



TASTE TRAVEL EXPLORE

RECIPES GUIDE

Check out these delicious recipe ideas and suggestions to help make your August "World's Healthiest Cuisine" events a big success!

FARM-TO-TABLE
GREECE
JAPAN

TASTE TRAVEL EXPLORE

Join us in August for an exciting culinary adventure as we explore fresh, seasonal farm-to-table food supporting your local community farmers, the rich flavors of Mediterranean cuisine from Greece, and popular traditional Japanese dishes. We hope that you will find these recipes inspiring. Happy cooking!



FARM-TO-TABLE CUISINE

For centuries, all food was farm-to-table. People grew most of their own food or brought it in from nearby farmers. The food that they put on the table was fresh, local, and literally, farm-to-table. Since farm to fork food has so much flavor, Chefs often choose to serve it as simply as possible. There are usually no heavy sauces to mask the fresh flavors of the food, and the ingredients may be served lightly steamed or even raw. There's nothing more satisfying than a sliced, homegrown, vine ripened tomato, drizzled with a little olive oil and sprinkled with some salt and cracked pepper. There's no need for creamy dressings or tons of cheese, because the natural fresh flavors are so intense.



GREEK CUISINE

Situated in the Mediterranean region, Greece is where people tend to live unusually long and healthy lives compared to other parts of the world. The island of Ikaria, Greece was unknown to most Americans until recent years, when it received considerable attention from scientists and journalists alike seeking to unlock the mysteries of its long-living residents - many of whom live to 100 or older. Contemporary Greek cookery makes wide use of traditional ingredients such as; olive oil, lemon juice, vegetables, herbs, grains, bread, wine, fish, and various meats, including lamb, poultry, rabbit and pork. Just as characteristic to Greek cuisine, are ingredients like; olives, cheese, eggplant (aubergine), zucchini (courgette), and yogurt.



JAPANESE CUISINE

The healthiest aspect of Japanese cuisine has less to do with the actual food ingredients, but more in the way in which food is prepared and consumed - in moderation, with lots of variety. The average Japanese person consumes about fifteen to twenty types of foods, if not more, in a typical day. Nutritionists in Japan urge everyone to eat at least thirty different types of food daily. Japanese cuisine is heavily based on rice, accompanied by the popular miso soup and other side dishes, with a strong emphasis on seasonal ingredients. The side dishes often consist of fish, pickled vegetables, and vegetables cooked in broth.



Butternut Squash Soup with Crunchy Sage and Apple Croutons

Cuisine type: California fresh (gluten free, low fat)

Serves approximately 20 guests

Recipe by Matt Perez

Ingredients

6 tablespoons olive oil
6 large onions, chopped
6 garlic cloves, chopped
6 butternut squash, about 1kg, peeled, de-seeded and chopped
4½ ounces Madeira or dry Sherry
3½ liters gluten-free vegetable stock, plus a little extra if necessary
2 tablespoons chopped sage
20 small sage leaves, cleaned and dried
sunflower oil, for frying

For the apple croutons

¼ cup olive oil
6 large eating apples, peeled, cored and diced
a few pinches of golden caster sugar

Method

1. Heat the oil in a large pan, add the onion and fry for 5 minutes. Add the garlic and squash, and cook for 5 minutes more. Pour in the Madeira and stock, stir in the chopped sage, then cover and simmer for 20 minutes until the squash is tender.
2. Blitz with a hand blender or in a food processor until completely smooth. Allow to cool in the pan, then chill until ready to serve. Will keep for 2 days or freeze for 3 months. To make the crispy sage, heat some oil (a depth of about 2cm) in a small pan, then drop in the sage leaves until they are crisp - you will need to do this in batches. Drain on kitchen paper. Will keep for several hours.
3. Just before serving, reheat the soup in a pan. The texture should be quite thick and velvety, but thin it with a little stock if it is too thick.
4. For the apple croutons, heat the oil in a large pan, add the apple and fry until starting to soften. Sprinkle with the sugar and stir until lightly caramelized.
5. To serve, ladle the soup into small bowls and top with the apple, sage and a grinding of black pepper.



