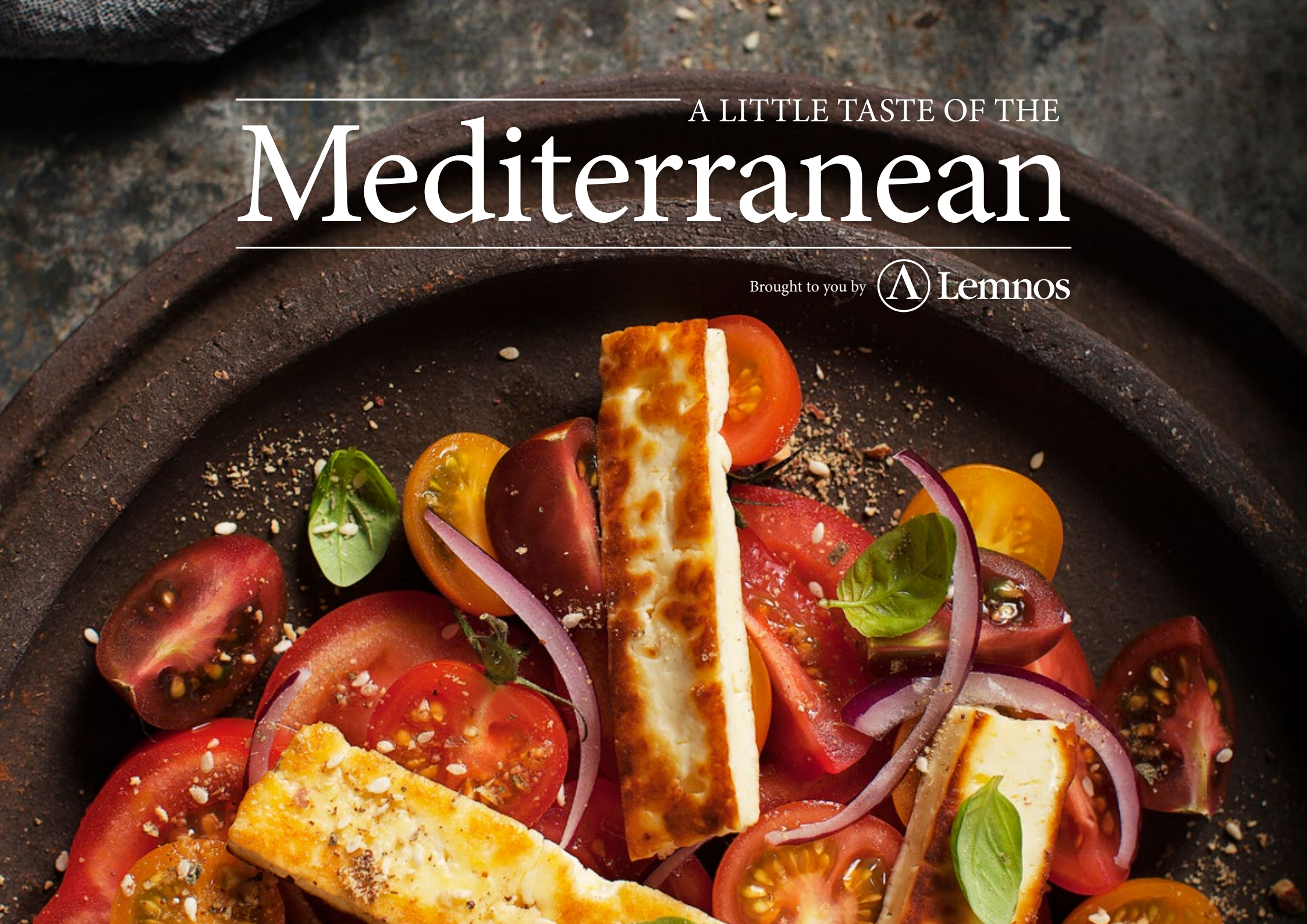

A LITTLE TASTE OF THE

Mediterranean

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Breakfast

Zucchini, Bacon and Fetta Fritters with Avocado Salsa

Serves - 4

Preparation time - 20 minutes

Cooking time - 20 minutes

2 rashers middle bacon, finely chopped

2 zucchini, coarsely grated

1 egg, lightly whisked

½ cup self-raising flour

1 tbsp coarsely chopped dill

200g Lemnos Smooth Fetta, crumbled

Vegetable oil

1 just-ripe avocado, halved, stone removed, coarsely chopped

250g cherry tomatoes, halved

1 tbsp lime juice

2 tbsp coarsely chopped chives

To serve

Lime wedges

To make the salsa

1. Combine the avocado, tomatoes and lime juice in a medium bowl.
2. Use the back of a spoon to lightly crush.
3. Add the chives and half the fetta and gently toss to combine.

To make the fritters

1. Cook the bacon in a large frying pan over a medium heat. Cook, stirring, for 5 minutes or until crisp. Transfer to a plate lined with a paper towel.
2. Using your hands, squeeze as much liquid from the zucchini as possible. Place in a large bowl, and add the bacon, egg, flour and dill. Stir to combine.

3. Add remaining fetta and stir to combine.

4. Heat the oil in large frying pan over medium heat. Spoon ¼ of a cup of the zucchini mixture around the pan. Cook for 2 minutes or until golden brown.

5. Turn and cook for a further 2-3 minutes or until golden brown and crisp. Transfer to a plate lined with a paper towel.

