



— AMERICA'S —
TEST KITCHEN



THE COMPLETE
MEDITERRANEAN DIET
COOKBOOK



**500 VIBRANT, KITCHEN-TESTED RECIPES
FOR LIVING AND EATING WELL EVERY DAY**



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About This Book

The Mediterranean Sea is surrounded by a group of extraordinarily diverse countries, climates, and cultures that includes Greece, Italy, France, Spain, Morocco, Algeria, Tunisia, Libya, Egypt, Israel, Lebanon, Syria, and Turkey. This means that there isn't a single "diet" that encompasses the entire Mediterranean region—the spice-laden dishes of Morocco bear little resemblance to the lemon- and caper-laced cuisine of southern Italy—but what they share is an emphasis on high-quality ingredients, particularly whole grains, seafood, legumes, vegetables, and healthy fats, with a limited amount of saturated fats. This is the essence of the Mediterranean way of eating, and was our guiding principle when deciding what to include in this book.

The Mediterranean "diet" is different than other diets. It's been around much longer, for one thing—people living in the region have eaten this way for centuries, and it's been gaining popularity around the world for nearly 50 years—and, partly because of its longevity, it's been proven to have myriad health benefits, from disease prevention to weight loss to improving cognitive function. But no diet, no matter how healthy, is sustainable unless the food is satisfying and, dare we say, a bit exciting. Anyone who has been to the Mediterranean knows this food is both. The recipes in this book are modern, fresh, and full of flavor combinations you may not have encountered before (think nutty tahini with earthy mushrooms, puckery preserved lemons with savory lamb sausage, and tangy pomegranate molasses with fresh halloumi cheese).

We were careful, however, to make sure that "modern and fresh" doesn't mean the ingredients are esoteric or the recipes are inaccessible for the average home cook. We've demystified flavor-building ingredients like za'atar, sumac, and harissa in detailed All Abouts, which will explain how to shop for what we think will become your new pantry staples. And the simple yet powerful flavor boosters you already know and love—like herbs, garlic, and lemons—get put to work, too. We aimed to create foolproof recipes that wouldn't be relegated to the "weekend project" category—streamlined recipes that could be made any night of the week, while still boasting deep food appeal.

While we've included nutritional information for every recipe, the book also speaks to the diet in other, subtler ways through the size of the chapters. Since plant-based foods are at the heart of the diet and should be included at every meal, one of the biggest chapters is devoted entirely to vegetables, another sizeable chapter to legumes, and still another to grains. The seafood chapter contains a huge selection of recipes, while poultry and meat are combined into a single, moderately sized chapter.

When the rest of the test cooks here at America's Test Kitchen found out that we were working on a Mediterranean cookbook, they could barely contain their excitement. This is the way we love to cook at home—simple recipes that highlight fresh, seasonal ingredients. We know you will enjoy this food as much as we do.



CHAPTER 1

Meze, Antipasti, Tapas, and Other Small Plates

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■ FAST (Less than 45 minutes start to finish) ■ VEGETARIAN

Photos (clockwise from top left): Roasted Garlic Hummus; Broiled Feta with Olive Oil and Parsley; Sizzling Garlic Shrimp; Marinated Green and Black Olives

Skordalia

SERVES 6 to 8 **VEG**

WHY THIS RECIPE WORKS *Skordalia* is a thick and hearty Greek garlic puree that is usually served as a dip or as an accompaniment for fish or vegetables. For our version, we set our sights on a spreadable dip that could work as a versatile appetizer. Since skordalia is made with raw garlic, we needed only three cloves to give the dip potent garlic flavor. Traditional recipes rely on bread, potatoes, nuts, or a combination thereof to create a velvety, thick-textured base. We tested a variety of combinations and found that bread and potato together had the most pleasing texture: luxuriously thick and creamy without being dense or greasy. A single russet potato was all we needed—any more and our dip started to taste like mashed potatoes—and we discovered that boiling produced a better texture than microwaving or baking. Putting the potato through a ricer ensured that it was fluffy and smooth. To keep our recipe streamlined, we tried combining our ingredients in a blender and a food processor, but the high-speed motion of the blades caused the starches in the potato to become gluey and pasty. Mixing the ingredients by hand produced a much better texture. A generous dose of lemon juice brightened the dip nicely (and letting the garlic marinate in the juice tamed its harsh bite), and a little yogurt added creamy richness. A rasp-style grater can be used to turn the garlic into a paste. We prefer the rich flavor of whole-milk yogurt here; however, low-fat yogurt will also work. Do not use nonfat yogurt. Serve with Olive Oil–Sea Salt Pita Chips (page 000), slices of toasted baguette, or raw vegetables.