Fennel Crusted Ahi Tuna Citrus Aioli and Dill Couscous

Cuisine type: California fresh
(Heart healthy, low sodium, low fat)
Serves approximately 12 guests
Recipe courtesy of Epicurious.com

Ingredients

4 teaspoons fennel seeds
2 teaspoons coriander seeds
2 teaspoons whole black peppercorns
2 tablespoons kosher salt, divided
1 cup mayonnaise
4 tablespoons fresh lemon juice
6 tablespoons chopped fresh chives
8 garlic cloves, minced, divided
1 cup extra-virgin olive oil, divided
2 carrots, peeled, coarsely chopped
½ cup chopped red onion
4 teaspoons chopped fresh thyme
4½ cups water
1 pound sugar snap peas
4 cups couscous
4 tablespoons chopped fresh dill
5 pounds ahi tuna steaks (about 1¼ inches thick)

Method

1. Combine the fennel and coriander seeds with the peppercorn in a heavy medium size skillet. Toast over medium heat until fragrant, shaking skillet occasionally, about 3 minutes. Grind spice mixture in spice grinder. Transfer to bowl; mix in 1 tablespoon salt. Store spice mixture in an airtight container at room temperature.
2. Whisk mayonnaise, lemon juice, chives, and half of garlic in small bowl (can be made 2 days ahead.) Cover and refrigerate lemon aioli.
3. Heat 4 tablespoons oil in heavy large skillet over medium-high heat. Add carrot and onion and sauté until crisp-tender, about 3 minutes. Next, add thyme and remaining garlic and sauté for 1 minute. Add 4½ cups of water and remaining 1 tablespoon salt. Bring to boil.
4. Add sugar snap peas and cook until crisp-tender, about 1 minute. Using slotted spoon, transfer peas to plate. Immediately add couscous to water in skillet and stir to combine. Cover and remove from heat. Let stand 5 minutes. Fluff couscous with fork. Transfer to bowl and allow to cool completely.
5. Mix in sugar snap peas and dill. Season to taste with pepper. (Couscous can be made 2 hours ahead. Let stand at room temperature.)
6. Prepare barbecue (high heat). Coat tuna with 12 tablespoons oil. Sprinkle with spice mixture. Grill tuna until seared outside and rare in center, about 4 minutes per side. Refrigerate uncovered for 1 hour.



Avocado and Shrimp Summer Salad with Red Goddess Dressing

Cuisine: Farm-to-Table

Serves 6 to 8 guests

Recipe courtesy of Food & Wine Magazine

Ingredients

- 1 roasted red bell pepper, chopped
- 1 shallot, minced
- 1 garlic clove, minced
- 1 teaspoon minced jalapeño
- 3 tablespoons plain yogurt
- 1 tablespoon apple cider vinegar
- 1 teaspoon fresh lemon juice
- ¼ cup plus 1 tablespoon extra-virgin olive oil
- ½ teaspoon kosher salt
- 1 head of lettuce, torn into large pieces
- ¼ cup cilantro leaves
- 1 teaspoon fresh lime juice
- 2 Hass avocados, cut into wedges
- 1 pound cooked shrimp

Method

1. In a blender, combine the roasted pepper, shallot, garlic, jalapeño, yogurt, vinegar and lemon juice and puree until smooth.
2. Scrape the puree into a medium bowl and whisk in ¼ cup of the olive oil. Season with salt.
3. In a large bowl, toss the lettuce with the cilantro leaves, lime juice and the remaining 1 tablespoon of olive oil; season with salt.
4. Arrange the dressed lettuce, avocado wedges and shrimp on plates and drizzle with some of the dressing. Serve the remaining Red Goddess dressing on the side. Prepare ahead. The dressing can be refrigerated overnight.



Boneless Leg of Lamb With Roasted Potatoes

Cuisine type: Greek

Serves approximately 16 guests

Recipe courtesy of Food.com

Ingredients

12 pounds bone-in leg of lamb (approx)

14 cloves garlic

6 tablespoons dried oregano

6 tablespoons rosemary

½ cup olive oil

2 cups red wine

4 lemons, zest of, grated

1 cup fresh lemon juice

2 tablespoons Dijon mustard

2 teaspoons salt

1 teaspoon pepper

16 large potatoes (1 per person)

or 16 to 24 small new potatoes, (2 to 3 per person)

4 tablespoons olive oil

Method

1. Wash lamb well and pat dry.
2. Finely chop 8 cloves of garlic and place them in a glass dish or sturdy plastic bag, large enough to hold the lamb. Stir in 4 teaspoons (each) of oregano and rosemary, ¼ cup of the oil, the wine, zest and lemon juice.
3. Place lamb in marinade, turning to coat well on all sides. Cover and refrigerate overnight.
4. Crush remaining 6 cloves of garlic and stir together with remaining 2 teaspoons (each) of oregano and rosemary. Remove lamb from marinade (keep marinade) and pierce in several places with the tip of a sharp knife. Combine the garlic-herb mixture with the Dijon mustard and spread evenly over the lamb, pressing into incisions. Coat with remaining 2 tablespoons of oil and sprinkle with salt and pepper and place on a rack in a shallow roasting pan.
5. Peel potatoes and cut into large wedges or like cottage fries (or if you are using small, new potatoes, leave them whole).
6. Toss in the marinade kept from the lamb and 2 tablespoons of olive oil and pour all of this mixture into your pan, around the lamb.
7. Roast, uncovered at 375°F for an hour and a half, turning lamb over to make a crust on the other side, giving potatoes a stir and continuing to roast for another 45 minutes (total roasting time - 2 hours and 15 minutes).



