

# **COOKING CUISINE**

# **Antipasti • Meze • Tappas Mediterranean Starters**

Serves 6

### **Equipment**

Skillet or baking paper lined oven tray Mixing bowl and fork Rolling pin

Serving tray or large plate or wooden chopping board

Small bowls & serving sticks or tooth picks

## **Ingredients**

The below list of ingredients includes suggestions of ingredients you can use, Choose as many or as few as you like of one or more ingredients from each section.

• Vegetables for grilling (one or more from each section below)

1 medium sized aubergine, zucchini, red or yellow bell pepper

#### **Directions**

- 1. Italian Peach Crostini
- 2. Grill or toast the baguette bread slices, brush with olive oil once toasted
- 3. Grill a sliced peach or some grapes in a skillet or in the grill for approx. 2-3 minutes each side
- 4. Top the bruschetta with cream, cottage or whipped feta cheese
- 5. Top with a little honey and 7 or balsamico
- 6. Add some chopped of basil leaves and freshly ground pepper

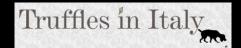
#### Tomato bruschetta

- 1. Toast the baguette slices as above
- 2. Rub some garlic over both sided and sprinkle with olive oil
- 3. Add some chopped tomatoes, salt & pepper and chopped basil leaves
- 4. Sprinkle a little olive oil ver the top

#### 2. Grilled Greek mezze vegetables

 Heat a cast iron skillet or frying pan (steak pan best) if grilling on the stove top or line an over tray with baking paper if using the oven/grill.







#### Other Vegetables

Cherry tomatoes

'' Cucumber

1 medium sized carrot peeled and sliced lengthwise,
celery sticks, etc

#### Fruit

1 apple, peach, apricot, grapes, figs or similar

#### Cold meats:

Salami, cured ham or prosciutto, cooked ham,

#### • Cheeses:

Mini mozzarellas, parmesan, pecorino, Roquefort, brie, camembert, etc

Feta, Cream cheese, ricotta, goat cheese etc for spreading or filling grilled vegetables

#### Pickles and marinated vegetables:

olives preserved in oil, gherkins, giardiniera (vegetable selection in brine), sundried tomatoes and/or artichoke hearts in oil

#### Nuts and seeds

Salted peanuts or pistachios, walnuts, pecan nuts, sunflower seeds or seed mix

#### Breads & crackers

Baguette bread, sliced, pita bread cheese crackers, Italian bread sticks, sliced baguette, pita, crisps etc

- 2. Cut the vegetables for grilling into desired shapes and sizes (thinner best for quick grilling and serving on skewers or rolled into cannellini etc.
- 3. Brush the vegetables you chose for grilling with a little olive oil (or rub a little over the surface with a paper towel
- 4. Grill the vegetables (skin on) on either side until brown grill lines form or the skin (in case of peppers) starts to char. (3-5 minutes each side)
- 5. Set the vegetables aside to cool down
- Ones cooled down, chop any vegetable into strips if desired, and place in a small serving dish and cover with herbed or infused oil alternatively, spread some cheese onto the strips, season and roll up into cannelloni and secure with a skewer stick.

#### 3. Spanish Red wine & Honey Chorizo bites

- 1. Slice up the chorizo, add to a frying pan with a splash of olive oil and fry over medium heat until almost charred
- 2. Pour the honey and red wine into the pan and cook until the sauce bubbles up.
- 3. Cook until the sauce turned into a sticky glaze.
- 4. Remove from heat and serve in a bowl.

#### 3-. Assembling your Mediterranean starter board

Place on the serving board or plate together with the crackers, sliced pita etc and add any left over fruit, cheeses, meats etc n bite size portions from of the 'other' ingredients from the list above. Get creative forming spirals and pretty arrangements of your choice.

Tip: place any olives or veg preserved in oil in small ramekin dishes or plates, arrange all ingredients in a random way for a more creative effect. Add some toothpicks, little skewers etc, to make picking off the board easier.