- 1 (10- to 12-ounce) russet potato, peeled and cut into 1-inch chunks
- 3 garlic cloves, minced to paste
- 3 tablespoons lemon juice
- 2 slices hearty white sandwich bread, crusts removed, torn into 1-inch pieces
- 6 tablespoons warm water, plus extra as needed
- Salt and pepper
- ¼ cup extra-virgin olive oil
- ¼ cup plain Greek yogurt

1. Place potato in small saucepan and add water to cover by 1 inch. Bring water to boil, then reduce to simmer and cook until potato is tender and paring knife can be inserted into potato with no resistance, 15 to 20 minutes. Drain potato in colander, tossing to remove any excess water.

2. Meanwhile, combine garlic and lemon juice in bowl and let sit for 10 minutes. In separate medium bowl, mash bread, ¼ cup warm water, and ½ teaspoon salt into paste with fork.



Bread and potato create a thick and creamy Greek dip, while lemon juice tames the raw garlic flavor.

3. Transfer potato to ricer (food mill fitted with small disk) and process into bowl with bread mixture. Stir in lemon-garlic mixture, oil, yogurt, and remaining 2 tablespoons warm water until well combined. (Sauce can be refrigerated for up to 4 days; bring to room temperature before serving.) Season with salt and pepper to taste and adjust consistency with extra warm water as needed before serving.

Mincing Garlic to a Paste



Mince garlic, then sprinkle with pinch salt. Scrape side of chef's knife blade across garlic, mashing it into cutting board to make sticky garlic paste.

Provençal Fish Soup

SERVES 6 to 8

WHY THIS RECIPE WORKS Fish soup is often a study in culinary frustration: The broth is bland and flavorless, the fish is flaked into tiny pieces, and worst of all—the fish is criminally overcooked. We wanted a flavorful soup that would highlight the fish's flavor and texture without overcooking it. We thought that orange and fennel would pair well with the delicate seafood, and chose thick cuts of hake, wanting a firm fish that would not break apart too easily. The challenge then came in building the soup base. Initial tests with pre-made fish stock produced soups that overpowered the hake's own mild flavor. Water-based versions were more delicate in flavor, but lacking in any real depth or richness. Deglazing the vegetables and spices with wine and bottled clam juice brought out a more balanced flavor, but tasters wanted even more depth. So we browned some pancetta, and cooked the vegetables in the rendered fat. This version had a perfect balance of smokiness, richness, and citrus aroma. To cook the fish perfectly, we left it in big slices so that they wouldn't break apart too much. We tried simmering the fish over low heat, but when we employed direct heat, the fish was overcooked by the time it was served. We decided on a more unconventional method: We placed the fish in the pot, shut off the heat, and let it poach gently. This technique was undeniably successful: The fish was perfectly cooked. Finally we had a hearty, fragrant fish soup with perfect broth and perfect fish. Cod and halibut can be substituted for the hake.

- 1 tablespoon extra-virgin olive oil, plus extra for serving
- 6 ounces pancetta, chopped fine
- 1 fennel bulb, 2 tablespoons fronds minced, stalks discarded, bulb halved, cored, and cut into ½ inch pieces
- 1 onion, chopped
- 2 celery ribs, halved lengthwise and cut into ½-inch pieces
- Salt and pepper
- 4 garlic cloves, minced
- 1 teaspoon paprika
- ⅓ teaspoon red pepper flakes
- Pinch saffron threads, crumbled
- 1 cup dry white wine or dry vermouth
- 4 cups water
- 2 (8-ounce) bottles clam juice
- 2 bay leaves



This soup gently poaches slices of hake in a flavorful broth of browned pancetta, clam juice, white wine, and saffron.

