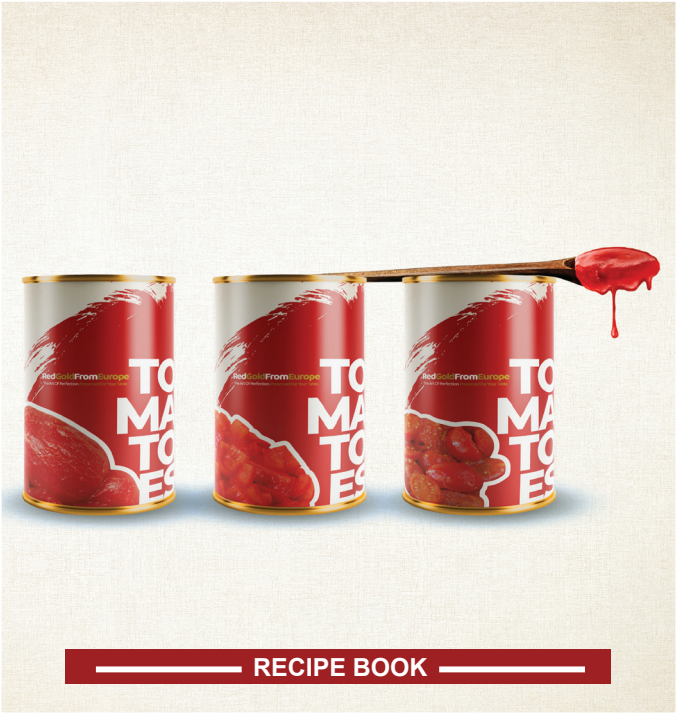
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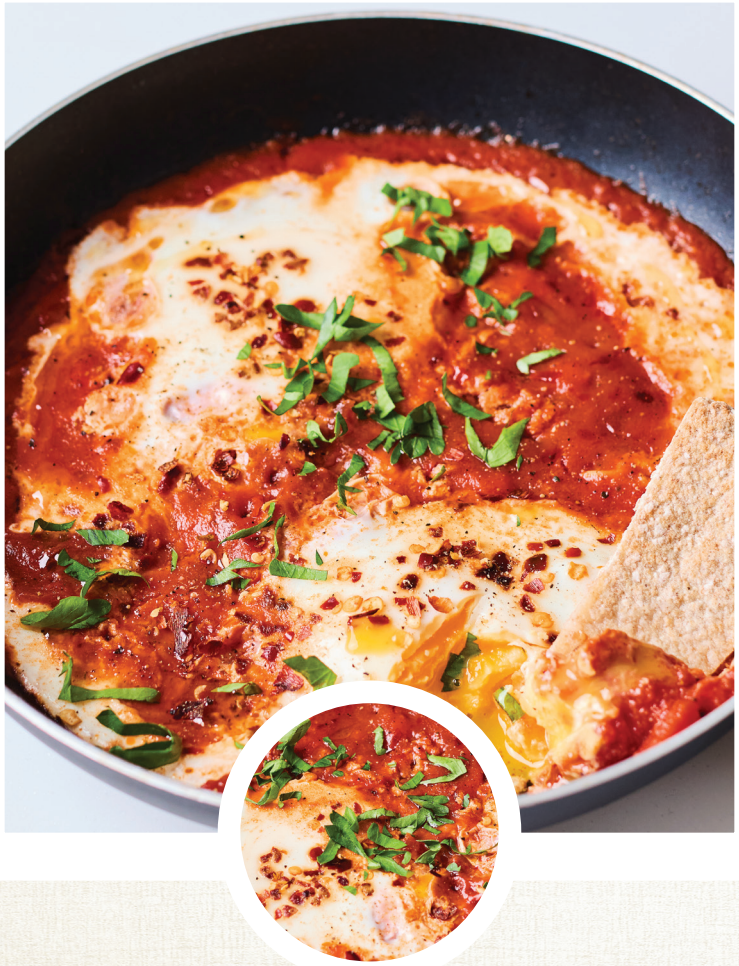


RECIPE BOOK

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SHAKSHUKA



A great breakfast recipe or a quick one-pan brunch to serve with your favourite bread to mop up the tasty sauce.

SERVES 4

INGREDIENTS

- **300ml tomato passata** (puréed, strained tomatoes)
- **400g canned cherry tomatoes**
- 1 red onion, finely chopped
- 1 red pepper, cut into 2-cm dice
- 2 cloves garlic, crushed
- 1 tsp cumin
- 1 tsp smoked paprika
- pinch of chilli powder (optional)
- 4 eggs
- 1 tbsp extra virgin olive oil
- salt and pepper, to taste
- fresh parsley or coriander (or mixed), roughly chopped to garnish

METHOD

In a frying pan, heat about a tablespoon of extra virgin olive oil over medium heat. Add the onion and pepper and sauté until soft. Stir in the garlic, cumin, paprika and chilli if using, and cook for 2 minutes.
Add the cherry tomatoes to the pan and sauté for about 5 minutes.
Pour in the passata, season and simmer for 10-15 minutes until the sauce has thickened slightly.
With the back of a spoon, make 4 wells in the sauce and crack the eggs into them. Cover the pan and cook until eggs are set (about 8 minutes).
Garnish with chopped parsley or coriander and serve with bread.

Chilli con carne is a hearty Mexican dish that is rich, comforting, and full of flavour. Perfect served with rice, tortillas, or a spoonful of sour cream for a satisfying meal.

SERVES 4

INGREDIENTS

- 500g ground beef
- 2 tbsp olive oil
- 1 large onion, finely chopped
- 2 cloves of garlic, minced
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp paprika
- ½ tsp chilli powder (adjust to taste)
- 1 tsp dried oregano
- **1 tbsp tomato paste**
- **400g of canned chopped tomatoes**
- 1 can (400g) red kidney beans, drained and rinsed
- 1 tsp sugar (optional, to balance acidity)
- salt and pepper to taste
- a handful of fresh coriander (optional), chopped

METHOD

Heat the olive oil in a large saucepan over medium heat. Add the chopped onion and cook until softened (about 5 minutes). Add the garlic and cook for another minute.

Add the ground beef to the pan. Cook until browned all over, breaking it up with a spoon as it cooks.

Stir in cumin, coriander, paprika, chilli powder, and oregano. Cook for 1–2 minutes to toast the spices.

Stir in the tomato paste, canned chopped tomatoes, sugar (if using), and season with salt and pepper. Bring to a boil, then reduce the heat and simmer for 25–30 minutes, uncovered, until thickened.

Add the kidney beans and cook for a final 10 minutes, stirring occasionally.

Taste and adjust seasoning. Garnish with fresh chopped coriander if desired.

Serve hot with rice, tortilla chips, or a dollop of sour cream.

CHILLI CON CARNE



FRIED COURGETTE RICOTTA BALLS IN TOMATO SAUCE



A delicious starter or part of a brunch or vegetarian feast, these scrumptious fried treats will be devoured by your family and friends.

SERVES 4

INGREDIENTS

- 400g courgette, grated using a grater with large holes.
- 200g fresh ricotta
- breadcrumbs, as needed
- grated parmesan, as needed
- sage leaves, finely chopped, as needed
- parsley leaves, finely chopped, as needed
- 4 eggs, beaten
- salt and pepper
- a few sprigs of basil
- sunflower oil for frying
- **500g tomato passata** (puréed, strained tomatoes)
- 1 onion
- 2 tbsp extra virgin olive oil
- chilli pepper, optional

METHOD

Mix the grated courgette, fresh ricotta, grated parmesan, beaten eggs, salt, pepper, breadcrumbs, finely chopped sage leaves and chopped parsley in a large bowl until the mixture is well blended and smooth. Shape the courgette ricotta mixture into round balls. Place them on a plate lined with baking paper and let them rest in the freezer for 10-15 minutes.

