



Antipasto Display

Antipasto Platter- choose a decorative tray or platter and line the bottom with butter lettuce or leaf lettuce to arrange your tasty tidbits on.

Purchase or make crostini (baked baguette slices), bread sticks, pita chips or thin sliced Italian or French bread to serve with the antipasto selection.

Place several little forks or toothpicks next to the platter for service and don't forget a small bowl for guests to place their olive pits in!

Assemble your choice of delicious antipasto to create a platter for your next alfresco party under the stars!

Antipasto may include: a variety of select cheeses such as fresh mozzarella, Spanish manchego, provolone, etc., cubed; marinated vegetables such as artichoke hearts, hearts of palm, mushrooms, beets, carrots, etc.; fresh vegetables such as carrots, celery, cucumbers, and cherry tomatoes; an olive variety such as cured black and green olives, kalamata olives, nicoise olives, etc.; roasted vegetables such as roasted red pepper, grilled zucchini, grilled eggplant, etc.; and may also contain meats such as mortadella, sopressetta, salami, prosciutto, etc. Mangia!!!

Hummus with Mediterranean Salsa

1 can garbanzo beans, rinsed, drained
2 tbsp tahini (sesame paste)*
2 cloves garlic (to taste)
½ tsp salt (to taste)
Juice of 2 lemons (to taste)
Water

Salsa:

¼ cup kalamata olives, pitted, sliced
½ cup sundried tomatoes, packed in oil

In the bowl of a food processor, place all hummus ingredients. Mix well until a thickish paste forms, adding water to thin as needed. Adjust seasonings to taste. Spread on a platter with a lip.

For salsa, mix together olives and tomatoes, reserving some of the oil from the tomatoes.

Spoon salsa over the humus and drizzle with some of the reserved oil. Serve with pita bread or pita chips for dipping.

*tahini, or sesame paste- NOT sesame oil- can be found on the international aisle of your local grocers or in Mediterranean Markets.



Stuffed Grape Leaves (Dolmades)

3/4 cup extra virgin olive oil
1/2 small onion, chopped fine
8 scallions, chopped fine
2 large garlic cloves, mashed
1 cup raw long-grain rice (I use Uncle Ben's)
1/2 bunch fresh dill, chopped
1 bunch fresh parsley, chopped
2 lemons (to taste), juice only
Sea Salt & freshly ground pepper
1 cup hot water
1 lb jar grape leaves*

Heat the 1/2 cup oil in a skillet. Add the onion and scallions and saute' for about 5 minutes, until soft. Add the garlic and cook for 1 additional minute, then add the rice, dill, parsley, lemon juice, salt, pepper, and remaining 1/4 cup olive oil. Stir well, then add hot water. Cover and simmer about 5 minutes.

Remove from the heat and cool.

Meanwhile, carefully remove the grape leaves from the jar, leaving the brine in the jar. Rinse grape leaves thoroughly and drain, then with a sharp knife cut the heavy stems from the leaves. (If using fresh grape leaves use the same procedure, parboiling leaves for 5 minutes when not tender, then drain.) Line an enameled pan with a few heavy grapevine leaves and set aside. To stuff a grapevine leaf, put it on your work surface rough side up - stem end near you, and place a teaspoonful of the rice mixture near the stem end. Fold the bottom part of the leaf up and over the filling. Then fold the right side of the leaf over the filling, then the left side (similar to folding a burrito);

and roll loosely to allow room for rice to expand. Place the dolma seam side down, in the prepared pan. Continue stuffing grape leaves until the mixture has been used. (If any grape leaves remain, replace in the reserved brine for future use.) Place an inverted plate on the dolmades, then add enough water to cover the dolmades. Bring to a boil, then cover the pan, lower the heat, and simmer for about 1 hour, until rice is tender- continue simmering if necessary. Cool, then chill. Adjust lemon, adding more squeezed over the top if needed. Serve cold as an appetizer or as an entree. Καλή όρεξη! (Kalí óreksi!) or bon appetit in Greek!

*grape leaves in brine can be found on the international aisle of your local grocer or in Mediterranean markets.



Summertime Feta and Tomato Dip

6 roma (plum) tomatoes, diced
1 small Persian or ½ hot house cucumber, chopped
3 scallions, diced
1/4 cup fresh basil leaves or oregano, minced
4 tbsp extra virgin olive oil
1 cup crumbled feta cheese
½ tsp red pepper flakes.

In a bowl, toss together all ingredients ; adjust seasoning if needed. Serve with pita chips, crackers or crostini.

****Demo and Recipes provided by Nikki Haddad, Personal Chef,
The Little Chef****