6. Repeat with the remaining mixture in 2 more batches.

7. To serve, place the fritters on serving plates and top with the avocado salsa and lime wedges.



Rosti with Salmon and Fetta Sour Cream Dressing

Serves - 4

Preparation time - 10 minutes

Cooking time - 15-20 minutes

100g Lemnos Smooth Fetta
3 tbsp light sour cream
1 portion hot smoked salmon, skin removed and flaked
Sea salt and freshly ground black pepper

Rosti

750g waxy potatoes (we suggest Desiree, Nicola or a similar waxy variety), scrubbed, parboiled and cooled
1 egg, beaten
40g butter, melted
Olive oil

To serve

100g washed rocket leaves
1 ripe avocado
Lemon wedges

To make the dressing

1. Beat the feta with a fork in a medium bowl
2. Add the sour cream, mix well, then season to taste with salt and freshly ground black pepper. Cover and refrigerate until ready to serve.

To make the rosti

1. Remove the potato skins (these should come off easily now the potatoes are parboiled) and grate or shred the potatoes.
2. In a large bowl thoroughly combine the grated potato with the beaten egg, melted butter and salt and pepper.

3. Pour the oil into a large frying pan so it just covers the pan, and place over medium heat. Divide the potato mixture into 8 cakes and fry in batches. Use a spatula or egg flipper to turn each cake, and fry for 3-4 minutes each side until golden brown and crispy. Drain on paper towels and keep warm until you are ready to serve.
4. To serve, place 2 rosti on each plate and top with slices of avocado, rocket, flakes of hot smoked salmon and finish with a large dollop of the feta and sour cream sauce and a lemon wedge.



Crunchy Tortilla Breakfast Eggs

Serves - 4

Preparation time - 15 minutes

Cooking time - 40 minutes

4 soft tortillas
2 large handfuls baby spinach leaves, washed
6 eggs, lightly beaten
8 cherry tomatoes, cut in quarters
180g Lemnos Traditional Fetta, crumbled
Sea salt and freshly ground black pepper
Olive oil spray

1. Preheat oven to 170°C.
2. Spray 4 large ovenproof ramekins (10cm) with olive oil. Microwave the tortillas for a few seconds to soften them, and then carefully line the ramekins with the tortillas. Bake in the oven for about 7-10 minutes until they start to crisp up, then remove from the oven.
3. While the tortilla cases are baking. Pour boiling water over the spinach to wilt it, drain immediately, roughly chop and set aside.
4. In a large bowl, mix the eggs, cherry tomatoes, crumbled fetta and chopped blanched spinach. Season with salt and pepper. Divide the fetta and egg mix between the tortillas, cover with foil and bake for 20-25 minutes or until the eggs are cooked through. Serve warm for breakfast or brunch.



Entrées and Sides



Haloumi and Prosciutto Bites

Serves - 6-8

Preparation time - 15 minutes

Cooking time - 5 minutes

360g Lemnos Haloumi, cut into 1cm-thick batons

1 tbsp oregano, coarsely chopped

10 prosciutto slices

1 tbsp olive oil

To serve

Lemon wedges

Oregano sprigs

1. Preheat a chargrill on high.
2. Combine the haloumi and oregano in a large bowl, gently toss to combine.
3. Use a small sharp knife to slice each prosciutto slice lengthways into 1cm-thick strips. Carefully wrap a strip of prosciutto around each haloumi baton. Lightly brush with oil.
4. Cook haloumi on chargrill for 1 minute each side or until lightly charred. Transfer to a platter. Serve immediately with lemon wedges and oregano sprigs.

Haloumi and Zucchini Kebabs

Serves - 4

Preparation time - 15 minutes

Cooking time - 10 minutes

2 zucchini, ends trimmed, cut into 1cm-thick slices
1 bunch asparagus, woody ends trimmed, cut into 3cm pieces
180g Lemnos Haloumi, cut into 2cm cubes
1 tbsp olive oil
½ tsp dried chilli flakes
12 bamboo skewers (soaked in water)

To serve

Juice and zest of 1 lemon
½ cup small mint leaves

1. Preheat a chargrill on high.
2. Thread the zucchini, asparagus and haloumi evenly among the 12 bamboo skewers.
3. Lightly brush each kebab with olive oil and sprinkle with chilli flakes.
4. Cook kebabs on the chargrill for 2 minutes each side or until lightly charred and tender. Transfer to a serving platter.
5. To serve, sprinkle with lemon juice, zest and mint leaves.

Chilli, Spinach and Fetta Filo Cigars

Serves - 24

Preparation time - 15 minutes

Cooking time - 20 minutes

1 bunch English spinach, rinsed and drained
20g butter
1 leek, pale section only, thinly sliced
½ tsp dried chilli flakes
180g Lemnos Traditional Fetta, crumbled
1 egg, lightly whisked
12 sheets filo pastry, halved lengthways
50g butter, melted
1 tsp caraway seeds

1. Preheat oven to 180°C.
2. Cook the spinach in a large frying pan over medium heat for 2-3 minutes or until spinach wilts. Remove from heat and set aside to cool slightly.
3. Using your hands, squeeze out the excess liquid from the spinach, then finely chop and place in a bowl.
4. Melt butter in a medium frying pan over a medium heat. Add the leek and cook, stirring for 5 minutes or until leek softens. Add the chilli and cook for a further 1 minute. Remove from heat.
5. Add to the spinach with fetta and egg, toss to combine.
6. Brush a filo sheet with a little butter. Spoon 1 tbsp of the spinach mixture on the end of the filo. Fold in sides and roll up to enclose filling. Brush with butter and sprinkle with caraway seeds. Repeat with remaining filo, spinach mixture and caraway seeds. Place on a baking tray.
7. Bake in preheated oven for 15 minutes or until golden brown. Serve warm or at room temperature.