- 2 pounds skinless hake fillets, 1 to ½ inches thick, sliced crosswise into 6 equal pieces
- 2 tablespoons minced fresh parsley
- 1 tablespoon grated orange zest

1. Heat oil in Dutch oven over medium heat until shimmering. Add pancetta and cook, stirring occasionally, until beginning to brown, 3 to 5 minutes. Stir in fennel, onion, celery, and 1½ teaspoons salt and cook until vegetables are softened and lightly browned, 12 to 14 minutes. Stir in garlic, paprika, pepper flakes, and saffron and cook until fragrant, about 30 seconds.

2. Stir in wine, scraping up any browned bits. Stir in water, clam juice, and bay leaves. Bring to simmer and cook until flavors meld, 15 to 20 minutes.

3. Off heat, discard bay leaves. Nestle cod into cooking liquid, cover, and let sit until fish flakes apart when gently prodded with paring knife and registers 140 degrees, 8 to 10 minutes. Gently stir in parsley, fennel fronds, and orange zest and break fish into large pieces. Season with salt and pepper to taste. Serve, drizzling individual portions with extra oil.



Roasting adds deep flavor and color to cauliflower in this warm and brightly dressed salad.

North African Cauliflower Salad with Chermoula

SERVES 4 to 6 **VEG**

WHY THIS RECIPE WORKS Chermoula is a traditional Moroccan marinade made with hefty amounts of cilantro, lemon, and garlic that packs a big flavor punch. While this dressing is traditionally used as a marinade for meat and fish, we decided to make it the flavor base for a cauliflower salad in an effort to zest up a vegetable that can oftentimes be bland and boring. To create a zippy salad, we focused first on the cooking method of the starring vegetable. Roasting was the best choice to add deep flavor to the cauliflower and balance the bright and fresh chermoula. To keep the cauliflower from overbrowning on the exterior before the interior was cooked, we started it covered and allowed it to steam until barely tender. Then we removed the foil, added the sliced onions and returned the pan to the oven to let both the onions and cauliflower brown and caramelize. Adding the onions to the same pan once the cauliflower was uncovered eased their preparation and ensured they would finish cooking at the same time. To highlight the natural sweetness of the cooked vegetables, we added shredded carrot and raisins, two traditional North African ingredients. We now had a warm and flavorful salad sure to spice up any meal.

SALAD

- 1 head cauliflower (2 pounds), cored and cut into 2-inch florets
- 2 tablespoons extra-virgin olive oil
- Salt and pepper
- ½ red onion, sliced ¼ inch thick
- 1 cup shredded carrot
- ½ cup raisins
- 2 tablespoons chopped fresh cilantro
- 2 tablespoons sliced almonds, toasted

CHERMOULA

- ¾ cup fresh cilantro leaves
- ¼ cup extra-virgin olive oil
- 2 tablespoons lemon juice
- 4 garlic cloves, minced
- ½ teaspoon ground cumin
- ½ teaspoon paprika
- ¼ teaspoon salt
- ⅛ teaspoon cayenne pepper

1. FOR THE SALAD Adjust oven rack to lowest position and heat oven to 475 degrees. Toss cauliflower with oil and season with salt and pepper. Arrange cauliflower in single layer on parchment paper-lined rimmed baking sheet. Cover tightly with aluminum foil and roast until softened, 5 to 7 minutes. Remove foil and spread onion evenly onto sheet. Roast until vegetables are tender, cauliflower is deep golden brown, and onions are charred at edges, 10 to 15 minutes, stirring halfway through roasting. Let cool slightly, about 5 minutes.

2. FOR THE CHERMOULA Process all ingredients in food processor until smooth, about 1 minute, scraping down sides of bowl as needed. Transfer to large bowl. Gently toasts cauliflower-onion mixture, carrot, raisins, and cilantro with chermoula until coated. Transfer to serving platter and sprinkle with almonds. Serve warm or at room temperature.

Cutting Cauliflower into Florets



Pull off any leaves, then cut out core of cauliflower using paring knife. Separate florets from inner stem using tip of knife.



Thinly sliced fennel shines when paired with peppery watercress and earthy smoked mackerel.

