# Mediterranean Hot and Spicy, by Aglaia Kremezi Broadway Books, 2008

А

Adana kebab (grilled skewered sausage-shaped patties), 147-48 Agristada (egg and lemon sauce), 140 fish with, 141 Aïoli, 50 Ajo blanco (cold almond and garlic soup), 97 Aleppo pepper, 6, 48 harissa with peperoncini and, 20 romesco, 16-17 trahana, 42-43 Almond(s), 213 dried fig, apricot, and almond balls, 201 dukkah, 15 eggplant, pepper, and parsley spread, 52-54 garlic, potato, almond, and yogurt sauce (skordalia), 50 and garlic soup, cold (ajo blanco), 97 grilled calamari stuffed with olives, pepper, and, 101 olive, almond, and herb spread, 28 ouzo-scented almond, yogurt, and olive oil cake, 198-99 romesco, 16-17 roasted almond cookies (kourambiedes), 204 savory cheese, almond, and chile cookies, 191 spicy bulgur and buckwheat pilaf with peppers, feta, nuts, and cilantro, 172-73 spicy bulgur salad with nuts and tomato paste dressing. 78-79 sweet and savory meatballs (polpette dolci), 76-77 sweet-and-sour eggplants with nuts, sultanas, basil, and peperoncino, 49 Anchovy(ies) Calabrian pita with tuna, olives, capers, and peperoncini, 123-25 macaroni with fennel, chile, pine nuts, and, 166-67 and onion ring flat bread, 180 and peperoncino olive oil, 31; grilled bell peppers in, 92 Andrés, José, 16, 48 Anissa's harissa, 19-20 Aphrodisiacs, 1, 13 Appetizers, 47-77. See also Condiments; Salad(s); Sauce(s); Spread(s) cold almond and garlic soup (ajo blanco), 97 cold tomato, garlic, and bread soup (salmorejo), 98 falafel, 58-59 fried mussels in ouzo batter, 56-57 grilled bell peppers in anchovy and peperoncino olive oil, 92 grilled pepper rolls with tyrokafteri, 93 sautéed black olives, 62 skillet shrimp two ways, 70-72 sweet and savory meatballs (polpette dolci), 76–77 sweet-and-sour eggplant, celery, tomato, and caper relish (caponata), 67-69 sweet-and-sour eggplants with nuts, sultanas, basil, and peperoncino, 49 Tunisian meat or cheese pies (samboosak), 73-75

Apricots dried fig. apricot, and almond balls, 201 Arab pizza (lahmaçun), 118-19 Artichokes braised veal with, in egg and lemon sauce, 140-41 chicken tagine with seasonal vegetables, 152 orzo "risotto" with fresh favas, lemon, feta, and, 171 Avgolemono (egg and lemon sauce), braised veal with artichokes in, 140-41 Avgotaraho, 48 Ayfer's black-eyed pea, ground lamb, and chard stew, 157

#### В

Baharat, 12 Barley, 42 trahana (homemade bulgur, milk, and yogurt pasta), 42-43 Barley couscous, 107 fish couscous, 107 Barley rusks (paximadia), 95, 176 Cretan barley rusks, 186-87 paximadi salad with tomatoes, feta, and capers, 95-96 Beans, 211. See also Fava beans chicken tagine with seasonal vegetables, 152 cranberry bean and potato stew with peppers and spicy sausage, 158 Maltese or Egyptian dried bean spread (bigilla or bissara), 63 pasta with (pasta e fagioli), 161-62 Beef, ground Arab pizza (lahmaçun), 118-19 eggplants stuffed with bulgur and meat, 111-12 grilled skewered sausage-shaped patties (adana kebab), 147 - 48meat filling for samboosak, 74 sweet and savory meatballs (polpette dolci), 76-77 Beets mixed salad with orange, lemon, chile, and honey vinaigrette, 82 pink borani with, 89 pink cauliflower and turnip pickles, 39 Bell peppers. See Pepper(s) Bigilla (Maltese dried bean spread), 63 Biscotti Greek Easter bread biscotti, 207-8 savory: peppery mastic biscotti, 189; peppery olive oil and ouzo biscotti, 188-89 Bissara (Egyptian dried bean spread), 63 Black-eved peas Avfer's black-eved pea, ground lamb, and chard stew, 157 Black pepper, 8 Borani, 88, 157 pink, with beets, 89 yogurt, spinach, and parsley salad with walnuts, 88-89

Bread(s), 3, 47–48, 176, 177–85 basic bread with spices, 177-79 bread with greens, 179 chickpea breads, 184-85 cold tomato, garlic, and bread soup (salmorejo), 98 Cretan barley rusks, 186-87 flat breads with various toppings, 180 Greek Easter bread biscotti, 207-8 pumpkin and orange bread, 179 Southern Italian corn bread with cheese and peperoncini (pizza gialla), 181 spice mixture for, 11 starter for, 179 Bread spice mixture, 11, 177 Buckwheat and bulgur pilaf, spicy, with peppers, feta, nuts, and cilantro, 172-73 Bugialli, Giuliano, 165 Bulgur and buckwheat pilaf, spicy, with peppers, feta, nuts, and cilantro, 172-73 eggplants stuffed with meat and, 111-12 North African soup with capers, harissa, and cilantro, 174 salad, spicy, with nuts and tomato paste dressing, 78-79 trahana (homemade bulgur, milk, and yogurt pasta), 42-43