Meanwhile, heat the extra virgin olive oil in a saucepan over medium heat and fry the chopped onion and chilli pepper until golden. Add the tomato passata. Simmer for 20 minutes. Add a little water if necessary.

Heat the sunflower oil in a saucepan and deep fry the courgette ricotta balls until golden brown and crispy. Drain them on paper towels to remove excess oil.

Serve the fried courgette ricotta balls with the tomato sauce and garnish with fresh basil.

VEGETARIAN RICE SARTÙ

These tasty vegetarian rice timbales are even more delicious when served with a tomato sauce. We guarantee they will become a family favourite!

SERVES 4

INGREDIENTS

- 400g Carnaroli rice
- 150g mozzarella
- 150g shelled peas
- 100g grated Parmigiano Reggiano
- 2 hard-boiled eggs
- 1 beaten egg
- 1 garlic clove
- **400ml tomato passata** (pureed, strained tomatoes)
- 300g onions
- **50g tomato paste**
- 80ml extra virgin olive oil
- 60g butter
- breadcrumbs
- sunflower oil for frying
- salt, pepper

Vegetable stock:

- 1 stick of celery
- 2 carrots
- 1 onion
- **100g canned peeled tomatoes**
- 1l water

METHOD

First bring the ingredients for the vegetable stock to the boil in a pan and leave to simmer for 30 minutes. Next, prepare the sauce: in a frying pan, soften the onion (cut into thin julienne strips) in olive oil; add the peas, the tomato paste and the passata. Cut the mozzarella into small cubes. Grease four 10cm individual tart or cake tins (or one large baking dish) and coat evenly with breadcrumbs. Dry fry the rice, add the strained vegetable stock and simmer. Halfway through cooking, add the tomato sauce and cook until the rice is al dente or still firm. Cool the rice by spreading it in a baking dish. Once it is lukewarm, mix in the beaten egg. Take the prepared tins or dish and start by spreading a layer of the rice in the bottom and up the sides. Fill with the mozzarella and the chopped hard-boiled eggs, and then cover and seal in the filling with the remaining rice. Bake at 180°C for 10 minutes, then at 220° for another 8 minutes. Remove the sartù from the moulds and serve with the remaining sauce and a sprinkling of Parmigiano Reggiano.



MINI TOMATO AND RICOTTA CHEESECAKES



Treat yourself to a delicious twist on the classic cheesecake with this mini version featuring tomato and ricotta. Combining creamy ricotta with chopped tomatoes, this recipe offers the perfect balance of savory and tangy flavors. Whether you're entertaining guests or craving a gourmet treat, this dish is easy to make and sure to please any palate.

SERVES 4

INGREDIENTS

For the base:
- 255g taralli olive oil crackers
- 100g melted butter

For the filling:
- 340g ricotta
- a pinch of grated lemon peel
- a pinch of thyme
- salt and pepper

For the topping:
- **140g canned chopped tomatoes**
- 140g sun dried tomatoes
- 1 tsp capers, rinsed
- 65g chopped pistachio nuts (optional)
- a few drops of tabasco

METHOD

Pulse the taralli crackers in the food processor. Add the melted butter and pulse again until the mixture is smooth.
Spread the mixture in 4 glasses to form a layer of about 1 cm. Press down and leave in the refrigerator.
In a bowl, mix the ricotta with the lemon peel and thyme and season with a little salt and pepper.
Spread the mixture on the taralli base, smooth the top and put back in the refrigerator.
Blend the sun-dried tomatoes with the drained capers and a few drops of tabasco. Add a little olive oil if needed to make a smooth paste.
In the meantime, heat the chopped tomatoes briefly in a frying pan with a little olive oil and add to the prepared sun-dried tomato paste.
Spread the mixture on the cheesecake filling in the glasses, sprinkle with chopped pistachio nuts if using and a few leaves of fresh thyme.

You may have a favourite hummus recipe but try this tomato version for a beautiful and extra-savoury twist. For a fresh touch, garnish with parsley or coriander.

SERVES 6

INGREDIENTS

- **400g canned whole peeled tomatoes**, drained
- 400g canned chickpeas, (drained but reserve some of the liquid)
- 3 tbsp tahini
- 2 cloves garlic, peeled and crushed
- juice of 1 lemon
- 2 tbsp extra virgin olive oil
- ½ tsp salt
- ½ tsp ground cumin (optional)
- chopped parsley or coriander, to garnish (optional)

METHOD

Place the tomatoes, chickpeas, tahini, garlic, lemon juice, extra virgin olive oil, salt - and cumin if using - in a blender.
Add a tablespoon of the chickpea water. Blitz until you have a smooth creamy texture, adding a little more extra virgin olive oil if needed. Taste to check the seasoning and add more salt or lemon juice as required.
Serve in a bowl with a drizzle of extra virgin olive oil, garnished with chopped parsley or coriander if you like, and with pita or raw vegetables to dip.

TOMATO HUMMUS



EGYPTIAN WHITE CHEESE & TOMATO DIP



Here's a simple and delicious recipe for a classic Egyptian White Cheese and Tomato dip— known locally as a popular mezze dish served with baladi bread or pita.

SERVES 6

INGREDIENTS

- 200g Egyptian white cheese (Domiati, Feta, or Istanbuli-style)
- **100g canned chopped tomatoes**, drained well
- 3 tbsp extra-virgin olive oil
- 1 small onion, diced
- freshly ground black pepper, to taste
- a pinch of chili flakes or thinly sliced green chili (for heat)
- 30 g fresh mint, chopped
- baladi bread or pita, for serving

METHOD

Soak the cheese in cold water for 10–15 minutes if it's very salty. Drain, then crumble or dice into small chunks.
Place the canned tomatoes in a fine sieve or cheesecloth and press lightly to remove excess liquid. You want them moist, not watery.
In a bowl, gently combine the cheese with the drained tomatoes. Add the chopped onion and drizzle with olive oil. Sprinkle in the chopped mint, and season with a bit of black pepper. Add chili if you want some heat.
Serve with warm baladi bread or pita for scooping.

Now that's comfort food! It's a humble, rustic Jordanian (and Levantine) dish that's all about the tomatoes sautéed with garlic and olive oil.

SERVES 6

INGREDIENTS

- 3 tbsp olive oil
- **400g canned chopped tomatoes**
- 3–4 cloves of garlic, sliced or crushed
- 1 small green chili pepper, sliced (optional for heat)
- salt to taste
- black pepper to taste
- fresh parsley, chopped, for garnish
- warm pita or taboon bread, for serving

METHOD

In a skillet, heat the olive oil over medium heat. Add the garlic and chili (if using) and cook for 30 seconds until fragrant.
Pour in the canned chopped tomatoes and season with salt and black pepper. Simmer uncovered for 15–20 minutes, stirring occasionally, until the sauce thickens and deepens in colour.
Garnish with fresh parsley if desired and serve hot with warm pita or traditional Jordanian taboon bread.

MEKLAYET BANADOURA



MIDDLE EASTERN SPICED FETA IN TOMATO SAUCE



Baked feta with tomatoes is a *dreamy* dish, and adding a Middle Eastern twist just takes it to the next level. Here's a flavourful, aromatic version using canned chopped tomatoes, baked with herbs, garlic, and olive oil until bubbly and perfect for scooping with warm bread.