Fennel and Apple Salad with Smoked Mackerel

SERVES 4 to 6

WHY THIS RECIPE WORKS Oftentimes underappreciated, raw fennel is a vegetable filled with bright anise flavor and a wonderful crunchy texture that make it a superb salad candidate. Many fennel salad recipes are nothing more than sliced fennel tossed with a little lemon juice and olive oil which we found to be overwhelmingly strong in both flavor and texture. We were searching for a salad in which fennel was the focus but also included other ingredients to complement the anise flavor and round it out. It occurred to us that some sort of leafy green would help to balance the fennel and improve the overall texture of the salad. Following these thoughts, we decided that watercress's peppery flavor and delicate texture would blend well with the fennel and tasters agreed. To balance the watercress and fennel, we added Granny Smith apple for sweetness and crunch. A simple lemon and oil based vinaigrette with fresh tarragon, shallot, and tangy whole-grain mustard really highlighted all the components in our salad. Finally, to turn this light and refreshing salad into a meal we topped it with smoked mackerel, chosen for its rich intense flavor.

- 3 tablespoons lemon juice
- 1 tablespoon whole-grain mustard
- 1 small shallot, minced
- 2 teaspoons minced fresh tarragon
- Salt and pepper
- ¼ cup extra-virgin olive oil
- 5 ounces (5 cups) watercress
- 2 Granny Smith apples, peeled, cored, and cut into 3-inch-long matchsticks
- 1 fennel bulb, stalks discarded, bulb halved, cored, and sliced thin
- 8 ounces smoked mackerel, skin and pin bones removed, flaked

1. Whisk lemon juice, mustard, shallot, 1 teaspoon tarragon, ½ teaspoon salt, and ¼ teaspoon pepper together in large bowl. Whisking constantly, slowly drizzle in oil. Add watercress, apple, and fennel and gently toss to coat. Season with salt and pepper to taste.

2. Divide salad among plates and top with flaked mackerel. Drizzle any remaining dressing over mackerel and sprinkle with remaining 1 teaspoon tarragon. Serve immediately.

Preparing Fennel



1. After cutting off stalks and feathery fronds, cut thin slice from base of fennel bulb and remove any tough blemished layers.



2. Cut bulb in half vertically through base, then use small knife to remove pyramid-shaped core.



3. Slice each half into thin slices to ensure best texture.

Tagliatelle with Artichokes and Parmesan

SERVES 6

WHY THIS RECIPE WORKS Artichokes and pasta make an elegant dinner, but preparing fresh artichokes can be time-consuming for what should be a simple pasta dish. We decided instead to use artichokes jarred in water, which still have fresh flavor, are available throughout the year, and do not require excessive prep work. However, jarred artichokes often have an overly sharp, briny flavor. To remedy this, we trimmed the leaves off the hearts and then gave them a quick soak in water, which eliminated any harsh flavors. We cut the hearts in half and then dried them so that they could be easily browned, which brought out their natural nuttiness. Anchovies gave the sauce savory depth without adding a fishy taste, while more aromatics combined with white wine, olive oil, Parmesan, and some pasta water made up our sauce. Fresh parsley and lemon zest kept the pasta light and bright without overwhelming the deep artichoke flavor, and a simple bread-crumbs topping enhanced with extra Parmesan gave the dish savory crunch. Our favorite jarred artichokes are Pastene Baby Artichokes. You'll need four 9.9 ounce jars for this recipe.

- 4 cups jarred whole artichoke hearts packed in water, preferably baby or cocktail size
- ¼ cup extra-virgin olive oil
- Salt and pepper
- 4 garlic cloves, minced
- 2 anchovy fillets, rinsed, patted dry, and minced
- 1 teaspoon dried oregano
- ⅛ teaspoon red pepper flakes
- ½ cup dry white wine
- 1 pound tagliatelle
- 1 ounce Parmesan cheese, grated (½ cup), plus extra for serving
- ¼ cup minced fresh parsley
- 1½ teaspoon grated lemon zest
- 1 cup Parmesan Bread Crumbs

1. Cut leaves from artichoke hearts. Cut hearts in half and dry with paper towels. Place leaves in bowl and cover with water. Let leaves sit for 15 minutes. Drain well.