## С

Cabbage Israeli macerated salad (missir), 83 orzo "risotto" with lemon, feta, and, 171 Cake feta and mizithra or ricotta cheesecake. 193-94 ouzo-scented almond, yogurt, and olive oil cake, 198-99 Calabrian pita, 123-25 with spicy Calabrian sausage, 125 with tuna, olives, capers, and peperoncini, 123-25 Calabrian tomato tart (pitta pizzulata), 121 Calamari fried calamari rings in spicy coating, 108 grilled, stuffed with olives, almonds, and pepper, 101 Capellini crudaiola (thin pasta with uncooked tomato sauce), 159 Capers Calabrian pita with tuna, olives, peperoncini, and, 123mushroom, olive, and caper sauce for pasta, 23 North African soup with harissa, cilantro, and, 174 paximadi salad with tomatoes, feta, and, 95-96 sweet-and-sour eggplant, celery, tomato, and caper relish (caponata), 67-69 tuna or swordfish with wine, vinegar, tomato, chile, and, 109 - 10Caponata (sweet-and-sour eggplant, celery, tomato, and caper relish), 67-69 Carrot(s) chicken tagine with seasonal vegetables, 152 Israeli macerated salad (missir), 83 salad, Tunisian, 87 Casseroles baked rice with sweet and hot peppers, scallions, and feta, 165

meatless moussaka, 127 potato "focaccia," 128-29 spicy, light moussaka, 126-27 Catalan roasted tomato sauce with peppers and nuts (romesco), 16-17 Cauliflower Israeli macerated salad (missir), 83 and turnip pickles, pink, 39 Ceci con la tria (fettuccine with chickpeas and peperoncini), 163 Celery, 8, 69 braised veal with, in egg and lemon sauce, 141 mixed herb and chile paste, 30 slow-cooked chickpeas with orange, lemon, and, 153 sweet-and-sour eggplant, celery, tomato, and caper relish (caponata), 67-69 Chakchouka (eggs poached in tomato and chile sauce), 113 Chard Ayfer's black-eyed pea, ground lamb, and chard stew, 157 bread with greens, 179 Cheese. See also specific types savory cheese, almond, and chile cookies, 191 Southern Italian corn bread with peperoncini and (pizza gialla), 181 Tunisian cheese pies (samboosak), 73-74, 75 yogurt cheese with herbs, 66 Cheesecake, feta and mizithra or ricotta, 193-94 Chermoula, 70 grilled tuna marinated in, 105 skillet shrimp with, 70 Chicken with chile and vinegar, 143 ground, Arab pizza (lahmaçun), 118-19 stuffed with rice, pine nuts, and preserved lemon slices, 149 tagine, with seasonal vegetables, 152 wings, broiled, in lemon-honey-chile glaze, 151 Chickpeas, 211 chickpea breads, 184-85 falafel, 58-59 fettuccine with peperoncini and, 163 hummus and spicy garlic chickpeas, 65 slow-cooked, with orange, lemon, and celery, 153 Chile(s), 1, 2, 4–6. See also specific types chile, garlic, and mint sauce, grilled whole fish in, 104 harissa (North African pepper sauce), 19–20 hrous (onion, hot pepper, and turmeric paste), 29 lemon, honey, and pepper jelly, 26-27 lemon-honey-chile glaze, broiled chicken wings in, 151 macaroni with anchovies or sardines, fennel, pine nuts, and, 166-67 mixed herb and chile paste, 30 orange, lemon, chile, and honey vinaigrette, mixed salad with, 82 pork tenderloin with vinegar and (pampanella), 143 preserved in olive oil, 36-37 rosemary and jalapeño flat bread, 180 savory cheese, almond, and chile cookies, 191 small eggplants stuffed with garlic, parsley, and, 38 tomato and chile sauce, eggs poached in (chakchouka), 113 tuna or swordfish with wine, vinegar, tomato, capers, and, 109-10 zhug (hot Yemenite sauce), 21