SERVES 6

INGREDIENTS

- 1 block of feta cheese (about 200g), whole or cut in half lengthwise
- **400g canned chopped tomatoes**, drained slightly
- 3–4 garlic cloves, thinly sliced
- 3 tbsp olive oil, plus extra for drizzling
- 1 tsp ground cumin
- ½ tsp Aleppo pepper or chili flakes
- ½ tsp za'atar
- black pepper to taste
- fresh parsley, to garnish
- a pinch of sumac
- warm pita, baladi bread, or crusty bread, for serving

METHOD

Preheat the oven to 200°C. In a bowl, mix the canned tomatoes with garlic, cumin, Aleppo pepper (or chili), za'atar, black pepper, and 2 tablespoons of olive oil.

Spread the tomato mixture into a small baking dish or cast-iron skillet. Place the block of feta on top of the tomato mixture. Drizzle with the remaining tablespoon of olive oil and sprinkle a bit more chili or za'atar on top of the cheese for extra flavour.

Bake for 20–25 minutes, until the tomato sauce is bubbling and the feta is softened and slightly golden on top.

Garnish with fresh parsley and serve hot with warm pita or crusty bread to scoop up the creamy feta and saucy tomatoes.

Roasting the aubergines brings a sweet smoky flavour to this tempting salad which can be served as part of a mezze spread or as a topping for bruschetta.

SERVES 6

INGREDIENTS

- **400g canned diced/chopped tomatoes**, drained
- 2 medium aubergines, cut into 1cm cubes
- 1 onion, thinly sliced
- 2 cloves of garlic, crushed
- 50ml extra virgin olive oil
- juice of 1 lemon
- ½ tsp cumin
- salt and pepper to taste
- handful of chopped fresh parsley, or a few basil leaves to garnish

METHOD

Preheat the oven to 200°C. Toss the aubergine cubes with extra virgin olive oil, salt, and pepper and spread on a baking sheet. Roast for about 30 minutes or until tender.
Combine the drained tomatoes, the onion and garlic in a bowl.
Once cooked, stir the aubergine into the tomato mix. Squeeze over the lemon juice, add the cumin and adjust the seasoning to taste.
Toss the salad a little and set aside for about 10 minutes to allow flavours to mingle.
Scatter the parsley over and serve with bread to soak up the juices.

AUBERGINE AND TOMATO SALAD



PIZZA MARGHERITA



A classic Neapolitan pizza known for its authentic taste and simplicity and for its ingredients. This pizza will bring a piece of Italy straight onto your plate.

SERVES 1-2

INGREDIENTS

- 1 loaf of pizza dough
- extra virgin olive oil, as needed
- **80g canned whole peeled tomatoes** or **tomato passata**
- 50g fior di latte cheese, in pieces
- a few leaves of fresh basil (for both cooking and garnish)

METHOD

Stretch out the pizza dough on the work surface. Add a drizzle of extra virgin olive oil and then spread the tomatoes, scatter the fior di latte cheese and a few basil leaves. Cook in a wood-fired oven at a temperature of about 450° for 60-90 seconds or in a domestic oven at 225°C on the top rack for 10-15 minutes. Serve garnished with a few fresh basil leaves, if you wish.

Impress your guests with this delicious lobster bisque.

SERVES 4

INGREDIENTS

- about 1.4 kg of whole lobster
- **280g tomato passata** (puréed, strained tomatoes)
- 1 shallot, finely chopped
- 4 tbsp extra virgin olive oil
- 2 tbsp unsalted butter
- 2 bay leaves
- a sprig of fresh thyme or a pinch of dried thyme
- 2 tbsp plain flour
- salt and pepper to taste

METHOD

Plunge the lobster into boiling water and boil for about ten minutes. Drain the lobster and open it with scissors or lobster shears; take out all the meat and cut it into bite-sized pieces. Save the top shell and set it aside.
Melt the butter in a heavy saucepan and lightly fry the lobster meat until just cooked. Then remove the fried lobster to a plate or bowl.
Cut the top shell of the lobster into pieces and set aside.
Heat a large saucepan over medium heat, sauté the shallots, olive oil, bay leaves and thyme. Then add the chopped lobster shell, increase the heat and fry quickly. Sprinkle the flour in the saucepan, stirring to brown the flour for 5 to 8 minutes, then add water until just covered. Whisk well and simmer over lower heat for about 40 minutes without bringing it to a boil. Remove from heat.
Press the mixture through a fine sieve, discarding the shells. Transfer it back into the saucepan. Add the tomato passata. Season with salt and pepper and cook everything together over medium heat for about 8-10 minutes. Remove from heat and puree with a stick blender. Then add the reserved fried lobster meat before serving.

LOBSTER BISQUE



MOROCCAN HARIRA SOUP



Warm spices and fresh herbs make this soup a delicious way to break the fast during Ramadan. Also enjoyed all year round especially in winter. It's so hearty you can serve it on its own, but don't forget the squeeze of fresh lemon juice. And if there is any left over, the flavours are even better the next day.

SERVES 6

INGREDIENTS

- **400g canned whole peeled tomatoes**
- 200g dried brown or green lentils
- 100g cooked (canned) chickpeas
- 100g uncooked rice
- 1 large onion, grated or finely chopped
- 2 celery stalks, finely chopped
- 1 carrot, finely chopped
- 2 cloves of garlic, crushed
- ½ tsp ground cumin
- ½ tsp ground ginger
- ½ tsp ground cinnamon
- ½ tsp paprika
- 2-3 tbsp extra virgin olive oil
- 1 litre vegetable or chicken stock
- a small bunch each of fresh coriander and parsley, finely chopped
- lemon wedges to serve
- salt and pepper to taste

METHOD

In a large stockpot or saucepan, heat 2-3 tablespoons of extra virgin olive oil over medium heat. Sauté the diced onion, celery, and carrot for about 5-7 minutes until softened. Add the crushed garlic and cook for another minute. Stir in the cumin, ginger, cinnamon, and paprika and fry for another 2 minutes to release the fragrance.

Add the tomatoes (crush them a little), lentils, chickpeas, rice, and stock to the pan. Bring to a boil, then reduce to a simmer. Simmer gently for about 30-40 minutes, or until the rice and lentils are tender. Check the liquid level occasionally and stir gently. Add a little more water if needed.

Add salt and pepper to taste and serve hot, garnished with the chopped herbs, and with lemon wedges on the side.

Egyptian Lentil Soup is a smooth, hearty blend of red lentils, garlic, and spices like cumin — warm, comforting, and perfect with a squeeze of lemon and fresh bread.

SERVES 6

INGREDIENTS

- 2 large onions
- **400g canned chopped tomatoes**
- 2 carrots
- 400g rinsed split red lentils
- 4 garlic cloves
- 1 tsp cumin
- 2 vegetable or chicken stock cubes (you can make it with homemade stock)
- salt and pepper to taste

METHOD

Sauté all the vegetables in olive oil or butter. Add split red lentils along with all the seasoning.
Pour in the canned tomatoes, cover with water and stock cubes or homemade stock and simmer until vegetables are cooked.
Blend until smooth and strain using a sieve.
Bring it to boil, then serve hot, with flat bread.

LENTIL SOUP



LASAGNA BOLOGNESE



Make this classic restaurant dish at home for a celebration meal – your friends and family will be delighted!

