

# MEDITERRANEAN RECIPES





**DOUBLE GRILLED EGGPLANT PANINI**

*Yield: 24 Servings (10 oz.)*

| INGREDIENTS                          | WEIGHT     | MEASURE    | DIRECTIONS   |
|--------------------------------------|------------|------------|--|
| Olive oil                            |            | 1/2 cup    | <ol style="list-style-type: none"> <li>Brush both sides of eggplant lightly with oil. Grill eggplant over medium heat 6 to 8 minutes per side or until tender. Grill peppers over high heat until soft and blackened. Remove black skin.</li> <li>Combine ricotta, parmesan cheese, olives, garlic and oregano.</li> <li>On half of bread slices, spread 2 1/2 oz. ricotta mixture. Top with 2 eggplant slices, 1 oz. prosciutto, 1 pepper half, and 1 oz. provolone. Cover with remaining bread slices. Brush each slice lightly with oil. Grill over medium heat until toasted.</li> </ol> |
| Eggplant, sliced 1/2" thick          | 6 lbs.     | 5-6 medium |  |
| Red bell peppers, seeded, halved     | 5 lbs.     | 12 peppers |  |
| Ricotta cheese, part-skim            | 2 1/2 lbs. | 5 cups     |  |
| Parmesan cheese, grated              | 6 oz.      | 1 1/2 cups |  |
| California Ripe Olives, chopped      | 9 oz.      | 2 1/2 cups |  |
| Garlic cloves, minced                |            | 1 Tbsp.    |  |
| Rustic Italian bread slices, toasted | 4 lbs.     | 48 slices  |  |
| Prosciutto, sliced very thin         | 1 1/2 lbs. |            |  |
| Provolone cheese, sliced             | 1 1/2 lbs. |            |  |
| Olive oil                            |            | 1/4 cup    |  |

*Nutritional Analysis Per Serving: Calories 591, Fat 28g, Cholesterol 63mg, Sodium 1511mg, Carbohydrate 57g, Protein 32g, Calories from fat 41%*



**SICILIAN RICE BALLS OLIVETTI**

*Yield: 24 Servings (3 each)*

| INGREDIENTS                         | WEIGHT | MEASURE       | DIRECTIONS  |
|-------------------------------------|--------|---------------|---|
| Chicken stock                       |        | 1 qt., 3 cups | <ol style="list-style-type: none"> <li>Bring stock and saffron to boil. Stir in rice; return to boil. Reduce heat to low; cover and simmer 20 minutes or until rice is tender. Stir in cheese, parsley and butter. Cool to room temperature; stir in 2 eggs.</li> <li>Cut cheese to fit inside olives. Drain and pat dry olives. Stuff olives with cheese.</li> <li>For each ball, scoop 1 1/2 Tbsp. (3/4 oz.) rice mixture into palm of hand. Using thumb, make an indentation in the center. Place one olive in indentation. Roll to enclose olive completely in rice mixture.</li> <li>Divide bread crumbs into two bowls. Dip each ball in first bowl of crumbs, then egg, then second bowl of crumbs. Deep fry at 350°, 3 minutes or until deep golden brown.</li> </ol> |
| Saffron, powdered                   |        | 1/4 tsp.      |   |
| Arborio rice                        | 20 oz. | 3 cups        |   |
| Parmesan cheese, grated             | 3 oz.  | 3/4 cup       |   |
| Italian parsley, minced             |        | 1/4 cup       |   |
| Butter, softened                    |        | 2 Tbsp.       |   |
| Egg, well beaten                    |        | 2             |   |
| Fontina cheese                      | 3 oz.  |               |   |
| California Ripe Olives, extra large | 14 oz. | 3 1/2 cups    |   |
| Italian bread crumbs                |        | 3 cups        |   |
| Egg, well beaten                    |        | 3             |   |

