

## Myerberg Center – Cooking with Chef Alba



### Mediterranean Inspiring Dishes – June 14, 2022

#### Zucchine Trifolate alle Erbe

2 medium zucchini, uniformly thinly sliced  
2 cloves of garlic, mashed with a knife  
Extra virgin olive oil  
Salt, black pepper, red pepper flakes  
Minced herbs: 1 tbsp each of Italian parsley, basil, and mint

1. In a large cold skillet, add the oil and garlic. Cook on low heat until the garlic is just fragrant and barely golden. Remove from the skillet.
2. Add the zucchini slices to the skillet and raise the heat to medium. Cook them turning occasionally until slightly golden. Season with black pepper and red pepper flakes. Off the heat add the minced herbs to the zucchini. Lastly transfer the zucchini on a plate and sprinkle with the salt.

#### Mediterranean Inspired Egg Rolls

2 tbsp olive oil  
1 onion, chopped  
2 cloves of garlic, minced  
1 ½ cups cooked rice  
1 small package baby spinach, roughly chopped  
2-3 tsp fresh dill  
1 tbsp fresh parsley, chopped  
1 tbsp fresh basil, chopped  
1-2 tbsp chopped walnuts or pine nuts  
½ cup crumbled feta cheese  
½ cup chopped kalamata olives  
6-8 egg roll wrappers

**THE FILLING:** Preheat oven to 375F degrees.

Heat the olive oil in a large skillet, set over medium heat. Add the onion, and sauté until soft. Add the garlic, cooked rice, and spinach. Cook until spinach has wilted about 3-5 minutes. Add the herbs and stir. Remove the skillet from the heat and add in the walnuts, feta cheese and kalamata olives.

**WRAP:** Place one egg roll wrapper on a flat work surface. In the center portion of the wrapper, place one tablespoon of filling. To seal, fold the bottom over the filling, then bring in the left and right sides of the wrapper to the center. Moisten the remaining edges of the wrapper with water. Roll up tightly, pressing the tip to seal. Repeat with the remaining wrappers. Place egg rolls, seam side down on a baking sheet brushed with olive oil. Bake until golden.

## Potato Bulgur Onion Patties

1 cup fine bulgur, rinsed and drained  
4 medium potatoes, skinned and quartered  
3-4 tablespoons olive oil  
3 spring onions, minced  
2-3 tablespoons Italian parsley, finely chopped  
1/2 tablespoon red pepper paste (optional)  
1 – 2 teaspoons red pepper flakes  
2 teaspoons ground cumin  
4 FL oz hot water  
Salt and ground black pepper  
Bowl of cold water to wet your hands  
Extra virgin olive oil  
Pomegranate molasses or aged balsamic to serve

1. In a large bowl, combine the bulgur, red pepper flakes, and spring onion; mix well using your hands. This will help it to blend in with the bulgur and the spring onions. Add the hot water on the mixture and give a good stir. Leave it aside for about 15 minutes and stir once in a while so that all the water is absorbed.
2. Boil the potatoes in salted water until cooked, drain well. Mash the potatoes in a separate bowl with cumin. Add the olive oil, salt and ground pepper and knead the potatoes with your hands really well, until they are smooth and elastic.
3. Stir in the potatoes with the bulgur mixture, and add the parsley, mix well with your hands. Check the seasoning and add more salt if needed.
4. Have the bowl of cold water ready. Wet your hands with the water and take a walnut size piece from the mixture; shape like patties using your hands. Place them side by side on a serving dish.
5. Put some extra virgin olive oil and pomegranate molasses or balsamic vinegar on a small bowl and serve the patties with them for dipping. The patties are also wonderful served on a bed of lettuce leaves.