2. Heat 1 tablespoon oil in 12-inch nonstick skillet over medium-high heat until shimmering. Add artichoke hearts and ⅛ teaspoon salt and cook, stirring frequently, until hearts are spotty brown, 7 to 9 minutes. Stir in garlic, anchovies, oregano, and pepper flakes and cook, stirring constantly, until fragrant, about 30 seconds. Stir in wine and bring to simmer. Remove skillet from heat and stir in artichoke leaves; set aside.

3. Meanwhile, bring 4 quarts water to boil in large pot. Add pasta and 1 tablespoon salt and cook, stirring often, until al dente. Reserve 1½ cups cooking water, then drain pasta and return it to pot. Stir in Parmesan, parsley, lemon zest, remaining 3 tablespoons oil, 1 cup reserved cooking water, and artichoke sauce. Season with salt and pepper to taste. Adjust consistency with remaining reserved cooking water as needed. Serve, sprinkling individual portions with breadcrumbs and extra Parmesan, and drizzling with extra oil.

PARMESAN BREAD CRUMBS

MAKES 1 cup

- 2 slices hearty white sandwich bread
- 2 tablespoons extra-virgin olive oil
- ¼ cup grated Parmesan cheese
- Salt and pepper

Pulse bread in food processor until finely ground, 10 to 15 pulses. Heat oil in 12-inch nonstick skillet over medium heat until shimmering. Add breadcrumbs and cook, stirring constantly, until crumbs begin to brown, 3 to 5 minutes. Add ¼ cup Parmesan and continue to cook, stirring constantly, until crumbs are golden brown, 1 to 2 minutes. Transfer crumbs to bowl and season with salt and pepper to taste. Serve.

VARIATION

LEMON CHILI BREADCRUMBS

MAKES 1 cup

- 2 slices hearty white sandwich bread
- 2 tablespoons extra-virgin olive oil
- ¼ teaspoon red pepper flakes
- 1 tablespoon grated lemon zest (1 lemon)

Pulse bread in food processor until finely ground, 10 to 15 pulses. Heat 2 tablespoons oil in 12-inch nonstick skillet over medium heat until shimmering. Add bread crumbs and cook, stirring constantly, until crumbs begin to brown, 3 to 5 minutes. Add pepper flakes and continue to cook, stirring constantly, until crumbs are golden brown, 1 to 2 minutes. Stir in lemon zest, transfer crumbs to bowl and season with salt and pepper to taste. Serve.

Couscous with Lamb, Chickpeas, and Orange

SERVES 6

WHY THIS RECIPE WORKS Though harissa is a prevalent flavor in North African cuisine, we wanted to incorporate a different, more delicate flavor profile into a Moroccan-inspired couscous dish that would be perfect in the cold winter months. We thought that lamb, dried fruit, and warm spices would match nicely, so we began with the braised lamb technique that we had developed previously. After braising seared lamb in a mixture of warm spices, chickpeas, and dates, we reserved and shredded the meat while we cooked the couscous in the remaining liquid. Tasters found this version passable, but the couscous was a bit mushy and pasty, and the flavor—though nicely spiced and complex—was cloyingly sweet. Moreover, we wanted more brightness to balance the heaviness of the warm spices. To diminish sweetness, we opted for raisins instead of dates and added them toward the end of cooking. We decreased the total amount of liquid to accommodate a 1-to-1 ratio of liquid to couscous, and we added wine for a hint of acidity. This iteration was much improved: The couscous was perfectly cooked and fluffy, and the raisins provided just the right amount of sweetness without overwhelming the dish. Still, we were missing more brightness and depth. Since orange and cinnamon are a common flavor pairing, we thought that adding strips of aromatic orange zest would lend welcome brightness and dimension. Tasters loved this version, and noted that the long braising time had rendered the orange peel completely softened and delicious. To add even more textural contrast, we stirred in toasted almonds. All together, this was a satisfying, hearty couscous dish. If you can't find lamb shoulder chops, use lamb shoulder roast; make sure to trim all visible fat.

- 1 pound lamb shoulder chops, cut into rough 2-inch pieces
- Salt and pepper
- 1 tablespoon extra-virgin olive oil, plus extra for serving
- 1 onion, chopped fine
- 10 (2-inch) strips orange zest
- 1 teaspoon minced fresh ginger
- 1 teaspoon coriander
- ¼ teaspoon ground cinnamon
- ⅛ teaspoon cayenne pepper
- ½ cup wine
- 2½ cups chicken broth
- 1 (15-ounce) can chickpeas, rinsed
- 1½ cups couscous
- ½ cup raisins
- ½ cup sliced almonds, toasted
- ⅓ cup minced fresh parsley



Gently braising lamb with warm spices and large strips of orange zest gives it a buttery texture and bold flavor.