*Nutritional Analysis Per Serving: Calories 155, Fat 5g, Cholesterol 29mg, Sodium 286mg, Carbohydrate 20g, Protein 5g, Calories from fat 33%*



**GARLICKY BROCCOLI WITH ROASTED PEPPERS AND OLIVES**

*Yield: 24 Servings (8 oz.)*

| INGREDIENTS                           | WEIGHT | MEASURE    | DIRECTIONS  |
|---------------------------------------|--------|------------|---|
| Garlic cloves, sliced                 | 5 oz.  | 1 cup      | <ol style="list-style-type: none"> <li>Cook garlic in oil over low heat until soft and slightly caramelized, about 10 minutes, being careful not to burn garlic. Stir in salt and pepper. Allow to stand at least 1 hour.</li> <li>Steam broccoli.</li> <li>Remove garlic from oil with slotted spoon; set aside. Heat oil; add broccoli and cook on high several minutes. Add peppers, olives and reserved garlic. Cook until peppers are heated through. Serve with shavings of parmesan cheese or crumbled feta cheese.</li> </ol> |
| Olive oil                             |        | 1 cup      |   |
| Salt                                  |        | 1 1/2 tsp. |   |
| Black pepper                          |        | 1/2 tsp.   |   |
| Broccoli florets                      | 5 lbs. | 2 1/2 gal. |   |
| Red bell peppers, roasted, large dice |        | 1 qt.      |   |
| California Ripe Olives, whole         | 12 oz. | 3 cups     |   |
| Cheese, parmesan OR feta              | 4 oz.  | 1 cup      |   |

*Nutritional Analysis Per Serving: Calories 157, Fat 12g, Cholesterol 4mg, Sodium 448mg, Carbohydrate 9g, Protein 5g, Calories from fat 65%*

**TURKISH KABOBS WITH YOGURT DRESSING**

*Yield: 24 Servings (2 kabobs and 2 oz. dressing)*



**INGREDIENTS      WEIGHT      MEASURE      DIRECTIONS**

|                                  |            |                        |   |
|----------------------------------|------------|------------------------|---|
| Yogurt, plain                    | 3 lbs.     | 6 cups                 | <ol style="list-style-type: none"> <li>1. Combine yogurt, garlic, lemon juice and seasonings. Reserve half; refrigerate for later use. Marinate meat in remaining yogurt mixture 2 to 8 hours.</li> <li>2. Remove meat from marinade; discard marinade. Thread meat and remaining ingredients on skewers. Grill over medium hot coals 10 minutes, turning once. Serve with refrigerated yogurt mixture over a bed of rice.</li> </ol> |
| Garlic, minced                   |            | 1 tsp.                 |   |
| Lemon juice, fresh               |            | 1/2 cup                |   |
| Cumin, ground                    |            | 2 tsp.                 |   |
| Saffron powder OR Turmeric       |            | 1/4 tsp. OR 1 1/2 tsp. |   |
| Salt                             |            | 1 1/4 tsp.             |   |
| Cinnamon                         |            | 1 1/2 tsp.             |   |
| Black pepper                     |            | 1 tsp.                 |   |
| Cayenne pepper                   |            | 1/2 tsp.               |   |
| Mint, fresh, minced              | 1 1/2 oz.  | 1/2 cup                |   |
| Lamb, boneless loin, cubed       | 5 1/2 lbs. |                        |   |
| California Ripe Olives, whole    | 9 oz.      | 2 1/2 cups             |   |
| Tomatoes, plum, large, quartered | 4 lbs.     | 24                     |   |
| Zucchini, 1/2" slices            | 1 1/2 lbs. | 1 1/2 qts.             |   |

*Nutritional Analysis Per Serving: Calories 225, Fat 10g, Cholesterol 71mg, Sodium 316mg, Carbohydrate 10g, Protein 25g, Calories from fat 38%*