SERVES 4

INGREDIENTS

- 24 fresh pasta lasagna sheets

For the bolognese sauce:

- **400g tomato passata** (puréed, strained tomatoes)
- 400g celery
- 400g carrot
- 400g onion
- 300g minced beef
- 1 tbsp chopped mixed herbs (e.g. thyme, marjoram, oregano)
- whole basil leaves, to finish
- extra virgin olive oil
- parmesan to taste
- salt and pepper to taste

For the bechamel sauce:

- 1 litre whole fat milk
- 80g butter
- 80g flour
- grated nutmeg
- salt to taste

METHOD

For the sauce, make a vegetable stock with the 100g each of the celery, carrot and onion.
Finely dice the rest of the vegetables. Heat a wide saucepan, add extra virgin olive oil and sauté the chopped vegetables. When the vegetables are golden, add the minced beef, brown and let it reduce. Then add 2 or 3 ladles of the vegetable stock.
When the sauce is reduced add the tomato passata. Add the herbs and season with salt and pepper and finish cooking, simmering slowly for about an hour.
For the bechamel sauce: Melt the butter in a small saucepan and add the sieved flour. Mix very well and take off the heat. Heat the milk gently and add warm to the butter and flour mixture. Cook over a very low heat, stirring constantly so that it doesn't form any lumps. Season with salt and a sprinkling of nutmeg.
To assemble the lasagna: Take an oven dish large enough for 4 portions of lasagna. Put a little meat sauce and a little bechamel on the bottom. Then add one layer of pasta. Add the meat sauce, bechamel and grated parmesan. Repeat for all the layers, finishing with basil leaves and grated parmesan.
Bake in a preheated oven at 180°C for 30 minutes. Take from the oven, let it rest for a few minutes and serve.

Comfort food made easy—creamy tomato-coated ravioli with fresh spinach and toasted pine nuts, all in one pan.

SERVES 4

INGREDIENTS

- **400ml tomato passata** (puréed, strained tomatoes)
- 250g fresh cheese ravioli (or your favourite filling)
- 2 cloves of garlic, minced
- 1 small onion, finely chopped
- 1 tbsp extra virgin olive oil
- 100ml water or vegetable stock
- 2 big handfuls baby spinach
- 2 tbsp pine nuts, lightly toasted
- salt and pepper to taste

METHOD

Heat the olive oil in a large skillet over medium heat. Add the chopped onion and cook for 4–5 minutes until soft. Stir in the garlic and cook for 30 seconds. Pour in the tomato passata and water or stock. Stir to combine and bring to a simmer.

Gently stir in the ravioli. Cover the pan and simmer on low heat for 8–10 minutes, stirring occasionally, until the ravioli is tender and cooked through. Add a splash more water if the sauce gets too thick.

Add the baby spinach and stir until wilted, about 1–2 minutes.

Sprinkle in the toasted pine nuts and season everything with salt and pepper to taste.

Serve warm.

ONE-PAN RAVIOLI WITH TOMATO, SPINACH & PINE NUTS



MEAT CANNELLONI



Make this classic Italian restaurant dish at home – perfect for a family weekend treat!

SERVES 4

INGREDIENTS

- fresh pasta cannelloni (2 cannelloni per person)

For the filling:

- 600g minced beef
- 1 stick of celery, chopped finely
- 1 carrot, chopped finely
- 1 onion, chopped finely
- grated parmesan, to taste
- 2 tbsp extra virgin olive oil
- salt and pepper to taste

For the bechamel sauce:

- 1 litre full fat milk
- 75g butter
- 85g flour
- grated nutmeg
- salt to taste

For the tomato sauce:

- **800g canned whole peeled tomatoes**
- 1 clove of garlic
- extra virgin olive oil
- a few leaves of basil
- salt and pepper to taste

METHOD

For the filling: Heat the extra virgin olive oil in a saucepan and soften the chopped celery, carrot and onion. Add the ground beef and brown. Season with salt and pepper. Lower the heat and cook covered for about an hour, adding a little vegetable stock if it dries up.

For the bechamel sauce: Melt the butter in a small saucepan and add the sieved flour. Mix very well and take off the heat. Heat the milk gently and add warm to the butter and flour mixture. Cook over a very low heat, stirring constantly so that it doesn't form any lumps. Season with salt and a sprinkling of nutmeg. Turn off the heat and let it cool slightly.

For the tomato sauce, sauté the clove of garlic in extra virgin olive oil. Add the whole peeled tomatoes and cook for about 20-30 minutes over a low heat until the sauce has thickened. Season with salt and pepper.

To assemble: blanch the cannelloni a few at a time in boiling salted water for 1 minute, drain with a slotted spoon and leave then to dry on a cloth. Fill the cannelloni with the meat mixture.

Pour one ladle of tomato sauce in a buttered oven dish large enough to take all the cannelloni in a single layer. Place the filled cannelloni side by side. Cover with the tomato sauce mixed with bechamel and add grated parmesan. Bake in a preheated oven at 180°C for 30 minutes.

Take the cannelloni out of the oven and let them rest for a few minutes before serving. Garnish with a few fresh basil leaves.

A lighter version of an Italian classic, perfect for a tasty but simple lunch with a fresh green salad at any time of the year.

SERVES 4

INGREDIENTS

- 400g fresh egg pappardelle
- 200g dried porcini mushrooms
- **200g tomato passata** (puréed, strained tomatoes)
- 1 white onion
- 50g parmesan
- 2 cloves of garlic
- extra virgin olive oil
- sprig of basil

METHOD

Place the dried porcini in warm water to soften for about an hour and drain.
Heat the olive oil in a deep frying pan and sauté the mushrooms with the chopped onion and whole garlic clove, remove the garlic clove when golden, add the tomato passata and basil, stir and lower the heat a little. Cook for 10 minutes over gentle heat.
In the meantime, in a large saucepan cook the pappardelle in plenty of boiling salted water until al dente (about 4-5 minutes), drain and transfer the pasta to the frying pan with the sauce.
Stir gently to coat the pasta. Check the seasoning, divide between individual plates and serve hot, topped with grated Parmesan to taste.

PAPPARDELLE WITH MUSHROOM AND TOMATO SAUCE



LINGUINE WITH LOBSTER AND TOMATO



Impress your guests with this surprisingly simple showstopper for a celebratory meal that will take you back to the summer breeze of the Mediterranean sea.

SERVES 4

INGREDIENTS

- 1 or 2 lobsters (total weight about 1kg - 1.2kg, live or frozen)
- 400g linguine pasta
- **400g tomato passata** (puréed, strained tomatoes)
- **100g canned peeled whole tomatoes**
- a few sprigs of basil
- 1 clove of garlic
- ½ italian chili pepper, or to taste (optional)
- extra virgin olive oil to taste
- salt to taste
- handful of chopped parsley (optional)

METHOD

Cut the lobster into pieces, keeping their liquid.
In a frying pan, sauté the garlic clove and chili pepper in a drizzle of olive oil. Then add the lobster pieces with their liquid and reduce gently. Add the whole peeled tomatoes roughly chopped and the passata and a pinch of salt, increase the heat for a few minutes and then lower it to let the sauce simmer for about 10 minutes.
In the meantime, cook the linguine al dente (according to the packet instructions). Drain the pasta and add the pasta to the lobster sauce. Heat together gently for a minute until well combined.
Serve each portion garnished with chopped parsley, if using, and lobster claws if you wish.

A delicious tuna dish to serve with a fresh mixed leaf salad – perfect for an easy-to-prepare get-together with friends.

SERVES 4

INGREDIENTS

- 4 tuna steaks (about 150g each)
- **2 tbsp tomato concentrate**
- **200g canned whole peeled tomatoes**, chopped roughly
- 25g salted capers, rinsed
- 1 onion, chopped finely
- 1 clove of garlic, peeled and cut into 3 pieces
- extra virgin olive oil, as needed
- salt and pepper to taste

METHOD

Put a little extra virgin olive oil into a large frying pan and sauté the onion and garlic until golden. Then add the tuna steaks and sear on both sides until medium-rare. Take the tuna from the pan and set aside.
Add the chopped tomatoes to the onion and garlic, then add the tomato concentrate and the capers. Add a ladleful of warm water and season lightly with salt and pepper. Cook gently, covered, for about twelve minutes.
To serve, pour the tomato sauce on a serving dish or individual plates and place the tuna slices on top.
Serve immediately.

