



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/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

1. **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

¼ 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
6. 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.