Chile de árbol, 5 Chinese celery, 69. See also Celery Chinese parsley. See Cilantro Chocolate, toast with pepper and, 48 Cilantro, 6 chermoula, 70 grilled pepper salad with feta and, 92-93 North African soup with capers, harissa, and, 174 spicy bulgur and buckwheat pilaf with peppers, feta, nuts. and. 172-73 zhug (hot Yemenite sauce), 21 Coe, Sophie, 2 Colonna, Marina, 143 Condiments, 26-41. See also Spice blends anchovy and peperoncino olive oil, 31 figs in spicy sweet-and-sour marinade, 32 hrous (onion, hot pepper, and turmeric paste), 29 lemon, honey, and pepper jelly, 26-27 lemon slices in spicy olive oil, 33 mixed herb and chile paste, 30 olive, almond, and herb spread, 28 olives in harissa, garlic, and orange-lemon dressing, 40 peperoncini sott'olio (chiles preserved in olive oil), 36-37 pickled octopus, 41 pink cauliflower and turnip pickles, 39 small eggplants stuffed with chile, garlic, and parsley, 38 Confit, tomato, 213 Cookies Greek Easter bread biscotti, 207-8 honey-infused spice cookies, 205-6 roasted almond (kourambiedes), 204 savorv biscotti. 188-89 savory cheese, almond, and chile cookies, 191 Coriander, fresh. See Cilantro Corn bread, Southern Italian, with cheese and peperoncini (pizza gialla), 181 Couscous, 107 fish, 106-7 sweet, with orange preserves, sultanas, and pistachios, 200 Cranberry bean(s) pasta with (pasta e fagioli), 161-62 and potato stew with peppers and spicy sausage, 158 Cretan barley rusks, 186-87. See also Paximadia Cucumbers spicy tomato, pepper, cucumber, mint, and parsley salad (ezme salatasi), 84-85 D

Dajaj mahshi, 149 Desserts. See Sweets Dinia, Hayat, 142 Dips. See also Sauce(s); Spread(s) yogurt-feta dip, 48 Dressing, harissa, garlic, and orange-lemon, olives in, 40 Dried fig, apricot, and almond balls, 201 Dried fruit in spicy sweet-and-sour marinade, 32 Dried orange slices, 196 Drinks strawberry or peach ratafia, 209 Dukkah, 15, 48

spicy bulgur and buckwheat pilaf with peppers, feta, nuts, and cilantro, 172-73 spicy bulgur salad with, 79

## E

Egg and lemon sauce (avgolemono) braised yeal with artichokes in. 140-41 pescado con agristada, 141 Eggplant(s) Arab pizza (lahmaçun), 118-19 eggplant, pepper, and parsley spread, 52-54 penne all'arrabbiata with, 164 small eggplants stuffed with chile, garlic, and parsley, 38 spicy, light moussaka, 126-27 stuffed with bulgur and meat, 111–12 sweet-and-sour, with nuts, sultanas, basil, and peperoncino, 49 sweet-and-sour eggplant, celery, tomato, and caper relish (caponata), 67-69 Eggs poached in tomato and chile sauce (chakchouka), 113 Egyptian dried bean spread (bissara), 63 Ezme salatasi (spicy tomato, pepper, cucumber, mint, and

parsley salad), 84-85

## F

Falafel, 58-59 Fava beans, 58, 170 fresh, chicken tagine with seasonal vegetables, 152 fresh, orzo "risotto" with lemon, feta, and, 170-71 Maltese dried bean spread (bigilla), 63 Fennel, 9, 166 Israeli macerated salad (missir), 83 macaroni with anchovies or sardines, chile, pine nuts, and, 166-67 mixed herb and chile paste, 30 mixed salad with orange, lemon, chile, and honey vinaigrette, 82 olive, almond, and herb spread, 28 Feta, 7 baked rice with sweet and hot peppers, scallions, and, 165 cheese filling for samboosak, 75 grilled pepper salad with cilantro and, 92-93 and mizithra or ricotta cheesecake, 193-94 orzo "risotto" with fresh favas, feta, and, 170-71 paximadi salad with tomatoes, capers, and, 95-96 and pepper spread (tyrokafteri), 55; grilled pepper rolls with, 93 spicy bulgur and buckwheat pilaf with peppers, nuts, cilantro, and, 172-73 yogurt-feta dip, 48 Fettuccine with chickpeas and peperoncini, 163 Figs dried, lamb tagine with sesame seeds and, 142 dried fig, apricot, and almond balls, 201 fig and vogurt semifreddo, 197 in spicy sweet-and-sour marinade, 32 Fish and seafood, 101-10 fish couscous, 106–7 fried calamari rings in spicy coating, 108

fried mussels in ouzo batter, 56-57 grilled calamari stuffed with olives, almonds, and pepper, 101 grilled tuna marinated in chermoula, 105 grilled whole fish in chile, garlic, and mint sauce, 104 pescado con agristada (fish with avgolemono), 141 pickled octopus, 41 skillet shrimp two ways, 70-72 tuna or swordfish with wine, vinegar, tomato, chile, and capers. 109–10 Fish sauce, 31 Flat breads, 48. See also Bread(s); Pizza with various toppings, 180 "Focaccia," potato, 128-29 French celery, 8, 69. See also Celery Fruit "cream," 196 oriental orange, 196 Fucazza, 128 Furstenberg, Mark, 184