TUNA STEAKS IN CAPER AND TOMATO SAUCE



CURRIED RED PRAWNS IN TOMATO SAUCE



An easy lunch or supper dish that is so tasty – serve with rice, Indian naan or any soft bread to mop up the delicious sauce.

SERVES 4

INGREDIENTS

- 16 medium red prawns
- 1 tbsp of curry powder
- **200g tomato passata** (puréed, strained tomatoes)
- 1 shallot
- 1 sprig of sage
- salt to taste
- extra virgin olive oil

METHOD

Peel the red prawns and devein them.
Sauté the shallot in the extra virgin olive oil, add the red prawns, sauté them lightly.
Add ½ glass of hot water, the tomato passata, the sage, salt and the curry powder, cover with a lid and cook on low heat for about 30 minutes.
Serve with plain white rice on the side.

A new twist on a traditional Italian baby octopus stew – combined with tasty sautéed greens for a healthy combo in one plate!

SERVES 4

INGREDIENTS

- 800g cleaned baby octopus
- **120g tomato passata** (pureed, strained tomatoes)
- 1kg broccoli rabe
- 2 cloves of garlic
- 2 desalinated salted anchovies
- 3 tbsp extra virgin olive oil
- ½ Italian chili pepper

METHOD

Steam or boil the broccoli rabe until tender and drain.
Sauté the whole garlic clove, chili pepper and anchovies in half the extra virgin olive oil in a frying pan and once golden add the cleaned baby octopus and sauté gently.
Add the tomato passata and cook for another 10 minutes adding the chopped parsley and basil.
Gently sauté the previously boiled broccoli rabe in the remaining olive oil for a few minutes.
Serve the broccoli rabe on top of the baby octopus stew in individual bowls.

BABY OCTOPUS IN TOMATO SAUCE WITH BROCCOLI RABE



SALT COD WITH A TOMATO, PINE NUT AND SULTANA SAUCE, SERVED ON POTATO SLICES



This is an elegant Sicilian-inspired dish featuring salt cod in a tomato sauce with nuts and sultanas. The cuisine of Sicily often reflects its history, and the use of some ingredients can be traced back to the 10th and 11th centuries when Arabs brought spices and nuts to the island and introduced the sweetness of dried fruit with savoury dishes.

SERVES 4

INGREDIENTS

- 1kg salt cod, pre-soaked and ready for use
- **300g tomato passata** (puréed, strained tomatoes)
- 2 while onions, chopped
- 1 tbsp pine nuts
- 1 tbsp sultanas (golden raisins)
- 4 large potatoes
- 2 tbsp fresh mint leaves, chopped
- a sprig of rosemary
- 2 cloves of garlic, crushed
- 3 tbsp extra virgin olive oil

METHOD

Preheat the oven to 180°C.
Sauté the chopped onion and garlic gently in 1 tablespoon of extra virgin olive oil in a large, deep frying pan; when softened and turning golden, add the cod fillets and cook for a couple of minutes browning the cod well. Add the tomato passata, pine nuts, raisins, mint and cook for another 10 minutes.
In the meantime put the potatoes cut into thin slices to roast for 12 minutes with a drizzle of extra virgin olive oil and the sprig of rosemary, left whole.
Serve the salt cod on a bed of roasted potatoes

This bright and flavoursome chicken dish with peppers is ideal for a weekday family meal, bringing a burst of summer sunshine to your table. Simple to prepare, serve with a crisp green salad and some bread to mop up the tasty sauce.

SERVES 4

INGREDIENTS

- 800g chicken (legs, thighs or a chicken cut into pieces)
- 3 peppers (red, yellow or mixed)
- 1 onion
- 2 cloves of garlic
- **400g canned whole peeled tomatoes** (or passata - puréed, strained tomatoes)
- extra virgin olive oil
- salt and pepper to taste
- fresh basil (optional)

METHOD

Wash and dry the chicken pieces.
In a large pan, heat 3-4 tablespoons of oil and brown the chicken over high heat until golden brown on all sides. Remove the chicken and set aside.
Thinly slice the onion and garlic. Wash the peppers, remove the seeds and internal filaments, then cut them into large strips.
In the same pan as you used to brown the chicken, sauté the onion and garlic adding a little oil if necessary.
Add the peppers and cook over medium heat for about 10 minutes, stirring.
Return the chicken to the pan with the peppers.
Add the whole peeled tomatoes, roughly chopped, or the passata.
Season with salt and pepper. Cover and cook over low heat for 35–45 minutes, until the chicken is tender and the sauce has reduced.

CHICKEN WITH PEPPERS



FISH AND VEGETABLE STEW



This delicious fish and vegetable stew will take you back to summer evenings spent in the Mediterranean – perfect for a get-together with friends.

SERVES 4

INGREDIENTS

- **400g canned cherry tomatoes**
- 250g squid, cleaned and cut into rings
- 20 shrimp, cleaned and deveined
- 6 red mullet fillets
- 1 white celery stalk, chopped
- 1 courgette, chopped
- 1 yellow pepper, chopped
- ½ onion, finely chopped
- 1 clove of garlic
- flat-leaved parsley, finely chopped
- 40 ml extra virgin olive oil
- chili to taste
- salt to taste
- rustic bread, toasted

METHOD

Soften the chopped onion with the garlic clove in a little extra virgin olive oil in a flameproof casserole dish over a low heat. Add a little chili pepper, a handful of chopped parsley and the squid. Brown gently, then add the cherry tomatoes and about 100 ml of water or vegetable stock. Cover and cook over a medium heat for 10 minutes. Add the shrimp and red mullet fillets and cook gently for another 5 minutes.

Cook the celery, courgette and yellow pepper in salted boiling water for 3-4 minutes. Drain, add the vegetables to the fish soup and cook together for another few minutes.

Drizzle with extra virgin olive oil and serve each portion with toasted rustic bread.

Koftet Roz are spiced meatballs made with ground rice and minced meat, simmered in tomato sauce for a hearty, comforting dish.

SERVES 6

INGREDIENTS

For the kofta mixture:

- 500g minced beef
- 200g ground rice
- 1 large onion, grated
- 2 garlic cloves, minced
- 50g flat parsley leaves, finely chopped
- 50g coriander leaves, finely chopped
- 30g dill leaves, finely chopped
- ½ tsp chilli powder (optional)
- 1 tsp Arabic mixed spice/ Arabic Masala
- ½ tsp ground coriander
- ½ tsp ground cinnamon
- ¾ tsp salt
- ½ tsp black pepper

For the tomato sauce:

- 2 tbsp sunflower oil/vegetable oil
- **1 tbsp tomato paste**
- **500ml tomato passata** (puréed, strained tomatoes)
- 2 to 3 cups of water
- 20g dill leaves, chopped.
- pinch of salt and black pepper to taste

METHOD

In the kitchen processor, add in all the Kofta mixture ingredients and blend until smooth consistency.

Shape the Kofta mixture into either small balls or medium cylinders.

In a large deep pan, heat about 500ml of sunflower oil and deep-fry the Kofta until golden crispy – it only takes few minutes. Just always make sure that the oil is covering the kofta, for even golden colour. Lay the fried kofta on thick kitchen towels, allowing it to cool down at room temperature.