1. Adjust oven rack to lower-middle position and heat oven to 325 degrees. Season lamb with salt and pepper. Heat oil in Dutch oven over medium-high heat until just smoking. Brown lamb on all sides, about 8 minutes; transfer to plate. Pour off all but 2 tablespoons fat from pot.

2. Reduce heat to medium, add onion to fat left in pot and cook until softened, 5 to 7 minutes. Stir in zest, ginger, coriander, cinnamon, cayenne pepper, and ⅛ teaspoon black pepper and cook until fragrant, about 30 seconds. Stir in wine, scraping up any browned bits, and cook until flavors meld, about 30 seconds. Stir in broth, chickpeas, and lamb and any accumulated juices to pot. Bring to simmer, cover, place pot in oven, and cook until fork slips easily in and out of lamb, about 60 minutes.

3. Remove lamb from pot, let cool slightly, then using two forks, shred lamb into bite-size pieces, discarding bones and pieces of fat; set aside. Strain liquid through fine mesh strainer set over bowl. Return solids to now-empty pot. Measure out 1½ cups liquid and return to pot; discard remaining liquid. Stir in couscous and raisins, bring to simmer, and remove pot from heat. Let stand until grains are tender, about 7 minutes. Stir in shredded lamb, almonds, and parsley. Season with salt and pepper to taste. Serve, drizzling individual portions with oil.



This stunning salad balances earthy barley with sweet raisins and pomegranate seeds and salty, tangy feta.

Egyptian Barley Salad

SERVES 6 to 8 **VEG**

WHY THIS RECIPE WORKS We set out to develop a recipe for a vibrantly spiced pearled barley salad with the right balance of sweetness, tang, and nuttiness. But before we could focus on building these fresh and exciting flavors, we had to find a consistent cooking method for our barley. We wanted the grains to remain distinct and loose, rather than cohesive like a pilaf. We turned to what we call the “pasta method,” in which we simply boil the grains until tender. But during our testing, we uncovered a major inconsistency: one batch cooked up in 35 minutes, another in 20, and the next in 40. We realized that the extent to which the barley was pearled, or polished to remove the outer bran, was affecting the cooking time—but since there is often no way to tell by the label, the only way to account for the differences was to put a 20-minute range in the cooking time. With our perfectly cooked barley set aside, we turned our attention back to flavor. Inspired by the flavors of Egypt, we incorporated toasty pistachios, tangy pomegranate molasses, and bright, vegetal cilantro, all balanced by warm, earthy spices and sweet golden raisins. Salty feta cheese,

pungent scallions, and pomegranate seeds adorned the top of the dish for a colorful composed salad with dynamic flavors and textures. Do not substitute hulled or hull-less barley in this recipe. If using quick-cooking or presteamed barley (read the ingredient list on the package carefully to determine this), you will need to alter the barley cooking time in step 1. For more information on cooking barley, see page 000.

- 1½ cups pearl barley
- Salt
- ⅓ cup golden raisins
- ½ cup coarsely chopped cilantro
- ¼ cup shelled pistachios, toasted and chopped coarse
- 3 tablespoons extra-virgin olive oil, plus extra for serving
- 2 tablespoons pomegranate molasses
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground cumin
- 3 ounces feta cheese, cut into ½-inch cubes (¾ cup)
- 6 scallions, green parts only, sliced thin
- ½ cup pomegranate seeds

1. Bring 2 quarts water to boil in large sauce pan. Add barley and 1 tablespoon salt and return to boil. Cook until tender, 20 to 40 minutes; drain and transfer to large bowl, and let cool to room temperature.

2. Combine raisins and ¼ cup hot water and let sit until plump about 5 minutes; drain raisins and discard liquid. Add plumped raisins, cilantro, and pistachios to cooled barley.

