, drizzle with burnt butter and serve with onion salad.

Fennel, potato *and onion Tian*



SERVES 4-6

3 (*about 850g*) fennel bulbs, trimmed and very thinly sliced
3 (*about 800g*) large potatoes, peeled and very thinly sliced
1 (*about 270g*) large onion, peeled and very thinly sliced
2 garlic cloves, thinly sliced
3 ripe tomatoes
1 tbsp paprika
3 tbsp breadcrumbs
120ml extra-virgin olive oil



Preheat oven to 220C. Grate tomatoes with the coarse side of a box grater into a bowl, discarding the skin. Place fennel, potatoes and onion in separate bowls.



Layer fennel, potatoes and onion in an ovenproof dish, seasoning each layer with grated tomato, garlic, paprika, sea salt, freshly ground pepper and a drizzle of olive oil. Sprinkle breadcrumbs on top, drizzle with remaining olive oil and bake in oven for 45-50 minutes or until top begins to go a golden colour and vegetables are tender. Allow to cool slightly then serve.

Briam



This popular Greek summertime dish is a delicious medley of baked vegetables and you can add other vegetables, such as carrots, if you wish. Use more olive oil if necessary as aubergines soak up a lot of oil when frying them.

SERVES 6

- 1 (about 370g) large eggplant, thickly sliced then slices halved
- 1 large onion, peeled and thinly sliced
- 3 garlic cloves, peeled and sliced
- 3 (about 800g) large potatoes, peeled and roughly chopped
- 6 medium sized tomatoes, thinly sliced
- 5 (about 750g) courgettes, sliced
- 1 tbsp dried oregano
- 2 tbsp flat-leaf parsley, finely chopped
- 300g tomato passata
- 150ml extra virgin olive oil, plus extra if necessary



Preheat oven to 220C. Heat some olive oil in a frying pan over medium heat and soften the aubergine, in batches and adding more oil if necessary, for 5-7 minutes until softened and golden coloured. Transfer aubergines to a large bowl.



Add onion and garlic to frying pan with a little oil and sauté for 5 minutes until softened. Transfer to the bowl.



Add potatoes, tomatoes, courgettes, passata and 200ml water to the bowl then sprinkle with oregano and parsley. Season generously with sea salt and freshly ground black pepper. Combine mixture well with hands and transfer to a large ovenproof dish. Drizzle with remaining oil. Bake for 30 minutes then turn oven down to 200C and bake for another 20-30 minutes or until the top has browned and vegetables are tender. Allow to cool slightly before serving.