Meanwhile, in a medium-size pot, sauté the minced garlic cloves in the oil. Add the tomato paste, give it a stir then pour in the passata/tomato puree and water. Season the sauce and bring to the boil, then slowly add in the fried kofta and allow to simmer for a good 15 minutes. You will notice how the sauce's consistency thickens from the ground rice, while picking up various flavours of the spices in the Kofta.

Check the seasoning, sprinkle on the remaining chopped dill leaves and remove from the heat.

Serve hot on a bed of white rice. Enjoy!

EGYPTIAN RICE MEATBALLS (KOFTET ROZ)



KOSHARI WITH TANGY TOMATO SAUCE



Try our version of this traditional Egyptian favourite, made with pantry staples, with its tangy tomato sauce.

SERVES 6

INGREDIENTS

- **400g canned whole peeled tomatoes**
- 190g rice
- 100g lentils (brown or green)
- 100g small pasta (macaroni or similar)
- 1 onion, thinly sliced
- 2 cloves garlic, crushed
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1-2 tbsp white vinegar
- salt and pepper to taste
- 2 tbsp extra virgin olive oil

METHOD

Fry the sliced onions in extra virgin olive oil in a frying pan over medium heat until caramelized. Set aside half of the onions to use as garnish.
Now, to the onions in the frying pan, add the garlic, cumin, and coriander. Sauté briefly before adding the tomatoes, breaking them down a little. Simmer for 10 minutes. Add the vinegar and cover the sauce. Keep warm ready to serve or reheat just before serving.
Cook the lentils by bringing to the boil and simmering for about 20-25 minutes. Drain and set aside.
Meanwhile, in another saucepan, bring about 400 ml water to the boil, add the rice and simmer according to packet instructions. Drain and set aside.
While the lentils finish cooking, bring another pan of water to the boil, add the pasta and cook until al dente (or according to the packet instructions). Drain and stir in a splash of extra virgin olive oil.
In a large serving dish, layer the rice, lentils, and pasta. (The rice and lentils can be stirred together first). Top with the tomato sauce. Garnish with the reserved caramelized onions and serve warm.

This dish is comfort food at its finest — crispy roasted cauliflower layered with spiced minced beef and baked in a rich, savoury sauce. It's wholesome, filling, and full of warm, cozy flavours.

SERVES 6

INGREDIENTS

For the cauliflower:
- 1 medium head cauliflower, cut into florets
- 3 tbsp olive oil
- salt and pepper, to taste
- ½ tsp cumin

For the beef mixture:
- 300–400g ground beef
- 1 medium onion, finely chopped
- 3 cloves of garlic, minced
- 1 tsp ground allspice
- ½ tsp cinnamon
- salt and pepper to taste
- **1 tbsp tomato paste**
- 1 tbsp olive oil

For the sauce:
- 350 ml water or stock
- **400g tomato passata** (puréed, strained tomatoes)
- salt and pepper to taste
- a pinch of ground coriander or nutmeg

METHOD

Preheat the oven to 200°C. Toss the cauliflower florets with olive oil, salt, pepper, and cumin. Spread on a baking tray and roast for 20–25 minutes, flipping halfway, until golden and just tender.

In a pan, sauté the chopped onion in a little oil until soft. Add garlic and cook for 1 minute. Add ground beef, breaking it up with a spoon. Cook until browned. Stir in the tomato paste, allspice, cinnamon, salt, and pepper. Cook for 3–5 more minutes.

In a baking dish, layer the roasted cauliflower and top with the beef mixture. Mix gently to combine or leave as layers.

In a bowl, whisk the tomato passata with water or stock. Season with salt, pepper, and spices if using. Pour over the cauliflower and beef in the baking dish. Cover with foil and bake at 180°C for 30–35 minutes, until bubbly and well blended. Uncover for the last 10 minutes if you want a slightly caramelized top.

Enjoy hot with rice, baladi bread, or a dollop of yogurt on the side.

BAKED CAULIFLOWER WITH MINCED BEEF



SAMAKA HARRAH - SPICY BAKED FISH IN TOMATO SAUCE



Samaka Harra is a bold and flavorful spicy fish dish from Lebanon. Traditionally served with tahini or tomato-based sauce, this tomato version using canned chopped tomatoes for convenience — it's spicy, garlicky, and perfect over rice or with warm flatbread.

SERVES 6

INGREDIENTS

For the fish:

- 1 whole white fish (like sea bass, red snapper, or tilapia), cleaned and scaled or 2–4 fish fillets
- 2 tbsp olive oil
- salt and black pepper to taste
- ½ tsp cumin
- juice of ½ lemon

For the spicy tomato sauce:

- 2 tablespoons olive oil
- 1 onion, finely chopped
- 4–5 garlic cloves, minced
- 1 small green chili, finely chopped (or more to taste)
- **400g canned chopped tomatoes**
- **1 tbsp tomato paste**
- 1 tsp ground coriander
- ½ tsp cumin
- salt and pepper to taste
- juice of ½ lemon

Optional garnish:

fresh chopped coriander or parsley, tahini drizzles and lemon slices.

METHOD

Preheat oven to 200°C (400°F).

Rinse and pat dry the fish. Rub with olive oil, lemon juice, salt, pepper, and cumin. Place in a baking dish.

In a skillet, heat olive oil over medium heat. Sauté onion until soft and golden. Add garlic and chili, cook 1–2 minutes. Stir in chopped tomatoes, tomato paste, coriander, cumin, salt, and pepper. Let it simmer for 10–12 minutes until thickened slightly. Add lemon juice at the end for freshness.

Pour the spicy tomato sauce over the fish in the baking dish. Cover with foil and bake for 20–25 minutes (longer for whole fish). Uncover for the last 5 minutes to let the top bubble and brown slightly.

Garnish with fresh parsley or coriander leaves, tahini drizzles and lemon slices. Serve hot with rice, flatbread, or a crisp salad on the side.

A delicious and hearty dish in its meat version that can also be made without meat as a tasty side dish or part of a vegetarian feast.

SERVES 6

INGREDIENTS

- 1 bag (400g) frozen okra
- 250g beef cubes (optional)
- 1 large finely chopped onion
- 4 cloves of garlic
- handful of fresh or dried coriander leaves
- 1 large green peppers or chili pepper
- **400g tomato passata** (puréed, strained tomatoes)
- **2 tbsp tomato paste**
- 1 lemon, juiced
- 3 tbsp olive oil
- salt and pepper to taste

METHOD

Start by sautéing the okra in the olive oil without browning it. Then remove and set aside.
Add in the onions and sauté until light golden colour. If using beef, add to the onions along with ground mixed spices and brown them. Add the tomato paste. Cover with water and cook the meat for 15 mins.
Stir in the passata and bring to the boil then add in the sauteed okra and lemon juice and simmer for another 15 minutes.
Meanwhile, in a small pan, stir fry the chopped garlic with the coriander and chopped green chili.
When the okra is cooked, add in the pan contents. Boil for 1 minute then pour the okra stew in a clay pot and bake it in the oven for about 30 minutes, until the surface is glistening and the sauce is thickened.
Enjoy with rice or Baladi bread.

OKRA AND BEEF STEW



ALEXANDRIAN SQUID STEW



Enjoy this delicious Alexandrian Squid Stew! It's a perfect combination of savoury, tangy, and spiced flavours that reflect the coastal culinary influences of Alexandria.