## G

Gabso, Bino, 83 Gambas al ajillo, 72 Garlic, 6 chile, garlic, and mint sauce, grilled whole fish in, 104 cold almond and garlic soup (ajo blanco), 97 cold tomato, garlic, and bread soup (salmorejo), 98 garlic, lemon, and walnut sauce (roasted garlic skordalia), 51 garlic, potato, almond, and yogurt sauce (skordalia), 50 harissa, garlic, and orange-lemon dressing, olives in, 40 romesco, 16-17 shrimp with garlic, chile, sherry, and parsley (gambas al ajillo), 72 slow-roasted pork with rosemary, peperoncini, and, 145 small eggplants stuffed with chile, parsley, and, 38 Garum, 9, 31 Gerasimos, Marianna, 111 Goat cheese cheese filling for samboosak, 75 Grains, 3. See also Bulgur; Couscous; Rice; Wheat berries Grammatico, Maria, 76 Grano. See Wheat berries Gray, Patience, 36 Greek Easter bread biscotti, 207-8 Greek oregano, 7 Greek tomato sauce, all-purpose, 22 Green peppercorns, 8 Greens, bread with, 179 Guindillas, 6

## Η

Hadjiat, Salima, 73 Harissa (North African pepper sauce), 19–20 chermoula, 70 harissa, garlic, and orange-lemon dressing, olives in, 40 North African soup with capers, cilantro, and, 174 Tunisian carrot salad, 87 Hazelnuts, 213 dukkah, 15 romesco, 16–17 spicy bulgur salad with nuts and tomato paste dressing, 78–79 Helou, Anissa, 19, 56, 73, 147 Herbs and spices, 1–2, 4, 7. *See also specific types* mixed herb and chile paste, 30 olive, almond, and herb spread, 28 yogurt cheese with herbs, 66 Honey honey-infused spice cookies, 205–6 lemon, honey, and pepper jelly, 26–27 lemon-honey-chile glaze, broiled chicken wings in, 151 orange, lemon, chile, and honey vinaigrette, mixed salad with, 82 Hrous (onion, hot pepper, and turmeric paste), 29 Hummus and spicy garlic chickpeas, 65

## I

Ice cream, spicy mastic, 195 Ingredients sources, 214–16 Israeli macerated salad (missir), 83

# J

Jalapeño and rosemary flat bread, 180 Jelly, lemon, honey, and pepper, 26–27

#### Κ

Kea, skillet pork from (tigania), 131–32
Kebab, 147

adana kebab (grilled skewered sausage-shaped patties), 147–48

Kin tsai, 8

Kiskek, 136
Kourambiedes (roasted almond cookies), 204
Kun choi, 8

#### L

Lahmaçun (Arab pizza), 118-19 Lamb ground: Ayfer's black-eyed pea, ground lamb, and chard stew, 157; eggplants stuffed with bulgur and meat, 111-12; grilled skewered sausage-shaped patties (adana kebab), 147-48; spicy, light moussaka, 126-27; sweet and savory meatballs (polpette dolci), 76-77 roasted leg of, with North African spices, lemon, and onions, 134-35 slow-baked, with wheat berries, 136-37 tagine, with dried figs and sesame seeds, 142 Lazarou, Lefteris, 51 Lemon(s) egg and lemon sauce (avgolemono), braised veal with artichokes in, 140-41 garlic, lemon, and walnut sauce (roasted garlic skordalia), 51 harissa, garlic, and orange-lemon dressing, olives in, 40 lemon, honey, and pepper jelly, 26-27 lemon-honey-chile glaze, broiled chicken wings in, 151

orange, lemon, chile, and honey vinaigrette, mixed salad with, 82 orzo "risotto" with fresh favas, feta, and, 170–71 preserved lemon slices, chicken stuffed with rice, pine nuts, and, 149 roasted leg of lamb with North African spices, onions, and, 134–35 slices, in spicy olive oil, 33 slow-cooked chickpeas with orange, celery, and, 153 Lentiscus, 9 Lewis, Bernard, 3

#### Μ

Macaroni with anchovies or sardines, fennel, chile, and pine nuts (pasta con le sarde), 166-67 Macerated salad, Israeli (missir), 83 Mahlep, 7 bread spice mixture, 11 Main courses, 48, 100-174 fish and seafood, 101-10 meat and poultry, 131-52 pasta, grains, and beans, 153-74 pies, pizza, eggs, and vegetable dishes, 111-30 Maltese dried bean spread (bigilla), 63 Manouelides, Vali, 50 Maraş pepper, 6, 48 romesco, 16-17 trahana, 42-43 Mastic, 7, 9, 195 bread spice mixture, 11 peppery mastic biscotti, 189 spicy mastic ice cream, 195 Meat and poultry, 131–52. See also specific types Meatballs, sweet and savory (polpette dolci), 76-77 Meatless moussaka, 127 Meat pies, Tunisian (samboosak), 73-74 Mediterranean celery, 8. See also Celery Melomakarona, 205 Mezedes, 47-48. See also Appetizers; Condiments Mint, 7 chile, garlic, and mint sauce, grilled whole fish in, 104 Egyptian dried bean spread (bissara), 63 spicy tomato, pepper, cucumber, mint, and parsley salad (ezme salatasi), 84-85 sweet-and-sour eggplants with nuts, sultanas, basil, and peperoncino, 49 Missir (Israeli macerated salad), 83 Mixed herb and chile paste, 30 Mizithra and feta cheesecake, 193-94 Moussaka meatless, 127 spicy, light, 126-27 Mushroom, olive, and caper sauce for pasta, 23 Mussels, fried, in ouzo batter, 56-57