3. Whisk oil, pomegranate molasses, cinnamon, cumin, and ½ teaspoon salt together in small bowl. Add to barley mixture, toss well to coat, then transfer to large serving platter. Arrange feta, scallions, and pomegranate seeds in separate diagonal rows across salad. Drizzle with extra oil and serve.

NOTES FROM THE TEST KITCHEN

Storing Rice, Grains, and Beans

To prevent open boxes and bags of rice, grains, and beans from spoiling in the pantry, store them in airtight containers, and, if you have space, keep rice and grains in the freezer. This is especially important for whole grains, which turn rancid with oxidation. Use rice and grains within six months. Though beans are less susceptible to pests and spoilage than rice and grains, and can be kept up to a year, you will get the best results if you use beans within the first month or two of purchase.

Grilled Paella

SERVES 8

WHY THIS RECIPE WORKS Grilling paella lends the dish subtle smoke and a particularly caramelized crust, making it a great dish for summer entertaining. In place of a traditional paella pan, we used a large, sturdy roasting pan that maximized the amount of *soccarat*, the prized browned rice crust that forms on the bottom of the pan. Building a large (7-quart) fire and fueling it with fresh coals (which ignited during cooking) ensured that the heat output would last throughout cooking, but we also shortened the outdoor cooking time by using roasted red peppers and tomato paste instead of fresh peppers and tomatoes, making an infused broth with the seasonings, and grilling rather than searing the chicken thighs. To ensure that the various components finished cooking at the same time, we staggered the addition of the proteins—first, the chicken thighs, followed by the chorizo, shrimp, and clams. We also deliberately placed the chicken on the perimeter of the pan, where it would finish cooking gently after grilling, and the sausage and seafood in the center, where they were partially submerged in the liquid as they cooked through; once the liquid reduced, the steam kept them warm. If littleneck clams are not available, increase shrimp to 1½ pounds and season the shrimp in step 1 with ½ teaspoon salt. We developed this recipe in a light colored, 13½- by 16-inch tri-ply roasting pan. You can also cook this recipe in a paella pan that is 15 to 17 inches in diameter.

- 1½ pounds boneless, skinless chicken thighs, trimmed and halved crosswise
- Salt and pepper
- ¾ pound jumbo shrimp (16 to 20 per pound), peeled and deveined
- 5 tablespoons extra-virgin olive oil
- 6 garlic cloves, minced
- 1¾ teaspoons hot smoked paprika
- 3 tablespoons tomato paste
- 4 cups chicken broth
- ⅔ cup dry sherry
- 1 (8-ounce) bottle clam juice
- Pinch saffron threads (optional)
- 1 onion, chopped fine
- ½ cup jarred roasted red pepper, rinsed patted dry, and chopped fine
- 3 cups Arborio rice
- 1 pound littleneck clams, scrubbed
- ½ pound Spanish-style chorizo sausage, cut into ½-inch pieces
- 1 cup frozen peas, thawed
- Lemon wedges



Grilling paella in a large roasting pan maximizes smoky flavor and the amount of crisp, crunchy rice crust.

1. Place chicken on large plate and season both sides with 1 teaspoon salt and 1 teaspoon pepper. Toss shrimp with 1½ teaspoons oil, ½ teaspoon garlic, ¼ teaspoon paprika, and ¼ teaspoon salt in bowl until evenly coated. Set aside.

2. Heat 1½ teaspoons oil in medium saucepan over medium heat until shimmering. Add remaining garlic and cook, stirring constantly, until garlic sticks to bottom of pan and begins to brown, about 1 minute. Add tomato paste and remaining ½ teaspoons paprika and continue to cook, stirring constantly, until dark brown bits form on bottom of pan, about 1 minute. Add 4 cups chicken broth, sherry, clam juice, and saffron, if using. Increase heat to high and bring to boil. Remove pan from heat and set aside.

3A. FOR A CHARCOAL GRILL Open bottom vent completely. Light large chimney starter mounded with charcoal briquettes (7 quarts). When top coals are partially covered with ash, pour evenly over grill. Using tongs, arrange 20 unlit briquettes evenly over coals. Set cooking grate in place, cover, and open lid vent completely. Heat grill until hot, about 5 minutes.

3B. FOR A GAS GRILL Turn all burners to high, cover, and heat grill until hot, about 15 minutes. Leave all burners on high.



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