Chorizo, Potato and Fetta Filo Tarts

Serves - 12

Preparation time - 20 minutes

Cooking time - 25 minutes

1 chorizo sausage, finely chopped
1 Desiree potato, peeled, finely chopped
4 sheets filo pastry
80g butter, melted
180g Lemnos Traditional Fetta, crumbled
2 tbsp coarsely chopped flat-leaf parsley
3 eggs, lightly whisked
¼ cup thickened cream

To serve

Flat-leaf parsley leaves

1. Preheat oven to 180°C.
2. Brush twelve 80ml (⅓ cup) capacity muffin pans with oil.
3. Heat a large non-stick frying pan over high heat. Add chorizo; cook, stirring for 2 minutes or until golden brown. Use a slotted spoon to transfer to a plate. Add potato to pan; cook, stirring, for 5 minutes or until golden and tender. Remove from heat.
4. Cut each filo sheet into 6 squares. Brush a filo square with butter and place in the base of 1 prepared muffin pan. Repeat with the remaining 5 filo pieces, rotating slightly to completely cover the side of the muffin pan. Continue until all muffin pans are complete.
5. Spoon the chorizo, potato, feta and parsley into each filo case. Whisk the eggs and cream together in a jug. Pour evenly among filo cases. Bake for 20-25 minutes or until golden brown and filling is set.
6. Top with extra parsley leaves to serve.

Moroccan Lamb Sliders with Fetta and Pickled Red Onion

Serves - 12

Preparation time - 15 minutes

Cooking time - 10 minutes

1 large red onion, thinly sliced
¼ cup red wine vinegar
1 tbsp caster sugar
1 tsp sea salt flakes
400g lamb mince
1 tsp ground cinnamon
1 tsp ground cumin
1 tsp ground coriander
½ tsp ground allspice
2 tsp olive oil
12 small soft bread rolls, split
100 g Lemnos Traditional Fetta, crumbled
¼ cup round mint leaves
¼ cup coriander leaves

1. To make the pickled red onion - combine the onion, vinegar, sugar and salt in a medium bowl. Set aside for 30 minutes to marinate. Drain well.
2. Meanwhile, combine the lamb, cinnamon, cumin, coriander and allspice in a medium bowl. Use your hands to combine. Divide into 12 even portions. Shape into an 8cm-round patty. Place on a plate in the fridge for 30 minutes to rest.
3. Heat oil in a large frying pan over medium high heat. Add lamb patties; cook for 3 minutes each side or until browned and cooked through.
4. Divide the lamb patties among bread rolls. Top with onion and sprinkle with fetta, mint and coriander leaves.

Whipped Fetta, Bacon and Sour Cream Chats

Serves - 4

Preparation time - 15 minutes

Cooking time - 30-60 minutes

10 small Chat potatoes or 4 large potatoes, scrubbed
Olive oil spray
Sea salt and freshly ground black pepper
180g Lemnos Smooth Fetta
3 tbsp light sour cream
50g bacon cooked till crisp, then cut in small strips
Small bunch of chives finely chopped (optional)

1. Preheat oven to 180°C.
2. Spray the washed potatoes with olive oil, sprinkle with sea salt and black pepper and bake for 30 minutes to 1 hour (depending on the size of the potatoes you are using) until cooked through.
3. Meanwhile, place the fetta and sour cream in a medium bowl and combine using a fork until smooth.
4. Add the chopped chives (keep a few for garnish) and season to taste.
5. To serve, cut a cross in the top of each potato, press the sides of the potatoes to open the cut up slightly then top each one with a dollop of the whipped fetta and sour cream, bacon strips and the remaining chives.

Marinated Haloumi, Asparagus and Basil Skewers

Serves - 4

Preparation time - 10 minutes

Cooking time - 10 minutes

360g Lemnos Haloumi, cut into 1cm slices
16 spears of fresh asparagus
16 large fresh basil leaves

Marinade

3 tbsp extra virgin olive oil
Juice and zest of 1 lemon
1 small red chilli deseeded and finely chopped
1 tbsp fresh rosemary, finely chopped
(If you don't have fresh herbs use 1 tsp of dried)
1 garlic clove, crushed
Sea salt and freshly ground black pepper
8 bamboo skewers (soaked in water)

1. Using a medium bowl, mix all the marinade ingredients thoroughly.
2. Cut each 1cm-thick slice of haloumi into 2 pieces (approx. 4cm in length).
3. Thread the haloumi, asparagus and basil leaves (roll the basil leaves) on the skewers.
4. Using a large pastry brush, brush the skewers thoroughly with the marinade.
5. Allow the marinated skewers to sit on a shallow dish for about 5 minutes turning them in the marinade to baste.
6. Barbecue the skewers or grill them until the haloumi starts to turn golden.

Tip: Serve with warm pitta bread.



Toasted Haloumi with Easy Dipping Sauce

Serves - 6-8

Preparation time - 5 minutes

Cooking time - 5 minutes

180g Lemnos Haloumi, cut into 1cm-thick slices
Juice of ½ lemon
Olive oil spray

To serve

Chilli jam or sweet chilli sauce
Washed salad leaves to garnish
Toothpicks

1. Spray a large frying pan with olive oil and place on a medium high heat. Cook the haloumi in batches turning once until golden brown.
2. Drizzle with lemon juice and place a toothpick in each bite-sized piece.
3. Serve while still warm with a bowl of chilli jam or sweet chilli sauce for dipping.

