

Myerberg Center – Cooking with Chef Alba
“THE SUNNY MEDITERRANEAN KITCHEN”



SKINLESS CHICKEN THIGHS IN LEMON AND GARLIC

1 ½ cup chicken stock
2 tablespoons flour
4 chicken skinless thighs, trimmed
Salt and black pepper
2-3 tablespoons extra virgin olive oil
8 large cloves garlic, peeled and slightly crushed
1 organic lemon, peeled, pith removed and thinly sliced
Chopped basil or Italian parsley

1. Mix the flour and stock together; whisk thoroughly.
2. Season the chicken thighs with salt and pepper. Place in a heavy bottom skillet, add olive oil. When hot, add the chicken. Cook on medium heat until all of the chicken is golden. When golden on all sides, remove from pan cover, and set aside.
3. In the same pan, add the cloves of garlic on low heat and cook for about 2 minutes until fragrant. Add the lemon slices and cook another minute.
4. Add the stock and return chicken to the skillet. Cover and cook until the chicken is completely cooked through. Internal temperature should be at least 165F.
5. When ready, taste for seasoning adjust as needed. Serve with fresh herb on top.

MEDITERRANEAN POTATO CAKES

1 pound golden potatoes, skin on
4 ounces feta cheese, finely crumbled
4 scallions, finely chopped
3 tablespoons chopped fresh dill
1 egg, beaten
1 tablespoon lemon juice
Salt and pepper
Flour for dredging
3 tablespoons extra virgin olive oil

1. Boil potatoes with skins in cold water and salt until soft. Drain, peel while warm. Place in a bowl and mash with potato masher or potato ricer. Cool.
2. Transfer potatoes to a bowl, add the crumbled feta, dill, egg and lemon juice. Season to taste. Mix well.
3. Cover mixture and chill until firm about an hour.
4. Divide mixture into walnut size balls, then flatten slightly. Dredge with flour shaking off excess flour.
5. Add oil to a large skillet and cook the cakes on both sides until golden, turning once. Drain on paper towel and serve warm. Cook in batches for best result.

HALLOUMI CHEESE AND GRAPE SALAD

Dressing:

¼ cup extra virgin olive oil
1 ½ tablespoons fresh lemon juice
1 tablespoon maple syrup or honey
Salt and black pepper
1 teaspoon fresh thyme or dill, finely minced

Salad:

5 ounces mixed salad greens
3 ounces green seedless grapes
3 ounces red seedless grapes
9 ounces cold halloumi cheese, sliced thinly
3 tablespoons extra virgin olive oil
Thyme or dill leaves to garnish

Dressing:

Combine the oil, lemon, and maple syrup. Season and stir in the herb. Set aside.

Salad:

1. Toss the salad greens with the grapes, transfer to large serving plate.
2. Heat the oil in a frying pan. Add the cheese and sauté briefly until it turns golden on both sides, turning only once.
3. Arrange the cheese on the salad. Pour the dressing on top and garnish with fresh herb.