

Myerberg Center – Cooking with Chef Alba
HAPPY NEW YEAR FROM CHEF ALBA!



“Mediterranean Appetizers”

Zucchini Rosette

2 medium-large zucchini
½ cup breadcrumbs
2 tablespoons grated parmesan
1-2 tablespoons minced mint (or basil)
Zest 1 lemon
Salt and black pepper
Extra virgin olive oil

The filling:

In a bowl mix the breadcrumbs, parmesan cheese, lemon zest, the minced mint, pinch of salt and pepper, and a drizzle of olive oil.

The zucchini:

1. Slice the zucchini about 1/3-1/4 inch lengthwise with a mandolin or a sharp knife.
2. Put a pot of salted water on the stove. When it boils cook the zucchini slices for 1-2 minutes depending on the thickness: this will make them soft to be rolled easily.
3. Drain the zucchini slices and dip them in cold water, drain them again and dry them with paper towels.
4. Spread the filling along the entire length and gently roll up the zucchini slices to obtain rosettes.

Cooking the rosettes:

1. Place the rosettes upright on a baking tray lined with parchment paper, sprinkle with Parmesan cheese, season with a drizzle of oil and bake in a preheated oven at 350F for about ten minutes.
2. Take the zucchini rosettes out of the oven and serve them immediately. For a cold buffet, you can enjoy them warm or at room temperature.

Apple and Arugula Flatbread

2 flatbreads (naans, Pita, etc.)
3/4 cup aged cheddar cheese, sliced
1 apple, thinly sliced
1/2 cup pecans or walnuts, crumbled
1/2 cup grated parmesan cheese
Black pepper
1 cup baby arugula
Drizzle extra virgin olive oil

1. Preheat oven to 350 F.
2. Place flatbreads on a lined baking tray. Top each flatbread with cheddar cheese, apple, nuts, and grated cheese. Add freshly cracked black pepper on top.
3. Bake 8-10 minutes, until desired crispiness is reached. Allow flatbreads to slightly cool. Then, top with fresh baby arugula and a drizzle of olive oil.

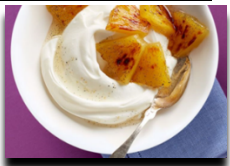
Halloumi Fries with Honey and Sesame

1 pack halloumi cheese, cut into fingers
1 large egg, beaten
½ cup semolina or polenta
¾ teaspoon dried mint
1 teaspoon dried oregano
1 teaspoon sumac
1 tablespoon white sesame seed (can mix black and white)
light oil for frying
honey for drizzling
8 ounces whole plain yogurt (or Greek)
2 tablespoons pomegranate molasses, or thick balsamic

1. Toss the halloumi in the beaten egg to coat, then in the semolina or polenta. Lay out on a baking sheet lined with non-stick parchment paper until ready to cook.
2. In a small bowl, mix the dried mint, dried oregano, sumac, and sesame seeds with a little freshly ground black pepper and set aside.
3. In a deep-frying pan, pour about ½ inch of oil on medium-high heat. Once the oil starts to shimmer, carefully cook the halloumi in batches for 1 minute on each side or until golden. Keep each batch warm.
4. To serve, place the fries on a board or serving plate, drizzle with honey, sprinkle with the dried herb mix, and add a generous drizzle of the yogurt and pomegranate molasses.

A surprise dessert!

Greek Pineapple



2 thick slices of fresh pineapple
1 tablespoon unsalted butter
2 ounces Honey or maple syrup
Zest of 1/2 orange
4 ounces Juice of orange
1 teaspoon vanilla
8 ounces whole Greek yogurt

1. In a saucepan over low heat, cook the honey together with the orange juice, the vanilla, and the grated orange zest. Let the mixture cook until it has taken on a syrupy consistency that is not too thick, about 10-12 minutes over low heat. When the syrup is ready, turn off the heat and let it cool.
2. Cook the pineapple with the butter in a non-stick pan (a hot grill) turning it only once when it is golden, then let it brown on the other side as well.
3. Distribute the yogurt in two cups and as soon as the pineapple is ready, cut it into small pieces and spread it over the yogurt, sprinkling everything with the orange and honey syrup. Serve immediately and enjoy!