Tip: This easy dish is perfect to cook on a BBQ flat plate. If you're cooking on the BBQ, just spray the haloumi with olive oil first to make it easier to turn.



Tomato Soup with Fetta Cream

Serves - 4

Preparation time - 5 minutes

Cooking time - 10 minutes

1 can chickpeas, drained
Olive oil spray
100g Lemnos Smooth Fetta
2 tbsp light sour cream
2L tomato soup
½ lemon, cut in very thin slices

1. Preheat oven to 200°C.
2. Line a baking tray with greaseproof paper, scatter chickpeas and spray with olive oil. Bake for about 10 minutes until the chickpeas become crunchy, remove from the oven.
3. In a medium bowl, add the feta and sour cream and use a fork to combine until smooth.
4. Heat the soup to piping hot. Ladle into bowls and top each bowl with a generous swirl of the feta and sour cream mixture. Garnish with crunchy chickpeas and a thin lemon slice.



Fetta Hassleback Potatoes

Serves - 4-6

Preparation time - 15 minutes

Cooking time - 45 minutes

4 large waxy potatoes (we suggest Desiree or Dutch Creams)
100g Lemnos Smooth Fetta
300mL cream
2 large garlic cloves, crushed
Sea salt and freshly ground black pepper
1 tbsp fresh rosemary leaves

To serve

Extra rosemary leaves for garnish

1. Preheat oven to 200°C.
2. Peel the potatoes and cut them in half lengthways, then with the cut side down, cut the potatoes into fine 5mm slices and about $\frac{2}{3}$ of the way into the potato flesh. Place the potatoes flat side down in a shallow ovenproof dish.
3. Using a fork, mash the fetta until it forms a smooth texture, then stir in the cream, garlic, salt and pepper. Pour the fetta mix over the potatoes, then sprinkle with rosemary leaves.
4. Bake in the oven for about 45 minutes or until the potatoes are tender and the sauce is golden brown.

Tip: Serve with any grilled meat or fish and a salad.



Chicken, Haloumi and Chive Burgers

Serves - 5

Preparation time - 5 minutes

Cooking time - 6-7 minutes

500g chicken, finely minced
90g Lemnos Haloumi, grated
½ cup chives, chopped
Sea salt and freshly ground black pepper
Olive oil

To serve

Tomato relish
10 small bread rolls
1 handful salad leaves, washed

1. In a medium bowl, use a large metal spoon to thoroughly mix together the chicken mince, grated haloumi, chives, salt and pepper. Use 2 spoons to shape the mince and haloumi into small patties.
2. Cover the base of a large frying pan with olive oil, place on a medium heat, add the patties. Flatten each one slightly and fry until golden on both sides and cooked through.
3. To serve, cut the bread rolls in half, add the tomato relish and the cooked patties and finish with a few salad leaves.

Tip: Try adding grated haloumi to your favourite burger mince for added flavor and texture.



Spinach, Fetta and Thyme Scones

Serves - 4

Preparation time - 10 minutes

Cooking time - 15 - 20 minutes

75g butter, chopped
2 cups self-raising flour
Generous pinch cayenne pepper
180g Lemnos Traditional Fetta, crumbled
250g packet frozen chopped spinach, thawed, excess liquid squeezed out
 $\frac{3}{4}$ cup milk
2 tsp fresh thyme leaves
Milk, extra, for brushing
Butter, extra, softened for serving

1. Preheat oven to 200°C.
2. Rub butter into the combined flour and cayenne until mixture resembles fine breadcrumbs. Stir in fetta.
3. Combine the spinach, milk and thyme in a large jug and stir into the dry ingredients with a table knife.
4. Turn onto a lightly floured bench and knead only until mixture comes together and is smooth.
5. Pat the mixture into a thick square, approximately 2cm thick (22cm x 22cm square) and cut into 9 squares with a sharp knife.
6. Arrange on a floured tray and brush the tops lightly with extra milk.
7. Bake for 18-20 minutes or until cooked and golden brown.
8. Wrap in a clean tea towel for 5-10 minutes before serving warm with butter or accompanying a bowl of soup.

Tip: Scones are best made and enjoyed on the same day.

Haloumi, Bacon and Potato Bake

Serves - 4 - 6

Preparation time - 15 minutes

Cooking time - 1 hour and 15 minutes

Olive oil spray

4 rashers rindless bacon, cut in small strips

750g waxy potatoes, scrubbed and sliced about ½cm thick

1 small red onion, peeled and finely sliced

135g Lemnos Haloumi, grated

2 tsp fresh thyme leaves, finely chopped or ½ tsp of dried thyme leaves

200g tub sour cream

Sea salt and freshly ground black pepper

¾ cup water

To serve

Chopped parsley leaves

55g Lemnos Haloumi, grated

1. Preheat oven to 180°C.
2. Spray a 22cm ovenproof dish with olive oil. In a medium frying pan on a medium heat, fry off the bacon until it starts to brown. Remove the bacon pieces from the heat and drain on absorbent kitchen paper.
3. Place ⅔ of the potato slices in a large bowl with the sliced onion and bacon pieces.
4. Add the grated haloumi, thyme and sour cream to the bacon and onion mixture and combine. Season generously with salt and pepper and mix again.
5. Pile the mixture into the ovenproof dish, push it down with the back of a spoon and top with the remaining potato slices. Add the water to the dish and spray the top with a little olive oil.
6. Cover with baking paper or foil and bake for 45 minutes. Remove the cover and bake for another 30 minutes or until the potato is tender and the top is golden brown.
7. To serve, sprinkle with a few parsley leaves and the extra grated haloumi.



