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## AN INSPIRED NEW COLLECTION OF RECIPES FOR EATING THE MEDITERRANEAN WAY FROM THE EXPERTS AT AMERICA'S TEST KITCHEN

The Mediterranean way of cooking and eating has it all: food that is good for you and that tastes great, too. The health benefits of the Mediterranean diet are well-documented; ongoing studies credit the diet with enhancing longevity, improving brain function, lowering rates of heart disease, and reducing rates of diabetes and some cancers. The guidelines of the diet are simple: Consume fresh vegetables, fruit, beans, and whole grains daily; eat more seafood and less red meat; and use plenty of heart-healthy olive oil. *The Complete Mediterranean Cookbook* from America's Test Kitchen translates this diet for home cooks with more than 500 vibrant, flavorful, and foolproof recipes.

What's really exciting about the Mediterranean diet is the food: The flavors are fresh and interesting, and supermarket ingredients are used in inspired ways. This wide-ranging collection is full of appealing everyday recipes that put the diet into practice. Bring the flavors of the south of France to the party with our Provençal anchovy dip; the food processor easily turns almonds, anchovy fillets, and olive oil into a savory dip for vegetables and toasted bread. Mild-mannered cauliflower becomes the star of a bright salad with carrots, raisins, cilantro, and a North African-spiced dressing. A dish of tender barley is packed with roasted carrots, fresh snow peas, spiced sunflower seeds, and a tangy lemon and mint yogurt sauce. Readily available fresh sardines offer a less expensive way to have fish for dinner; coated with a mixture of honey and mayonnaise, they are quick and easy to grill whole. In the Mediterranean, meat is frequently used as a flavoring rather than as the main ingredient; a small amount of lamb imparts big meaty flavor to our Moroccan-inspired couscous filled with chickpeas, orange, and warm spices.

Since butter is not a healthy fat, we left it out of the book entirely and replaced it with extra-virgin olive oil in both our savory and sweet recipes. Desserts are eaten in moderation in the Mediterranean diet, and many are based around fruit. Our recipes range from a simple but sensational dessert that combines fresh nectarines and berries with sparkling wine to an olive oil-yogurt cake popular in Spain. Whole-milk yogurt makes this cake tangy and moist while extra-virgin olive oil supplies richness and subtle fruity notes; an easy lemony glaze makes it company-worthy.



**THE COMPLETE  
MEDITERRANEAN  
COOKBOOK: 500 VIBRANT,  
KITCHEN-TESTED RECIPES  
FOR LIVING AND EATING  
WELL EVERY DAY**

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*The Complete Mediterranean Cookbook* also includes traditional and authentic recipes that our test cooks have reworked to make them accessible. Learn how to make foolproof stuffed grape leaves and falafel; savory Italian risotto with red wine and salami; a hearty Egyptian dish featuring lentils, rice, pasta, and chickpeas in a spiced tomato sauce; Greek wine-braised octopus; savory Moroccan chicken pie; Israeli eggplant and egg sandwiches; baklava; and much more. There is also plenty of information throughout the book to demystify less familiar ingredients such as the North African nut and seed blend dukkah, pomegranate molasses, and fresh fava beans.

Not only are the recipes approachable, but nearly half of them are quick enough to make for dinner on a weeknight in 45 minutes or less. These recipes are highlighted with icons on the pages and in the index. The book contains stunning color photography that showcases the finished dishes, as well as more than 200 step-by-step photos illustrating key recipe steps and techniques. Detailed All About pages provide plentiful, easy-to-use information about important groups of ingredients, such as Mediterranean grains, fish, and greens.

#### **A sampling of recipes:**

##### **Provençal Fish Soup**

The fragrant flavors of Provence—fennel, orange, and saffron—inspired this fish soup, which is not only easy to make but also boasts a richly flavored broth. A little pancetta adds a smoky richness while white wine and bottled clam juice provide the savory liquids. For perfectly cooked fish, thick slices of hake, cod's Mediterranean cousin, gently poach in the broth off the heat.