**ARTICHOKE, FENNEL AND MUSHROOM SALAD**

*Yield: 24 Servings (10 oz.)*



**INGREDIENTS      WEIGHT      MEASURE      DIRECTIONS**

|                                      |            |            |  |
|--------------------------------------|------------|------------|--|
| Fennel bulbs, sliced lengthwise 1/4" | 6 lbs.     | 1 gal.     | <ol style="list-style-type: none"> <li>1. Sauté fennel in olive oil until soft. Remove with slotted spoon. Sauté cremini mushrooms with garlic and rosemary, adding more oil if needed. Just before creminis are done, add chanterelle mushrooms; cook 1 to 2 minutes. Remove with slotted spoon. Sauté artichokes until tender, adding more oil if needed. Remove from pan.</li> <li>2. Arrange greens on serving plates. Combine vegetables and olives; toss with red wine vinaigrette. Arrange vegetables over greens.</li> </ol> |
| Olive oil                            |            | 1/4 cup    |  |
| Cremini mushrooms, sliced            | 2 lbs.     |            |  |
| Garlic, minced                       |            | 2 Tbsp.    |  |
| Rosemary, fresh                      |            | 2 Tbsp.    |  |
| Chanterelle mushrooms, stems removed | 8 oz.      |            |  |
| Artichokes, baby, trimmed, quartered | 5 lbs.     |            |  |
| Field greens                         | 1 1/4 lbs. | 1 1/2 gal. |  |
| California Ripe Olives, whole        | 12 oz.     | 3 cups     |  |
| <b>Red Wine Vinaigrette:</b>         |            |            |  |
| Vegetable oil                        |            | 1 cup      | <ol style="list-style-type: none"> <li>1. Whisk together all ingredients.</li> </ol>   |
| Red Wine vinegar                     |            | 3/4 cup    |  |
| Water                                |            | 2 Tbsp.    |  |
| Dijon mustard                        |            | 2 Tbsp.    |  |
| Salt                                 |            | 1 1/2 tsp. |  |
| Oregano, dried, crushed              |            | 1/2 tsp.   |  |
| Pepper                               |            | 1/4 tsp.   |  |

*Nutritional Analysis Per Serving: Calories 245, Fat 18g, Cholesterol 0mg, Sodium 849mg, Carbohydrate 19g, Protein 7g, Calories from fat 61%*

**RICH OLIVE AND CHEESE ROLLS**

*Yield: 24 Servings (2 oz.)*



**INGREDIENTS      WEIGHT      MEASURE      DIRECTIONS**

|                                   |         |                 |  |
|-----------------------------------|---------|-----------------|--|
| Flour, all-purpose                |         | 2 cups          | <ol style="list-style-type: none"> <li>1. In mixer bowl, combine 2 cups flour, yeast, sugar, and salt. Heat milk, olive oil and garlic to 120° to 130°. Add milk mixture and eggs to dry ingredients, beat 2 minutes at medium speed.</li> <li>2. Add 2 1/2 cups flour. Knead at low speed using dough hook 5 minutes or until smooth and stretchy. Add olives and cheese; mix just until combined. Add more flour if necessary to make a soft dough. Place in oiled bowl; cover with cloth and put in a warm place until doubled, about 1 hour.</li> <li>3. Punch down dough; cover and place in refrigerator. Chill 4 to 16 hours. Punch down dough. Divide into 24 pieces. Roll into 9-inch ropes; tie in loose knot. Place on lightly oiled sheet pan. Cover; let rise until doubled, about 1 hour.</li> <li>4. Brush with combined egg and milk. Bake in preheated 375° oven 15 to 20 minutes.</li> </ol> |
| Yeast, active dry                 | 1/4 oz. | 1 Tbsp.         |  |
| Sugar                             |         | 1 Tbsp.         |  |
| Salt                              |         | 2 tsp.          |  |
| Milk                              |         | 2/3 cup         |  |
| Olive oil                         |         | 2/3 cup         |  |
| Garlic, minced                    |         | 1 Tbsp.         |  |
| Eggs, large, room temperature     |         | 4               |  |
| Flour, all-purpose                |         | 2 1/2 to 3 cups |  |
| California Ripe Olives, quartered | 4 oz.   | 1 cup           |  |
| Asiago cheese, small dice         | 4 oz.   | 1 cup           |  |
| Egg, beaten                       |         | 1               |  |
| Milk                              |         | 1 Tbsp.         |  |