Haloumi and Chargrilled Capsicum Tartlets

Serves - 10

Preparation time - 20 minutes

Cooking time - 20 minutes

24 x 8cm diameter Gow Gee wrappers
Olive oil spray
½ cup roasted red capsicum, chopped
½ cup roasted yellow capsicum, chopped
180g Lemnos Haloumi, grated
2 eggs, lightly beaten
2 tbsp chopped basil leaves

To serve

Basil leaves

1. Preheat oven to 180°C.
2. Spray the mini muffin pans with oil and press wrappers into the pans.
3. Combine the capsicums, haloumi, eggs and chopped basil leaves and spoon into pastry cups.
4. Bake for 20 minutes or until the cheese is melted and the egg is set.
5. To serve, garnish with the basil leaves and serve immediately.

Tip: Gow Gee wrappers can be substituted with spring roll pastry sheets or wonton wrappers. Save time by purchasing grilled capsicums from the delicatessen or in a jar.



Salads



Haloumi, Pomegranate and Rocket Salad

Serves - 4

Preparation time - 15 minutes

Cooking time - 10 minutes

½ cup (50g) walnut halves
1 tbsp honey
2 tbsp pomegranate molasses
1 tbsp lemon juice
2 tsp Dijon mustard
¼ cup (60mL) extra virgin olive oil
Sea salt and freshly ground black pepper
180g Lemnos Haloumi, cut into 2cm cubes
1 bunch rocket, leaves coarsely torn
50g baby spinach leaves
1 pomegranate, seeded

1. Preheat oven to 180°C.
2. Line a baking tray with baking paper. Scatter walnuts over the tray and drizzle with honey. Bake for 5-7 minutes or until the walnuts have caramelized. Remove from oven and set aside to cool.
3. Combine the pomegranate molasses, lemon juice, mustard and 2 tbsp oil in a screw-top jar and shake until well combined. Season with salt and pepper.
4. Heat the remaining oil in a large frying pan over high heat. Add the haloumi, cook, turning, for 2 minutes or until golden brown and heated through. Remove from heat.
5. Combine rocket and spinach in a large bowl. Drizzle with dressing and gently toss to combine.
6. To serve, arrange on serving plates and top with haloumi and walnuts and sprinkle with pomegranate seeds.

Quinoa and Haloumi Salad with Chilli Coriander Dressing

Serves - 4

Preparation time - 15 minutes

Cooking time - 20 minutes

1 large kumara (orange sweet potato), peeled, halved lengthways, thickly sliced
1 red onion, cut into wedges
1 tsp cumin seeds
½ tsp ground coriander
¼ cup (60mL) olive oil
Sea salt and freshly ground pepper
2 cups (500mL) vegetable stock
1 cup (200g) quinoa, rinsed and drained
1 cup coriander leaves
1 long red chilli, seeded, finely chopped
2 tbsp lemon juice
1 cup mint leaves
180g Lemnos Haloumi, thickly sliced crossways

To serve

Lemon zest

1. Preheat oven to 200°C.
2. Line a baking tray with baking paper. Combine the kumara, onion, cumin, ground coriander and 1 tbsp oil in a large bowl. Season with salt and pepper. Arrange in a single layer over the lined tray. Roast, turning occasionally, for 20 minutes or until golden brown and just tender. Set aside to cool slightly.
3. Meanwhile, combine the stock and quinoa in a large saucepan over high heat. Bring to the boil. Reduce heat to low; simmer, covered, for 10 minutes or until tender. Remove from heat. Set aside, covered, for 10 minutes.
4. Finely chop ¼ of the coriander. Place in a screw-top jar with the chilli, lemon juice and half the remaining oil. Shake until well combined. Season with salt and pepper.
5. Heat remaining oil in a large frying pan over high heat. Cook haloumi for 1-2 minutes each side or until golden brown. Transfer to a plate.
6. Combine the kumara mixture, quinoa, mint and remaining coriander in a large bowl.
7. Arrange on a serving platter and top with the haloumi. Drizzle with coriander dressing.
8. Serve immediately sprinkled with the lemon zest.



Pepper Chicken and Pearl Couscous Salad with Fetta

Serves - 4

Preparation time - 15 minutes

Cooking time - 20 minutes

250g trussed cherry tomatoes
1 tbsp olive oil
Sea salt and freshly ground pepper
4 chicken breast fillets
½ tsp coarsely ground black pepper
1 tsp sumac
1 ½ cups (300g) pearl couscous
100g baby rocket leaves
½ cup flat-leaf parsley leaves
½ cup mint leaves
180g Lemnos Traditional Fetta, crumbled
1 tbsp cider vinegar
¼ cup (35g) toasted slivered almonds

1. Preheat oven to 200°C.
2. Line a baking tray with baking paper. Place the tomatoes on the tray and drizzle with half the oil. Season with salt and pepper. Roast for 10 minutes or until tomato begins to wilt. Remove from heat.
3. Heat a chargrill pan on high. Combine the chicken, pepper, sumac and remaining oil in a large bowl. Season with salt. Cook on grill, turning, for 10 minutes or until just cooked through. Transfer to a plate. Cover with foil. Set aside for 5 minutes to rest. Thickly slice.
4. Cook the couscous in a saucepan of boiling water for 8 minutes or until tender. Rinse under cold running water. Drain well.
5. Combine the couscous, tomatoes, rocket, parsley, mint, feta in a large bowl. Whisk the reserved oil and vinegar in small bowl. Drizzle over couscous mixture. Divide among serving plates.
6. To serve, top with the chicken and sprinkle with toasted almonds.