Feta and Spinach Couscous Patties

Cuisine type: Greek
Serves 4 guests

Ingredients

1 cup water
1 cup whole-wheat couscous
½ cup nonfat plain Greek yogurt
1 cup shredded seeded cucumber
¾ teaspoon garlic powder, divided
¼ teaspoon salt
¾ cup silken tofu
10-ounce package frozen chopped spinach, thawed and squeezed dry
1 cup crumbled feta cheese
1 teaspoon dill, chopped
¼ cup red onion, minced
½ teaspoon fresh ground pepper
2 teaspoons extra-virgin olive oil, divided
4 cups sliced or torn green leaf lettuce,
4 grape tomatoes, halved for garnish

Method

1. Bring water to a boil in a medium saucepan. Stir in couscous, cover and remove from the heat. Let stand for five minutes.
2. Combine yogurt, cucumber, ¼ teaspoon garlic powder, and salt in a small bowl.
3. Mash tofu with a fork in a large bowl. Add spinach, feta, dill, onion, pepper, the remaining ½ teaspoon garlic powder and the couscous; stir until well combined.
4. Form into eight patties, using about ½ cup for each.
5. Place a baking sheet in the oven and pre-heat to the lowest setting. Heat 1 tablespoon oil in a large nonstick skillet over medium heat. Add four patties and cook, turning once, until lightly golden on both sides, about 6 minutes total.
6. Transfer to the baking sheet. Repeat with the remaining oil and patties. Serve over lettuce, topped with the yogurt sauce and garnished with tomatoes, if desired. To add a little zing, slice some lemon wedges and serve with whole-wheat pita bread.



Salmon Panzanella

Cuisine type: Greek

Serves 4 guests

Ingredients

8 kalamata olives, pitted and chopped
3 tablespoons red-wine vinegar
1 tablespoon capers, rinsed and chopped
¼ teaspoon freshly ground pepper, divided
3 tablespoons extra-virgin oil
2 thick slices whole-grain bread, cut into 1-inch cubes
2 large tomatoes cut into 1-inch pieces
1 medium cucumber, peeled, seeded,
and cut into 1-inch pieces
¼ cup thinly sliced red onion
¼ cup thinly sliced fresh basil
1 pound center-cut salmon, skinned and cut into 4 portions
½ teaspoon kosher salt

Method

1. Pre-heat grill to high.
2. Whisk olives, vinegar, capers, and ½ teaspoon pepper in a large bowl/ slowly whisk in oil until combined. Add bread, tomatoes, cucumber, onion and basil.
3. Oil the grill rack. Season both sides of salmon with salt and the remaining ¼ teaspoon pepper.
4. Grill the salmon until cooked through, 4 to 5 minutes per side.
5. Divide the salad among 4 plates and top each with a piece of salmon.



Frozen Greek Yogurt with Honey and Walnut Brittle

Cuisine type: Greek

Serves 6 to 7 guests

Ingredients

- 1 cup sugar
- ½ cup light corn syrup
- ¼ cup water
- teaspoon salt
- 2 cups plain whole milk Greek-style yogurt
- 1 cup well-shaken buttermilk
- 5 teaspoons fresh lemon juice

Method

1. In sauce pan warm sugar, corn syrup, water and salt until sugar has dissolved. Cool to room temperature.
2. Whisk yogurt, buttermilk and lemon juice into sugar mixture. Cool until cold. Freeze yogurt in ice cream maker.

Walnut Brittle

Cuisine type: Greek

Ingredients

- 1 pound butter
- 2½ cups sugar
- ¼ cup water
- 1 tablespoon kosher salt
- 4 cups toasted walnut pieces
- 1 tablespoon vanilla extract

Method

1. Combine butter, sugar, water and salt in a stainless steel pot. Cook slowly over medium heat, stirring occasionally, until mixture caramelizes. Stir in walnuts and vanilla.
2. Spread mixture onto a baking sheet lined with parchment and spread as thinly as possible with a metal spatula. Let cool completely before breaking into pieces. Store in an airtight container at a cool room temperature. Serve frozen yogurt with a drizzle of honey and walnut brittle pieces.



Rainbow Sushi Rolls

Cuisine type: Japanese

Recipe courtesy of [Wikihow.com/Make-Rainbow-Sushi-Rolls](https://www.wikihow.com/Make-Rainbow-Sushi-Rolls)

Serves approximately 4 guests

This unique sushi is created out of three separate layers and a variety of vegetables and fish.