*Nutritional Analysis Per Serving: Calories 130, Fat 3g, Cholesterol 39mg, Sodium 318mg, Carbohydrate 19g, Protein 5g, Calories from fat 24%*



## CHICKEN TAGINE WITH VEGETABLES

Yield: 24 Servings (8 oz. each: chicken, vegetables, and couscous)

| INGREDIENTS                        | WEIGHT          | MEASURE           | DIRECTIONS   |
|------------------------------------|-----------------|-------------------|--|
| Coriander, ground                  |                 | 3 Tbsp.           | 1. Combine coriander, cumin and allspice. Rub on chicken. Brown chicken in hot oil in large pot. Remove from pot.  |
| Cumin, ground                      |                 | 3 Tbsp.           |  |
| Allspice, ground                   |                 | 2 Tbsp.           |  |
| Chicken thighs, skinned            | 16 lbs.         | 48 pieces         | 2. Add onion, garlic and ginger. Cook several minutes until onion is limp. Return chicken pieces to pot; add stock, pepper flakes and cinnamon. Bring to boil. Reduce heat, cover and simmer 15 minutes.   |
| Olive oil                          |                 | 1/2 cup           |  |
| Onion, chopped                     | 1 1/4 lbs.      | 1 1/2 qts.        | 3. Add carrot; cover and simmer 15 minutes. Add remaining ingredients; simmer uncovered until zucchini and peppers are tender. Remove cinnamon sticks. To serve, place hot couscous in individual serving bowl. Top with 2 chicken pieces; surround with vegetables. Ladle broth over all. |
| Garlic, minced                     | 3 oz.           | 1/2 cup           |  |
| Ginger, minced                     | 2 oz.           | 1/3 cup           |  |
| Chicken stock                      |                 | 1 gal.            |  |
| Red pepper flakes                  |                 | 1 Tbsp.           |  |
| Cinnamon sticks                    |                 | 4                 |  |
| Carrots, 1/4" slices               | 2 lbs.          | 2 qts.            |  |
| Red bell pepper, 1" dice           | 3 lbs.          | 2 qts.            |  |
| Zucchini, 1/2" slices              | 2 lbs.          | 2 qts.            |  |
| Chickpeas, cooked                  |                 | 1 qt.             |  |
| California Rippe Olives, whole     | 16 oz.          | 1 qt.             | Nutritional Analysis Per Serving: Calories 747, Fat 24g, Cholesterol 127mg, Sodium 375mg, Carbohydrate 82g, Protein 50g, Calories from fat 29%   |
| Preserved lemon peel, julienne-cut |                 | 1 cup             |  |
| Couscous, cooked                   | 4 lbs. uncooked | 1 gal. plus 1 qt. |  |



## CALIFORNIA RIPE OLIVE BRIKS

Yield: 24 Servings (3 pieces)