Potato Salad with Fetta, Lemon and Persian Spices

Serves - 4 - 6

Preparation time - 10 minutes

Cooking time - 30 minutes

Salad

750g waxy potatoes (we suggest Desiree or Nicola), scrubbed and cut in wedges
3 tbsp extra virgin olive oil
1 large red onion, finely sliced
1 tsp ground cumin
2 tsp ground coriander
2 tsp ground turmeric
1 tbsp fresh ginger, grated
2 cloves garlic, crushed
2 long red chillies, finely chopped (optional)

Dressing

100g Lemnos Smooth Fetta
½ cup mint, torn
1 cup Greek style yoghurt
1 garlic clove, crushed
1 tsp cumin
1 tsp turmeric

Sea salt and freshly ground black pepper

To serve

Lemon zest
½ cup mint leaves

To make the potato salad

1. Boil or steam the potatoes until just tender. Set aside to cool slightly.
2. Heat the oil in a large frying pan on a medium heat and cook the onion until just starting to colour (3-4 minutes).
3. Add the spices, ginger, garlic and chilli then cook until fragrant.
4. Tip the potatoes into the frying pan, sprinkle with salt and pepper, toss thoroughly with the onion and spice mix until they are well coated and have turned bright yellow. Remove from heat and allow to cool.

To make the dressing

1. In a medium bowl, use a large metal spoon to beat the fetta until it becomes smooth.
2. Add the mint and crush slightly to release the aromatics, then stir in the yoghurt, garlic, cumin and turmeric. Season with salt and pepper and pour over the potatoes.
3. To serve, scatter over the lemon zest and mint leaves.

Tip: This salad can also be served warm. Just make the fetta dressing while the potatoes are cooking and serve immediately.



Mixed Tomato Salad with Golden Haloumi

Serves - 4

Preparation time - 10 minutes

Cooking time - 2-3 minutes

180g Lemnos Haloumi
1 punnet Heirloom tomatoes, sliced
2 very ripe large tomatoes, sliced
1 small red onion, peeled and thinly sliced

To serve

Sea salt and freshly ground black pepper
Extra virgin olive oil
Basil leaves
Dukkah

1. Cut the haloumi into thin wedges or strips and brush a large frying pan or a barbecue flat plate with a little olive oil. Fry the haloumi gently on a medium heat until it is a delicious golden brown.
2. On a serving plate, pile the toasted haloumi, sliced tomatoes and red onion. Season with a little salt and black pepper, and then finish the dish with a drizzle of good quality extra virgin olive oil and a scattering of fresh basil leaves and dukkah.



Almond Pan-Fried Haloumi, Rocket and Orange Salad

Serves - 6

Preparation time - 15 minutes

Cooking time - 10 minutes

Juice of 1 orange
2 tbsp olive oil
1 clove garlic, crushed
1 tbsp wholegrain mustard
125g baby rocket leaves
1 cup parsley leaves
3 oranges, peeled, halved and thinly sliced
180g Lemnos Haloumi, cut into ½ cm thick slices
Plain flour, for dusting
1 egg, lightly beaten
1 ½ cups fresh breadcrumbs
½ cup natural flaked almonds, roughly chopped
Olive oil

1. Combine the orange juice, oil, garlic and mustard in a jar and shake until well combined.
2. Coat the haloumi in flour, dip in egg and roll in combined breadcrumbs and almonds, pressing firmly.
3. Heat oil in a frying pan over medium heat and cook haloumi on each side until golden. Drain on absorbent paper.
4. Arrange the rocket, parsley and orange slices on a serving platter. Top with the haloumi and a drizzle of dressing and serve immediately.

Tip: To save time, cook haloumi in advance and then flash in a hot oven for 2-3 minutes just prior to serving.



Rocket, Pomegranate, Fetta and Candied Pecan Salad

Serves - 6

Preparation time - 15 minutes

Cooking time - 10 minutes

½ cup sugar
1 cup pecan halves, roasted
Sea salt, to taste
2 tbsp olive oil
¼ cup red wine vinegar
1 clove garlic, crushed
1 birds eye chilli, seeds removed, finely sliced
½ tsp sugar
100g baby rocket leaves
½ cup parsley leaves
¾ cup pomegranate seeds
180g Lemnos Traditional Fetta, crumbled

1. Heat the sugar in a heavy-based small saucepan or frying pan over medium heat without stirring until sugar is melted and amber in colour. Stir in the pecans until coated and spread mixture on a paper lined tray. Using a fork, separate pecans from one another. Sprinkle the pecans with salt and allow to cool completely. Roughly chop.
2. Combine oil, vinegar, garlic, chilli and sugar in a jar and shake until well combined.
3. Toss rocket, parsley, pomegranate seeds and dressing on a serving platter.
4. To serve, sprinkle with the fetta and candied pecans.

Tip: Try adding cubes of watermelon to the salad for a refreshing summer idea.