#### Ν

Nigella, 7 Ñora peppers, 5 romesco, 16–17 North African pepper sauce (harissa), 19–20 North African soup with capers, harissa, and cilantro, 174 North African spices, roasted leg of lamb with lemon, onions, and, 134–35 North African zucchini or squash salad, 87 Nuts. *See also specific types* Catalan roasted tomato sauce with peppers and (romesco), 16–17 dukkah, 15 spicy bulgur and buckwheat pilaf with peppers, feta, cilantro, and, 172–73 spicy bulgur salad with tomato paste dressing and, 78– 79 sweet-and-sour eggplants with sultanas, basil, peperoncino, and, 49 toasting, 213

## 0

Octopus, pickled, 41 Olive(s), 40, 62, 213 black, sautéed, 62 Calabrian pita with tuna, capers, peperoncini, and, 123-25 and cheese samboosak filling, 75 grilled calamari stuffed with almonds, pepper, and, 101 in harissa, garlic, and orange-lemon dressing, 40 mushroom, olive, and caper sauce for pasta, 23 olive, almond, and herb spread, 28 salt curing, 40 sweet-and-sour eggplant, celery, tomato, and caper relish (caponata), 67 Olive oil, 3, 7-8, 8-9 anchovy and peperoncino olive oil, 31; grilled bell peppers in, 92 chiles preserved in. 36-37 ouzo-scented almond, yogurt, and olive oil cake, 198-99 peppery olive oil and ouzo biscotti, 188-89 spicy: lemon slices in, 33; yogurt cheese preserved in, 66 Onion(s) anchovy and onion ring flat bread, 180 hrous (onion, hot pepper, and turmeric paste), 29 roasted leg of lamb with North African spices, lemon, and, 134-35 Orange(s) dried orange slices, 196 harissa, garlic, and orange-lemon dressing, olives in, 40 orange, lemon, chile, and honey vinaigrette, mixed salad with, 82 oriental orange "cream," 196 preserves, sweet couscous with sultanas, pistachios, and, 200 pumpkin and orange bread, 179 slow-baked lamb with wheat berries, 136–37 slow-cooked chickpeas with lemon, celery, and, 153 Oregano, 7 Oriental orange "cream," 196 Orzo "risotto" with fresh favas, lemon, and feta, 170-71 Ouzo, 57 batter, fried mussels in, 56-57 ouzo-scented almond, yogurt, and olive oil cake, 198-99 peppery olive oil and ouzo biscotti, 188-89

### Р

Pampanella (pork tenderloin with chile and vinegar), 143 Papadakis, Argyro Barbarigou, 209 Paprika, 5 Parsley, 8 chermoula, 70 eggplant, pepper, and parsley spread, 52 mixed herb and chile paste, 30 small eggplants stuffed with chile, garlic, and, 38 spicy tomato, pepper, cucumber, mint, and parsley salad (ezme salatasi), 84-85 yogurt, spinach, and parsley salad with walnuts (borani), 88-89 Pasta, 100 with beans (pasta e fagioli), 161-62 fettuccine with chickpeas and peperoncini, 163 macaroni with anchovies or sardines, fennel, chile, and pine nuts (pasta con le sarde), 166-67 mushroom, olive, and caper sauce for, 23 orzo "risotto" with fresh favas, lemon, and feta, 170-71 penne all'arrabbiata with eggplant, 164 thin pasta with uncooked tomato sauce (capellini crudaiola), 159 with tigania, 131-32 trahana (homemade bulgur, milk, and yogurt pasta), 42-43 Pastes. See Condiments; Spread(s) Paximadia, 95, 176 Cretan barley rusks, 186-87 paximadi salad with tomatoes, feta, and capers, 95-96 Peach ratafia, 209 Peas. See also Black-eyed peas chicken tagine with seasonal vegetables. 152 orzo "risotto" with fresh favas, lemon, feta, and, 171 Penne all'arrabbiata with eggplant, 164 Peperoncini, 5, 36, 143 anchovy and peperoncino olive oil, 31; grilled bell peppers in, 92 Calabrian pita with tuna, olives, capers, and, 123-25 fettuccine with chickpeas and, 163 harissa with Aleppo pepper and, 20 penne all'arrabbiata with eggplant, 164 slow-roasted pork with garlic, rosemary, and, 145 sott'olio (chiles preserved in olive oil), 36-37 Southern Italian corn bread with cheese and (pizza gialla), 181 sweet-and-sour eggplants with nuts, sultanas, basil, and, 49 Pepper, 1, 8. See also Chile(s); specific types grilled calamari stuffed with olives, almonds, and, 101 peppery olive oil and ouzo biscotti, 188-89 Pepper(s), 5–6. *See also* Chile(s) Arab pizza (lahmaçun), 118-19 Catalan roasted tomato sauce with nuts and (romesco), 16 - 17chakchouka (eggs poached in tomato and chile sauce), 113 cranberry bean and potato stew with spicy sausage and, 158 eggplant, pepper, and parsley spread, 52 feta and pepper spread (tyrokafteri), 55; grilled pepper rolls with, 93 grilled bell peppers in anchovy and peperoncino olive