Sushi Rice Ingredients

Yield: 4 cups

- 2 cups sushi or short grain rice
- 2 cups water, plus extra for rinsing rice
- 2 tablespoons rice vinegar
- 2 tablespoons sugar
- 1 tablespoon kosher salt

Sushi Roll Ingredients

- 4½ ounces (120g) prepared sushi rice
- 1 sheet nori
- ¼ teaspoon wasabi paste
- 4 cucumber strips
- 2¾ ounces (80g) fresh salmon
- ¼ avocado, sliced
- 1 ounce (40g) sea bass
- 4 slices boiled prawns
- 1 radish, to garnish
- ¼ ounce (5g) salmon roe
- ¼ ounce (5g) tobiko roe
- Watercress, to garnish

Method

Making the rice

Recipe courtesy of Alton Brown, 2005

Place the rice into a mixing bowl and cover with cool water. Swirl the rice in the water, pour off and repeat 2 to 3 times or until the water is clear. Place the rice and 2 cups of water into a medium sauce pan and place over high heat. Bring to a boil, uncovered. Once it begins to boil, reduce the heat to

the lowest setting and cover. Cook for 15 minutes. Remove from the heat and let stand, covered, for 10 minutes. Combine the rice vinegar, sugar and salt in a small bowl and heat in the microwave on high for 30 to 45 seconds. Transfer the rice into a large wooden or glass mixing bowl and add the vinegar mixture. Fold thoroughly to combine and coat each grain of rice with the mixture. Allow to cool to room temperature before using to make sushi or sashimi.

Making the sushi

Wet your hands. Ensure that your hands are wet, but never dripping, at all times. This is to avoid the rice sticking on your fingers and palms. Spread the rice. Cover the nori sheet, placed on a bamboo sheet, and spread the rice evenly. Place the nori on one side of the bamboo sheet. Fold the other half of the bamboo sheet over the rice and flip the sushi upside down. The rice part should now be on the bamboo sheet and the nori facing you.

Add Toppings to the Nori

Spread the wasabi. Use a very small amount of wasabi in a horizontal line in the center of the nori sheet. Add the sushi fillings. Lay the cucumber strips on top of the wasabi line in a row. Layer half of the salmon on top of the cucumber. Add two slices of avocado last. Roll the sushi. Place your thumbs over the side of the bamboo mat closest to you, and your fingers on the toppings to keep them in place. Roll the sushi over to cover the toppings and then continue to roll.

Garnish and Serve the Sushi

“Color” the top of the roll. Use the prawns, the rest of the avocado and salmon, and sea bass to layer a colorful presentation. Press the toppings down. Cover the sushi roll with your bamboo mat. Gently press down to allow the toppings to “stick” on the rice. Cut the sushi. Wet a sharp knife and use one quick, but sharp motion to cut the sushi in half. Place the two halves alongside each other and cut them into four pieces. Using straight and quick cuts will give you, not only perfect slices, but also won’t dull into and snag the nori. Snagging the nori while cutting will flop the roll and tumble the fillings and rice. Serve the sushi. Put your sushi onto a serving plate and add a very small amount of wasabi onto the top of each small roll. Top the sushi. Place a slice of radish on top of the wasabi and garnish with salmon, tobiko roe and a sprinkle of watercress. Serve with soy sauce on the side.



Miso Soup with Shiitake Mushrooms, Tofu and Udon

Cuisine type: Japanese

Serves approximately 12 guests

Ingredients

3 bunches of scallions, sliced thin, white and green parts separated
3 (1-inch) piece fresh ginger, chopped
9 cloves garlic, chopped
3 ounces toasted sesame oil
1½ gallon water
8 (6-inch) pieces dried kelp - kombu
¾ cup bonito flakes
Two 12 ounce packages of Udon noodles
9 ounces dried shiitake mushrooms
1½ cup light miso
3 pounds baby bok choy, cut in quarters
24 ounces firm tofu, cut into cubes

Method

1. In a large soup pot over medium heat add the scallion white parts, ginger, garlic, and sesame oil. Cook for 1 minute and add water. Rinse the kombu and add it to the pot along with the bonito flakes. Bring it to a simmer and cook for 10 minutes - do not let it boil. Remove the kombu and set it aside.
2. In a separate pot, bring water to boil and cook noodles according to directions rinsing with cold water until noodles are no longer sticky. Place in bottom of soup bowls.
3. Add the dried mushrooms and miso to the soup pot and let it simmer gently for 10 to 15 minutes, or until the mushrooms are hydrated and tender.
4. Add the bok choy and simmer until it is tender, about 10 additional minutes. Add the tofu and cook for another 5 minutes. Ladle into bowls filled with noodles and garnish with the reserved green parts of scallions.