Mains



Toasted Haloumi and Gnocchi with Sage and Walnuts

Serves - 4

Preparation time - 15 minutes

Cooking time - 20 minutes

500g potato gnocchi
½ cup olive oil
¾ cup sage leaves, washed
180g Lemnos Haloumi, cut in 2cm cubes
400g Kent or Butternut pumpkin, peeled and cut in 2cm cubes
½ cup walnut pieces
3 garlic cloves, finely chopped
Sea salt and freshly ground black pepper

1. Cook the gnocchi following the manufacturers instructions and drain.
2. Add oil to a large frying or sauté pan on a medium heat, fry the sage leaves until crisp, remove from the pan and drain on absorbent kitchen paper. Leave the sage flavoured olive oil in the pan.
3. Add the haloumi and pumpkin to the frying pan and cook until the pumpkin is tender and both the haloumi and pumpkin are turning light brown, normally around 3-4 minutes.
4. Add the cooked gnocchi and walnuts, cook for another couple of minutes until the gnocchi just starts to brown, add the finely chopped garlic and cook for 1 more minute.
5. Season to taste.
6. Serve immediately with a sprinkle of crispy sage leaves.

Roasted Tomato and Fetta Penne with Rocket Pesto

Serves - 4

Preparation time - 20 minutes

Cooking time - 20 minutes

250g grape tomatoes
⅓ cup (80mL) olive oil
¼ cup basil leaves
¼ cup (40g) toasted pine nuts
1 garlic clove, finely chopped
2 tbsp finely grated parmesan
100g baby rocket leaves
Sea salt and freshly ground black pepper
250g dried penne
1 head broccoli, cut into small florets
200g Lemnos Smooth Fetta, crumbled

To serve

Lemon zest

1. Preheat oven to 200°C.
2. Place tomatoes on a baking tray and drizzle with 2 tsp of the oil. Season with pepper. Roast for 10 minutes or until tomato begins to wilt. Remove from oven.
3. Place the basil, pine nuts, garlic, parmesan and half the rocket in a food processor. Process until finely chopped. With the motor running, gradually add remaining oil in a thin, steady stream. Season with salt and pepper.
4. Cook the penne in a large saucepan of boiling water following packet directions until al dente, adding the broccoli in the last 2 minutes of cooking. Drain well.
5. Return to pan with the tomatoes, pesto, fetta and remaining rocket. Gently toss to combine and divide among serving bowls.
6. To serve, top with lemon zest and serve immediately.



Crisp Skinned Salmon with Fetta and Potato Mash

Serves - 4

Preparation time - 10 minutes

Cooking time - 45 minutes

1kg potatoes (Coliban or Desiree)
½ cup milk
25g butter
100g Lemnos Smooth Fetta, slightly mashed
3 spring onions, washed and finely sliced
Sea salt and freshly ground black pepper
4 salmon steaks with skin on
Olive oil spray

To serve

Dill fronds

To make the fetta and potato mash

1. Peel the potatoes and cut them in quarters. Place them in a large saucepan and cover with boiling water. Boil for about 15 minutes or until tender. Drain and return to the pan.
2. Add the milk and butter and mash vigorously until the potato has a smooth velvety consistency. Using a large fork, stir in the mashed fetta and ⅔ of the sliced spring onions. Check the seasoning and add salt and pepper to taste and mix again thoroughly. Transfer to an ovenproof serving dish, cover with foil and keep warm until ready to serve.

To make the salmon steaks

1. Spray the salmon steaks generously with olive oil and season with the sea salt and freshly ground pepper.
2. Heat a large frying pan or sauté pan on a high heat and place the seasoned salmon skin side down and cook for around 3-4 minutes or until the skin is crisp and the fish is cooked about ⅓ of the way through.
3. Spray with a little extra olive oil and turn the fish flesh side down and cook for another 2-3 minutes until the fish is cooked but still slightly pink in the centre.
4. Remove the cooked salmon from the heat and serve with a generous dollop of the mash.
5. To serve, top with the remaining spring onion and garnish with dill fronds.

Tip: Fetta mashed potato is a perfect side dish to serve with all your favourite grilled and barbecued meats and fish.



Tomato Stew with Fetta on Toast

Serves - 4

Preparation time - 5 minutes

Cooking time - 10 minutes

2 tbsp extra virgin olive oil
2 punnets cherry or Heirloom cherry tomatoes
2 sticks of fresh thyme or ¼ tsp dried thyme leaves
2 cloves garlic, crushed
180g Lemnos Traditional Fetta, crumbled
½ cup basil leaves, torn
8 slices sourdough bread, toasted and buttered
Sea salt and freshly ground black pepper

1. In a medium frying pan on a medium heat, add the olive oil, washed cherry tomatoes and thyme. Cook for 3 minutes and then add crushed garlic. Cook for another 2-3 minutes until the tomatoes start to soften and burst.
2. Sprinkle with crumbled fetta and fresh basil leaves and cook further for about 1 minute to combine the flavours.
3. Serve immediately on hot thick buttered toast.