oil, 92 grilled pepper rolls with tyrokafteri, 93 grilled pepper salad with feta and cilantro, 92-93 spicy, light moussaka, 126-27 spicy bulgur and buckwheat pilaf with feta, nuts, cilantro, and, 172-73 spicy tomato, pepper, cucumber, mint, and parsley salad (ezme salatasi), 84-85 sweet and hot, baked rice with scallions, feta, and, 165 sweet-and-sour eggplant, celery, tomato, and caper relish (caponata), 67-69 Pepper sauce(s) North African (harissa), 19–20 zhug (hot Yemenite sauce), 21 Pescado con agristada (fish with avgolemono), 141 Pezone, Alba, 76 Phyllo, 73, 123 Piceci, Tonio, 128 Pickles pickled octopus, 41 pink cauliflower and turnip, 39 Pies. See also Pizza; Tart meat or cheese, Tunisian (samboosak), 73-75 Pilaf, spicy bulgur and buckwheat, with peppers, feta, nuts, and cilantro, 172-73 Piment d'Espelette, 6, 50 Pimentón, 5 savory cheese, almond, and chile cookies, 191 Pine nuts, 213 chicken stuffed with rice, preserved lemon slices, and, 149 macaroni with anchovies or sardines, fennel, chile, and, 166-67 roasted garlic skordalia, 51 spicy bulgur and buckwheat pilaf with peppers, feta, nuts, and cilantro, 172-73 spicy bulgur salad with nuts and tomato paste dressing, 78-79 Pink peppercorns, 8 Pistachios, sweet couscous with orange preserves, sultanas, and, 200 Pitta pizzulata (Calabrian tomato tart), 121 Pizza Arab pizza (lahmaçun), 118-19 Calabrian pita, 123-25 Calabrian tomato tart (pitta pizzulata), 121 pizza gialla (Southern Italian corn bread with cheese and peperoncini), 181 Polpette dolci (sweet and savory meatballs), 76-77 Pomegranate molasses, 8 Pork ground: grilled skewered sausage-shaped patties (adana kebab), 147–48; sweet and savory meatballs (polpette dolci), 76-77 skillet pork (tigania): from Kea, 131-32; tomatoless, 133 slow-roasted, with garlic, rosemary, and peperoncini, 145 tenderloin, with chile and vinegar (pampanella), 143 Portocal peltesi, 196 Potato(es) and cranberry bean stew, with peppers and spicy sausage, 158 fried, with Oregano and yogurt-feta dip, 48 garlic, potato, almond, and yogurt sauce (skordalia), 50

moussaka, 126–27 potato "focaccia," 128–29 with yogurt-feta dip, 48 Poultry and meat, 131–52. *See also specific types* Pumpkin and orange bread, 179

## R

Radishes pink cauliflower, turnip, and radish pickles, 39 Raisins. See Sultanas Ras el hanout, 1, 13 Ratafia, strawberry or peach, 209 Relish, sweet-and-sour eggplant, celery, tomato, and caper (caponata), 67-69 Rice baked, with sweet and hot peppers, scallions, and feta, 165 chicken stuffed with pine nuts, preserved lemon slices, and, 149 Ricotta and feta cheesecake, 193-94 "Risotto," orzo, with fresh favas, lemon, and feta, 170-71 Roasted garlic skordalia, 51 Roden, Claudia, 58, 78, 118 Romesco (Catalan roasted tomato sauce with peppers and nuts), 16–17 Rosebuds, 8-9 baharat, 12 hrous, 29 Rosemary and jalapeño flat bread, 180 slow-roasted pork with garlic, peperoncini, and, 145 Rose water, 9 Rusks. See Barley rusks