SERVES 6

INGREDIENTS

- 500g squid, cleaned and cut into rings (or whole, if preferred)
- 2 tbsp olive oil
- 1 large onion, finely chopped
- 4 garlic cloves, minced
- 1 red bell pepper, chopped
- **400g canned chopped tomatoes**
- **1 tbsp tomato paste**
- 1 tsp ground cumin
- 1 tsp ground coriander
- ½ tsp smoked paprika (optional, for depth of flavour)
- salt and pepper to taste
- 1 tsp chili flakes (optional, for heat)
- ½ cup water or fish stock
- 1 tbsp lemon juice
- 2 tbsp fresh parsley, chopped (for garnish)
- 1 tbsp fresh coriander, chopped (for garnish)

METHOD

Clean and cut the squid into rings or bite-sized pieces, or leave it whole if preferred.

In a large pan or skillet, heat the olive oil over medium heat. Add the chopped onion and cook for 5-7 minutes, until softened and golden. Add the minced garlic and the chopped red bell pepper, and sauté for 2-3 more minutes.

Stir in the canned chopped tomatoes and tomato paste. Add cumin, coriander, paprika, salt, pepper, and chili flakes (if using). Let the sauce simmer for 10–15 minutes, until the tomatoes soften and the sauce thickens.

Add the squid to the tomato sauce and stir to combine. Pour in water or fish stock and bring to a simmer. Let the stew cook for 10–15 minutes, until the squid is tender but not overcooked (overcooked squid can become rubbery).

Stir in the lemon juice to brighten the flavours. Taste and adjust the seasoning with salt and pepper.

Garnish with fresh parsley and coriander. Serve as a standalone dish, or with warm crusty bread for dipping into the flavourful sauce.

Mahshi Kousa (stuffed courgettes) with tomato sauce is a Middle Eastern classic — especially beloved in Egypt, Lebanon, Syria, and Palestine. Tender baby marrow or courgette stuffed with a spiced rice (sometimes with minced meat), simmered in a rich, garlicky tomato sauce… pure comfort.

SERVES 6

INGREDIENTS

For the kousa:

- 10–12 small light green marrow/courgette (kousa)
- 1 cup short grain rice, washed and soaked for 15–20 min, drained
- 1 medium onion, finely chopped
- **2 tbsp tomato paste**
- 3 tbsp finely chopped parsley or dill
- ½ tsp allspice
- ½ tsp ground cinnamon
- salt and pepper to taste
- optional: 250g minced beef
- 2 tbsp olive oil

For the tomato sauce:

- 2 tbsp olive oil
- 3–4 cloves of garlic, minced or sliced
- **1 can (400g) chopped tomatoes**
- **2 tbsp tomato paste**
- 2 cups water or vegetable broth
- salt and pepper to taste
- 1 tbsp dried mint

METHOD

Use a vegetable corer to carefully hollow out the courgettes, leaving about ½ cm of shell. Don't puncture the bottoms! Rinse and set aside.

Make the Filling: in a bowl, mix the rice, onion, tomato paste, parsley/dill, spices, salt, pepper, olive oil, and meat (if using).

Fill each courgette about ¾ full (rice expands as it cooks). Don't overpack — leave room for the rice to puff up.

In a large pot, heat olive oil and sauté garlic until fragrant. Add the canned tomatoes, tomato paste, water/broth, salt and pepper and bring to a simmer.

Carefully nestle the stuffed courgette into the pot of tomato sauce. Cover with a plate or lid to keep them submerged. Simmer gently for 45–60 minutes, or until the courgette is tender and rice is fully cooked.

Spoon tomato sauce over the courgette when serving.

STUFFED COURGETTES IN TOMATO SAUCE (MAHSHI KOUSA)



SAUTÉED GREEN BEANS WITH GARLIC AND TOMATOES (LOUBIEH B ZEIT-STYLE)



This dish is simple, healthy, and packed with flavour — a Mediterranean/Lebanese-style green bean sauté that's perfect as a side or light meal.

SERVES 4-6

INGREDIENTS

- 500g green beans, trimmed and cut in half (you can also use frozen)
- 4 tbsp olive oil
- 4 cloves of garlic, minced or thinly sliced
- **400g canned chopped tomatoes**
- salt to taste
- black pepper to taste
- optional: a pinch of chili flakes or a squeeze of lemon at the end

METHOD

In a wide skillet, heat olive oil over medium heat. Add garlic and sauté for about 30 seconds until fragrant (don't let it brown).
Add in the fresh trimmed green beans or frozen. Sauté for 3 minutes then stir in the chopped tomatoes.
Season with salt, pepper. Cover and cook for about 10–15 minutes, stirring occasionally, until beans are tender but not mushy.
Taste and adjust salt/pepper. Add chili flakes or lemon juice if desired.
Serve warm, at room temperature, or even cold with crusty bread or rice.

Delicious and easy vegetarian aubergine rolls, baked in a rich tomato sauce and topped with melted cheese. They are perfect as a light main or hearty side. Healthy, flavourful, and totally comforting!

SERVES 4-6

INGREDIENTS

- 3 large aubergines
- 4 tbsp olive oil
- 3 cloves of garlic, minced
- **300g tomato passata** (pureed, strained tomatoes)
- dash of balsamic vinegar
- 1 tsp sugar
- 1 tsp dried basil and oregano
- 150g chopped mozzarella cheese
- salt to taste
- black pepper to taste

For the filling:

- 1 large onion
- 250g fresh mushroom
- 50g parsley
- 2 red bell peppers
- 150g grated mozzarella cheese

METHOD

Put all filling ingredients in a kitchen processor and mix until finely chopped.
Sauté the filling in olive oil until light golden colour. Set aside.
Cut the aubergine vertically into thin slices. Brush generously with olive oil and sprinkle with salt.
Lay them on a baking tray. Bake in a preheated oven at 200°C, until brown.
In the meantime, make the tomato sauce by sautéing the garlic in olive oil then stir in the passata. Then add a dash of balsamic vinegar and dried oregano and basil. Add 1 tsp of sugar. Simmer for few minutes until it thickens.
When the aubergine slices have cooled down, lay 1 tsp of the filling on the wide end of the slice and roll. Place each roll in an oven dish then cover with the tomato sauce. Sprinkle the chopped mozzarella on the top.
Bake in the oven for 30 minutes.
Serve hot!

AUBERGINE ROLLS



WARM BUCKWHEAT, TOMATO AND VEGETABLE SALAD



This delicious salad would make a perfect vegetarian brunch dish, starter or light lunch.

SERVES 4

INGREDIENTS

- 300g ricotta
- 200g buckwheat
- 100g broccoli florets (optional)
- **420g canned whole peeled tomatoes**
- 6 courgette flowers (optional)
- 3 aubergines
- 2 courgettes
- 1 lemon (zest only)
- 10 basil leaves
- extra virgin olive oil
- salt to taste

METHOD

First prepare the aubergines. Wash the aubergines and make small incisions in the aubergine skin and then bake whole in the oven at 190°C for about 40 minutes. Remove from the oven, peel the aubergines, cut the flesh into cubes and puree them in a food processor. Add a little extra virgin olive oil and a pinch of salt and put to one side.

Once you have put the aubergines in to bake, prepare the tomatoes. Drain the canned whole peeled tomatoes and keep the juice to one side. Cut the tomatoes lengthwise, remove the seeds and put them on a baking tray lined with greaseproof paper. Season the tomatoes with extra virgin olive oil and a pinch of salt and bake them in the same oven as the aubergines at 190°C for about 30 minutes. Both should be ready at about the same time.

Put the tomato juice from the can into a deep saucepan, add about 300 ml of water and bring to a boil. Rinse the buckwheat under running water and then toast in a frying pan over medium heat until golden brown for about 3-4 minutes. When the buckwheat is evenly toasted, add to the boiling tomato water and cook for about 15 minutes at a gentle simmer, adding salt to taste. Then drain the buckwheat and let it cool.