##### **Freekeh Salad with Butternut Squash, Walnuts, and Raisins**

Freekeh is a high-fiber whole grain used across the eastern Mediterranean. Its grassy, slightly smoky flavor works perfectly with sweet roasted butternut squash and walnuts for a hearty grain dish. Boiling the freekeh like pasta is the most foolproof way to achieve a firm, chewy texture.

##### **Spanish-Style Brothy Rice with Clams and Salsa Verde**

This rice dish combines briny-sweet clams with short-grain rice and a vibrant green sauce. Customarily, all of the liquid is added to the pot at once to achieve the correct brothy consistency in the finished dish. Instead, we incorporate the liquid little by little, a technique borrowed from Italian risotto.

##### **Stewed Chickpeas with Eggplant and Tomatoes**

This Greek dish relies solely on familiar ingredients—eggplant, tomatoes, chickpeas, green bell pepper, and garlic—and takes them to a new level. Although traditional versions use dried chickpeas and simmer the stew for hours, canned chickpeas taste great and have a perfect tender-firm texture. Cooking the stew uncovered in the oven encourages evaporation and concentrates the flavors, cutting the cooking time down to less than an hour.

**Fava Beans with Artichokes, Asparagus, and Peas**

In Italy, fresh fava beans are often eaten with the skins on, but the skins can be tough. For this vegetable medley, rather than peel each bean individually, we tenderize the favas by blanching them in a baking soda solution and then rinse them in cold water. To make a fresh, Italian-inspired spring braise, we add the artichokes, asparagus, and peas in stages to ensure that all of the vegetables are perfectly cooked.

**Whole Roasted Snapper with Citrus Vinaigrette**

Roasting a whole fish is fast and delivers deep flavor. We rub mild red snapper with an intensely citrusy salt and roast it on a rimmed baking sheet, which allows for plenty of air circulation during the brief stint in a hot oven. Making shallow slashes in the fish's skin ensures even cooking and makes it easy to gauge doneness. A quick citrus vinaigrette adds a final punch of flavor.

**Za'atar-Rubbed Butterflied Chicken**

For an easy but incredibly flavorful roast chicken, we rub a butterflied chicken with the aromatic eastern Mediterranean spice blend za'atar, which usually contains thyme, sumac, and sesame seeds (a recipe for za'atar is also in the book). The thick layer of spice paste turns into a flavorful crust on the chicken as it finishes cooking in a hot oven.

**Pomegranate-Braised Beef Short Ribs with Prunes and Sesame**

To give beefy short ribs a fresh Mediterranean spin, we look to Morocco for inspiration and use pomegranate juice as the braising liquid. Pureeing prunes into the sauce gives it a silky, thick texture. A hefty dose of ras el hanout, a North African spice blend containing a variety of warm spices, gives the braise complex flavor. Finishing the dish with toasted sesame seeds and cilantro adds final nutty and fresh flavors.

**Grilled Spiced Pork Skewers with Onion and Caper Relish**

Kebabs are a hallmark of Mediterranean cooking. This simple recipe for pork kebabs uses boneless country-style ribs, which are quick-cooking and tender yet have enough fat to keep them from drying out on the grill. A flavorful spice rub with garlic, lemon, coriander, cumin, nutmeg, and cinnamon pulls double duty, first as a marinade and later mixed with honey to create a basting sauce.

**Orange Polenta Cake**

This rustic Italian upside-down cake features thinly sliced caramelized oranges as its easy yet elegant topping. For a cake with delicate corn flavor and a moist, tender crumb, we toast instant polenta and then hydrate it with milk and orange zest before adding it to the batter.

**MEDIA REQUESTS**

The editors of *Cook's Illustrated* and *Cook's Country* are available for interviews upon request. For more information or for television, radio, or print interview requests, contact:

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**About America's Test Kitchen**

America's Test Kitchen is a 2,500-square-foot kitchen located just outside Boston. It is the home of *Cook's Illustrated* and *Cook's Country* magazines and is the workday destination of more than 60 test cooks, editors, and cookware specialists. Our mission is to test recipes until we understand how and why they work and until we arrive at the best version. We also test kitchen equipment and supermarket ingredients in search of products that offer the best value and performance. You can watch us work by tuning in to our public television shows, *America's Test Kitchen* and *Cook's Country from America's Test Kitchen*.

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