## S

Salad(s), 78-96 bulgur, spicy, with nuts and tomato paste dressing, 78-79 carrot. Tunisian. 87 grilled pepper, with feta and cilantro, 92-93 Israeli macerated salad (missir), 83 mixed salad with orange, lemon, chile, and honey vinaigrette, 82 paximadi, with tomatoes, feta, and capers, 95-96 spicy tomato, pepper, cucumber, mint, and parsley salad (ezme salatasi), 84-85 yogurt, spinach, and parsley, with walnuts (borani), 88-89 zucchini or squash, North African, 87 Salep, 195 Salmorejo (cold tomato, garlic, and bread soup), 98 Samboosak (Tunisian meat or cheese pies), 73-75 Sardines, 125, 166 Calabrian pita with tuna, olives, capers, and peperoncini, 123-25 macaroni with fennel, chile, pine nuts, and, 166-67 sardine and onion ring flat bread, 180 Sauce(s), 16-23. See also Condiments anchovy and peperoncino olive oil, 31 chermoula, 70; grilled tuna marinated in, 105; skillet shrimp with, 70

chile, garlic, and mint, grilled whole fish in, 104 egg and lemon (agristada), fish with, 141 egg and lemon (avgolemono), braised veal with artichokes in, 140-41 garlic, lemon, and walnut (roasted garlic skordalia), 51 garlic, potato, almond, and yogurt (Vali's skordalia), 50 harissa (North African pepper sauce), 19-20 mushroom, olive, and caper, for pasta, 23 romesco, 16-17 skordalia, 50-51 tomato: Greek, all-purpose, 22; uncooked, thin pasta with, 159 tomato and chile, eggs poached in (chakchouka), 113 zhug (hot Yemenite sauce), 21 Sausage spicy, cranberry bean and potato stew with peppers and, 158 spicy Calabrian, pita with, 125 Savory cheese, almond, and chile cookies, 191 Scallions, baked rice with sweet and hot peppers, feta, and, 165 Semifreddo, fig and yogurt, 197 Sesame seeds dukkah, 15 lamb tagine with dried figs and, 142 za{hamza}atar, 14 Shihab, Aziz, 149 Shrimp with garlic, chile, sherry, and parsley (gambas al ajillo), 72 skillet shrimp with chermoula, 70 Simeti, Mary Taylor, 67, 76, 106 Skillet pork from Kea (tigania), 131–32 Skillet shrimp two ways, 70–72 Skinos, 9 Skordalia roasted garlic, 51 Vali's, 50 Slow-baked lamb with wheat berries, 136-37 Slow-cooked chickpeas with orange, lemon, and celery, 153 Slow-roasted pork with garlic, rosemary, and peperoncini, 145 Soups and stews Ayfer's black-eyed pea, ground lamb, and chard stew, 157 braised veal with artichokes in egg and lemon sauce, 140-41 chicken tagine with seasonal vegetables, 152 cold almond and garlic soup (ajo blanco), 97 cold tomato, garlic, and bread soup (salmorejo), 98 cranberry bean and potato stew with peppers and spicy sausage, 158 lamb tagine with dried figs and sesame seeds, 142 North African soup with capers, harissa, and cilantro, 174 slow-baked lamb with wheat berries, 136-37 tigania (skillet pork): from Kea, 131-32; tomatoless, 133 trahana soup, 45 Southern Italian corn bread with cheese and peperoncini (pizza gialla), 181 Spanish fly, 1, 13 Spice blends, 11-15 baharat, 12

bread spice mixture, 11 dukkah, 15, 48 North African spices, for roasted leg of lamb, 134 ras el hanout, 1, 13 za{hamza}atar, 9, 14 Spice cookies, honey-infused, 205-6 Spices. See Herbs and spices; Spice blends; specific types Spinach orzo "risotto" with lemon, feta, and, 171 yogurt, spinach, and parsley salad with walnuts (borani), 88-89 Spread(s). See also Condiments dried bean, Maltese or Egyptian (bigilla or bissara), 63 eggplant, pepper, and parsley, 52-54 feta and pepper (tyrokafteri), 55; grilled pepper rolls with, 93 hummus and spicy garlic chickpeas, 65 olive, almond, and herb, 28 yogurt cheese with herbs, 66 Squash orzo "risotto" with lemon, feta, and, 171 pumpkin and orange bread, 179 salad, North African, 87 Squid. See Calamari Stefa, Zenobia, 131 Stews. See Soups and stews Strawberry ratafia, 209 Sultanas macaroni with anchovies or sardines, fennel, chile, and pine nuts, 166-67 sweet and savory meatballs (polpette dolci), 76-77 sweet-and-sour eggplants with nuts, basil, peperoncino, and, 49 sweet couscous with orange preserves, pistachios, and, 200 Sumac, 9 za{hamza}atar, 9, 14 Sweet-and-sour eggplant, celery, tomato, and caper relish (caponata), 67-69 Sweet-and-sour eggplants with nuts, sultanas, basil, and peperoncino, 49 Sweet-and-sour marinade, spicy, figs in, 32 Sweets, 176 dried fig, apricot, and almond balls, 201 feta and mizithra or ricotta cheesecake, 193-94 fig and yogurt semifreddo, 197 Greek Easter bread biscotti, 207-8 honey-infused spice cookies, 205-6 oriental orange "cream," 196 ouzo-scented almond, yogurt, and olive oil cake, 198-99 roasted almond cookies (kourambiedes), 204 spicy mastic ice cream, 195 strawberry ratafia, 209 sweet couscous with orange preserves, sultanas, and pistachios, 200 Swiss chard. See Chard Swordfish alla Calabrese (with wine, vinegar, tomato, chile, and capers), 109-10