In the meantime, cut the courgette into chunks, blanch them in plenty of boiling salted water for about 1 minute, drain them and put to one side. Blanch the broccoli florets, if using, in plenty of salted boiling water for 2-3 minutes, drain and set aside. Open each courgette flower if using and delicately clean the inside. Place the flowers on a baking tray lined with greaseproof paper and bake in the oven preheated to about 80°C just for a few minutes to let them dry out a little.

Sieve the fresh ricotta, add a pinch of salt and put to one side.

Stir the aubergine puree through the buckwheat, add the oven-baked tomatoes, the ricotta cream, the courgettes, (and courgette flowers and broccoli, if using), the lemon zest and the basil leaves. Serve warm.

A surprisingly simple but delicious version of this classic Neapolitan dish – it is the quality of the ingredients that makes it shine!

SERVES 4

INGREDIENTS

- 4 round purple aubergines
- **400g canned whole peeled tomatoes**, crushed or puréed in blender
- 400g buffalo mozzarella
- sunflower oil, for frying
- 1 clove of garlic
- extra virgin olive oil, as needed
- grated parmesan to taste
- salt and pepper to taste

METHOD

Slice the aubergines into rounds and place in a sieve with a sprinkling of coarse salt to get rid of the excess water (for 30 minutes).
Fry the aubergine rounds in sunflower oil. When they are golden, leave them to dry on paper towels.
Sauté the garlic gently in extra virgin olive oil, when golden add the crushed tomatoes and season with salt and pepper. Cook gently for 10-12 minutes to make a tomato sauce.
Cut the buffalo mozzarella in slices.
Take a small oven dish and make four individual parmigianas by layering the ingredients in the following order: a little tomato sauce, an aubergine slice, a slice of mozzarella and grated parmesan. Repeat until all the ingredients are finished.
Bake at 180°C in a preheated oven for 30 minutes.

EASY AUBERGINE PARMIGIANA



MESSINA-STYLE CAPONATA



Caponata is a classic Sicilian vegetable stew consisting of chopped fried aubergine and other vegetables, in a sweet and sour tomato sauce. This variant from Messina is perfect served with lightly grilled fish.

SERVES 4

INGREDIENTS

- 2 aubergines
- 1 bell pepper
- 1 head of celery
- **200g tomato passata** (puréed, strained tomatoes)
- handful of black olives
- 1 glass white wine vinegar
- salt to taste
- 1 tbsp sugar
- a handful of parsley, chopped (optional)
- ½ litre extra virgin olive oil

METHOD

Dice the aubergines and pepper and fry them in a large stainless steel saucepan in half a litre of very hot extra virgin olive oil for 3 minutes. Remove the fried vegetables and set aside.

Take the celery, remove the external filaments with a potato peeler, cut into cubes and blanch for 2 minutes in boiling water.

Take all three vegetables and put them in a frying pan without oil, add the tomato passata and a splash of vinegar, season with salt, add the black olives and cook for 6 minutes.

In a small saucepan, cook the rest of the vinegar, sugar and a pinch of salt for a few minutes, add to the vegetables in the tomato sauce and stir, garnish with chopped parsley if wished.

This is a warm, comforting dish made with aubergine, tender chickpeas, and a spiced tomato sauce infused with garlic, and a pinch of cinnamon. Baked to perfection, it's rich, hearty, and full of classic Levantine flavours.

SERVES 6

INGREDIENTS

- 1 large onion, chopped
- 2 large aubergines, diced into medium cubes
- 1 red bell pepper, chopped
- 1 yellow bell pepper, chopped
- 1 green bell pepper, chopped
- 1 can (400g) chickpeas, strained
- 235ml olive oil

For the tomato sauce:

- 2 minced cloves of garlic
- dash of balsamic vinegar
- **400ml tomato passata** (puréed, strained tomatoes)
- 1/2 tsp oregano
- 1/2 tsp cinnamon
- 1/2 tsp paprika
- salt and pepper to taste

METHOD

In a deep pan, fry the aubergine cubes in half of the olive oil until light brown. Set aside.
In the same oil stir fry the rest of the vegetables until golden.
Put the aubergine and vegetables in an oven dish and sprinkle the strained chickpeas over them.
Make the tomato sauce with the remaining olive oil and in the same pan you used for frying the vegetables. Simmer for 5 minutes, then pour over the vegetables in the oven dish.
Bake for about 30 minutes until glistening surface. Serve hot or warm, in individual portions.

AUBERGINE AND CHICKPEA BAKE



MIDDLE EASTERN SPICED TOMATO JAM



A naturally sweet fruit – cherry tomatoes make a versatile jam for a sweet treat on toast or freshly-baked bread, or even serve on the side with grilled meats or as a relish accompanying cheese.

SERVES 6

INGREDIENTS

- **400g canned cherry tomatoes**, drained
- 200g caster sugar
- 50ml lemon juice
- 1 tsp ground cinnamon
- ¼ tsp ground cloves
- ¼ tsp salt

METHOD

Stir together all the ingredients in a medium-sized saucepan.
Slowly bring to the boil over medium heat, then reduce to a simmer. Cook uncovered for about 30-40 minutes, stirring frequently, until thickened to a jam-like consistency.
Pour the jam into sterilized jars and leave to cool completely. Store in the refrigerator.

This is a unique sweet made by slowly cooking tomatoes with sugar, ghee, and flour until thick and jammy. It's a rich, glossy dessert with deep caramelized notes and a surprising hint of tang from the tomatoes.

SERVES 6

INGREDIENTS

- **400g canned diced or chopped tomatoes**, drained
- 170g semolina
- 100g granulated sugar
- 110g butter or ghee
- 460ml water
- 1 tsp vanilla extract
- chopped pistachios, to garnish

METHOD

Melt the butter or ghee in a (preferably non-stick) saucepan over medium-low heat. Add the semolina and stir continuously for about 5 minutes until golden. Remove from the heat.
In another saucepan combine the drained tomatoes, sugar, water, and vanilla extract. Bring to the boil.
Place the semolina back on a low heat and gradually – and carefully - add the boiling tomato mixture to the toasted semolina, stirring continuously to prevent lumps. Cook until the mixture thickens, about 10-15 minutes. Remove from the heat and leave to cool slightly.
Pour into a lightly greased dish or small individual bowls. Garnish with chopped pistachios and serve.

TOMATO HALAWA (HALVA)



TOMATO CHOCOLATE CAKE



A delicious moist cake with a surprising ingredient! You will not taste the tomatoes but you will love this chocolate cake.

SERVES 4

INGREDIENTS

- **200g canned whole peeled tomatoes**
- 180g sugar
- 1 egg
- 140g cake flour
- 3 tsp baking powder
- 30g powdered bitter cacao
- 110 ml corn oil
- 30g chocolate drops
- 1 pinch of ginger
- 1 pinch of cinnamon
- butter, to grease the cake tin

To decorate:

- 2 tbsp sliced almonds, toasted
- a handful of plain chocolate nibs (optional)

METHOD

Put the sugar and egg in a bowl and beat well. Puree the whole peeled tomatoes in a blender and add to the beaten egg mixture with the oil and mix. Sieve the flour with the baking powder and cacao and then add all the other ingredients to the cake mixture except the chocolate drops and spices, mixing until you get a smooth cream, then add the chocolate drops, cinnamon and ginger.

Pout the cake mix into a greased 20cm round cake tin, sprinkle the sliced almonds on top and bake in a fan-assisted oven at 170°C for about 30 minutes. Leave to cool for some minutes in the tin and then turn out carefully onto a wire rack. Decorate with toasted sliced almonds and if you like some plain chocolate nibs.

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