| INGREDIENTS  | WEIGHT | MEASURE         | DIRECTIONS   |
|--|--------|-----------------|--|
| Almonds, slivered, toasted   | 3 oz.  | 1/2 cup         | 1. Chop almonds, cilantro, tomatoes and anchovies with lemon juice and seasonings in food processor. Add olives and eggs, pulse until olives and eggs are coarsely chopped.  |
| Cilantro leaves  |        | 1/2 cup, packed |  |
| Sun dried tomatoes in oil, rinsed  |        | 1/2 cup         | 2. Cut all dough into 4 lengthwise strips, 17 x 3 1/2 inches. Work with three or 4 strips at a time, covering the remaining with a damp towel. Brush dough lightly with combined butter and oil. Place 2 tsp. of olive mixture about 1-inch from one end of each strip. Fold the end over the filling at a 45 degree angle. Continue folding at 45 degree angle the entire length of the strip until a triangle is formed.<br><b>NOTE:</b> For a decorative touch, before making final fold of triangle, place a cilantro leaf on dough. Fold dough over cilantro. |
| Anchovies, rinsed  | 2 oz.  | 12 fillets      |  |
| Lemon juice, fresh   |        | 1/4 cup         |  |
| Salt   |        | 1/2 tsp.        |  |
| Pepper   |        | 1/4 tsp.        |  |
| California Rippe Olives, well drained  | 12 oz. | 3 cups          |  |
| Eggs, hard cooked  |        | 4               |  |
| Phyllo dough, thawed   | 1 lb.  | 18 sheets       |  |
| Butter, melted   |        | 1/3 cup         |  |
| Olive oil  |        | 1/3 cup         |  |
| Nutritional Analysis Per Serving: Calories 175, Fat 11g, Cholesterol 45mg, Sodium 398mg, Carbohydrate 12g, Protein 4g, Calories from fat 60% |        |                 |  |



## SEAFOOD LASAGNE ALFREDO

Yield: 24 Servings (10 oz.)

| INGREDIENTS   | WEIGHT     | MEASURE    | DIRECTIONS  |
|---|------------|------------|---|
| Butter  |            | 1/2 cup    | 1. Melt butter in stockpot. Add flour, salt and pepper; cook 1 minute. Add milk; cook over medium high heat, stirring constantly, until mixture boils. Continue boiling 1 minute. Stir in 12 oz. parmesan cheese. In another pan, saute pepper, onion and garlic in oil. Add wine; simmer until wine has evaporated. Stir into sauce. |
| Flour, all-purpose  | 3 oz.      | 3/4 cup    |   |
| Salt  |            | 1 tsp.     | 2. Cut shrimp and talapia into bite-sized pieces. Saute shrimp and talapia just until done, stirring minimally. Add crabmeat, 2 cups olives and zest. Let stand 5 minutes and drain well. Gently stir 5 cups parmesan sauce into seafood.   |
| White pepper  |            | 1/2 tsp.   |   |
| Milk  |            | 1 1/2 qts. |   |
| Parmesan cheese, grated   | 14 oz.     | 3 1/2 cups |   |
| Red bell pepper, diced  | 1 lb.      | 3 cups     |   |
| Onion, chopped  | 3/4 lb.    | 1 cup      |   |
| Garlic, minced  | 1.5 oz.    | 1/4 cup    |   |
| Olive oil   |            | 1/4 cup    |   |
| Wine, dry white   |            | 1 cup      |   |
| Shrimp, raw, small  | 1 1/2 lbs. |            |   |
| Talapia OR Cod  | 1 lb.      |            |   |
| Crabmeat, flaked, cooked  | 3/4 lb.    |            |   |
| California Rippe Olives, quartered  | 12 oz.     | 3 cups     |   |
| Lemon zest, grated  |            | 2 tsp.     |   |
| Ricotta cheese, part skim   | 6 lb.      | 2 3/4 qts. |   |
| Italian parsley, minced   | 2 oz.      | 3/4 cup    |   |
| Lasagne noodles, cooked al dente  | 1 1/4 lbs. | 24         |   |
| Provolone cheese, sliced  | 1 1/2 lbs. |            |   |
| Tomatoes, plum, sliced  |            | 24 slices  |   |
| Nutritional Analysis Per Serving: Calories 772, Fat 34g, Cholesterol 149mg, Sodium 1230mg, Carbohydrate 65g, Protein 50g, Calories from fat 39% |            |            |   |

Nutritional Analysis Per Serving: Calories 772, Fat 34g, Cholesterol 149mg, Sodium 1230mg, Carbohydrate 65g, Protein 50g, Calories from fat 39%