T Tagine chicken, with seasonal vegetables, 152

lamb, with dried figs and sesame seeds, 142 Tapenade, 28 Tart, Calabrian tomato (pitta pizzulata), 121 Tayar, Margaret, 104 Throumbes olives, 40, 62 Thyme, 9, 14 za{hamza}atar, 9, 14 Tigania (skillet pork) from Kea. 131-32 tomatoless, 133 Tomato(es), 133, 212-13 Arab pizza (lahmaçun), 118-19 baked (tomato confit), 213 Calabrian pita with tuna, olives, capers, and peperoncini, 123-25 Calabrian tomato tart (pitta pizzulata), 121 cold tomato, garlic, and bread soup (salmorejo), 98 fresh tomato pulp, 212 half-cooked tomato pulp, 213 pasta e fagioli, 161-62 paximadi salad with feta, capers, and, 95-96 sauces: Catalan roasted tomato with peppers and nuts (romesco), 16-17; chile, garlic, and mint sauce, grilled whole fish with, 104; Greek, all-purpose, 22; penne all'arrabbiata with eggplant, 164; tomato and chile, eggs poached in (chakchouka), 113; uncooked, thin pasta with (capellini crudaiola), 159 skillet pork from Kea (tigania), 131–32 spicy, light moussaka, 126-27 spicy tomato, pepper, cucumber, mint, and parsley salad (ezme salatasi), 84-85 sweet-and-sour eggplant, celery, tomato, and caper relish (caponata), 67-69 tuna or swordfish with wine, vinegar, chile, capers, and, 109-10 Tomato paste dressing, spicy bulgur salad with nuts and, 78-79 Tonno alla Calabrese, 109-10 Trahana (homemade bulgur, milk, and yogurt pasta), 42-43 eggplants stuffed with meat and, 112 North African soup with capers, harissa, and cilantro, 174 trahana soup, 45 Tselementes, 126 Tsoureki, 207 Tuna, 109 Calabrian pita with olives, capers, peperoncini, and, 123 - 25grilled, marinated in chermoula, 105 with wine, vinegar, tomato, chile, and capers (tonno alla Calabrese), 109-10 Tunisian carrot salad, 87 Tunisian meat or cheese pies (samboosak), 73-75 Turkey with chile and vinegar, 143 ground, Arab pizza (lahmaçun), 118-19 Turmeric, 9 hrous (onion, hot pepper, and turmeric paste), 29 Turnip and cauliflower pickles, pink, 39 Tyrokafteri (feta and pepper spread), 55 grilled pepper rolls with, 93

### U

Uncooked tomato sauce, thin pasta with (capellini crudaiola), 159 Unsal, Ayfer, 157 Urfa peppers, 6 orzo "risotto" with lemon, feta, and, 171 salad, North African, 87

## V

Vali's skordalia (garlic, potato, almond, and yogurt sauce), 50
Veal, braised with artichokes in egg and lemon sauce, 140–41
Vegetables, 3
Vinaigrette, orange, lemon, chile, and honey, mixed salad with, 82
Vinegar pork tenderloin with chile and (pampanella), 143 tuna or swordfish with wine, tomato, chile, capers, and, 109–10

Vrondamiti, Kalomira, 153

## W

Walnuts, 213 garlic, lemon, and walnut sauce (roasted garlic skordalia), 51 meatless spicy moussaka, 127 spicy bulgur salad with nuts and tomato paste dressing, 78-79 sweet-and-sour eggplants with nuts, sultanas, basil, and peperoncino, 49 yogurt, spinach, and parsley salad with walnuts (borani), 88-89 Wheat berries, 212 slow-baked lamb with, 136-37 White peppercorns, 8 Wild celery, 8, 69. See also Celery Wild fennel, 9, 166. See also Fennel Wolfert, Paula, 19, 29

## Y

Yemenite sauce, hot (zhug), 21 Yogurt draining, 213 fig and yogurt semifreddo, 197 garlic, potato, almond, and yogurt sauce (skordalia), 50 ouzo-scented almond, yogurt, and olive oil cake, 198– 99 trahana (homemade bulgur, milk, and yogurt pasta), 42– 43 yogurt, spinach, and parsley salad with walnuts (borani), 88–89 yogurt cheese with herbs, 66 yogurt-feta dip, 48

#### Ζ

Za{hamza}atar, 9, 14, 48 Zhug (hot Yemenite sauce), 21 Zucchini