Steak Sandwich with Toasted Haloumi

Serves - 4

Preparation time - 10 minutes

Cooking time - 15 minutes

2 tbsp olive oil
2 large red onions, peeled and sliced
4 minute or BBQ steaks (any thin beef steak)
Sea salt and freshly ground black pepper
180g Lemnos Haloumi, cut in thin slices
4 sourdough bread rolls
Good quality tomato relish
2 handfuls of salad leaves, washed
1 large ripe tomato, sliced

1. Using a barbecue plate or a large frying pan brushed with olive oil on a medium high heat, cook the onions until they start to caramelize (about 4-5 minutes). Remove them from the heat and put them in a warm place until you are ready to serve.
2. Turn the heat up to high, season the steaks with salt and pepper. Brush on a little more oil on the cooking surface and cook the steak on both sides to your liking. At the same time fry the haloumi on both sides until it's golden brown. Set them both aside covered with foil to rest.
3. Toast the rolls, spread with relish, add the salad leaves, tomato, steaks and toasted haloumi and finish each roll with a generous serve of caramelized onion.



Minted Lamb with Fetta and Yoghurt Sauce

Serves - 4

Preparation time - 15 minutes

Cooking time - 10 minutes (plus resting time)

2 lamb back straps
3 tbsp extra virgin olive oil
½ lemon, juiced
3 cloves garlic, crushed
Sea salt and freshly ground black pepper
100g Lemnos Smooth Fetta
3 tbsp Greek style natural yoghurt
1 tsp ground cumin

To serve

½ cup fresh mint leaves, torn
Seeds from half a pomegranate
½ small red onion, thinly sliced
1 lemon, cut into wedges

1. Place the lamb in a non-reactive bowl and make a simple marinade with the olive oil, lemon juice, ¾ of the crushed garlic, salt and pepper.
2. Turn the lamb several times to ensure the meat is well coated, cover with cling film and refrigerate until you are ready to cook. This can be overnight if you prefer.
3. In a medium bowl, add the remaining crushed garlic and fetta. Using a fork, mash the fetta until smooth. Stir in the cumin and natural yoghurt. Combine well and season with salt and pepper. Cover and refrigerate until ready to use.
4. Use a large frying pan or BBQ flat plate preheated to medium hot. Cook the lamb for about 3-4 minutes on each side for medium rare. Remove from the heat, scatter with half the torn mint leaves and rest covered with foil for about 10 minutes.
5. Slice lamb diagonally and plate it up topped with dollops of the fetta and yoghurt sauce.
6. To serve, sprinkle with remaining mint leaves, pomegranate seeds and onion slices and garnish with lemon wedges.

Tip: It would be delicious served with steamed couscous and a Greek style salad.

Tip: You can use this recipe with any cut of lamb you prefer, it would also work really well with lamb leg steaks, chump chops, even a rack of lamb.



Lamb and Fetta Flatbread

Serves - 4 large pizzas or flatbreads

Preparation time - 10 minutes

Cooking time - 15 minutes

500g lean lamb, finely minced
2 medium ripe tomatoes, finely diced
1 tsp ground cinnamon
Sea salt and freshly ground black pepper
4 large flatbreads or pizza bases
Extra virgin olive oil for drizzling
1 red onion, finely sliced
200g Lemnos Smooth Fetta, broken into small pieces

To serve

½ cup fresh mint leaves, torn
1 tub of tzakziki

1. Preheat oven to 200°C.
2. In a large bowl mix the lamb mince, tomato, cinnamon, salt and pepper. Place the flatbreads or pizza bases on two large baking or oven trays. Brush or spray them with a little olive oil.
3. Spread the bases thinly with the lamb mix. Sprinkle each base with fine red onion slices and finish with scattered pieces of fetta.
4. Bake in the oven for about 12-15 minutes until the flatbreads or pizza bases are crisp, the lamb is cooked through and the fetta starts to turn golden.
5. To serve, top each base with a dollop of tzakziki and a scattering of mint leaves.

Tip: For a delicious vegetarian version, make the pizza topping the same way but substitute the lamb mince with roast red capsicum that has been skinned, deseeded and roughly pureed.



Zucchini, Pea, Fetta and Mint Pasta

Serves - 4

Preparation time - 5 minutes

Cooking time - 10 minutes

400g angel hair or spaghetti pasta
4 tbsp extra virgin olive oil
3 large garlic cloves, crushed
2 cups frozen baby peas or 2 cups sugar snap peas
2 small zucchini*, cut into thin ribbons using a vegetable peeler
Zest of half a lemon
180g Lemnos Traditional Fetta, crumbled
Sea salt and freshly ground black pepper
1 cup loosely packed mint leaves, torn, and a few whole ones for garnish

1. In a large pan, cook the pasta following the manufacturers instructions for al dente. Drain and reserve 1 cup of the pasta cooking water.
2. Set the same pan you cooked the pasta in on a medium heat. Add the olive oil and garlic, cook for about 1 minute until it just starts to smell fragrant. Do not let it brown as it will become bitter.
3. Add ½ a cup of pasta cooking water and the peas to the pan with the garlic and oil, then cook for another minute or until they come to the boil and turn bright green.
4. Return the hot pasta to the pan, then add the zucchini ribbons, lemon zest and ¾ of the crumbled fetta. Add a little more reserved pasta water if you need to loosen the sauce. Season generously with salt and pepper.
5. Toss in the mint leaves.
6. To serve, top with a few whole mint leaves and the crumbled fetta.

* Peel the zucchini lengthways to make thin ribbons.



Moussaka-Style Eggplant and Risoni Rolls

Serves - 6

Preparation time - 40 minutes

Cooking time - 40 minutes

600g eggplant, cut into 5mm-thick slices
Olive oil spray
1 tbsp olive oil
1 large onion, chopped
3 cloves garlic, crushed
1 stick celery, finely chopped
400g lean beef mince
¼ cup tomato paste
1 cup good quality tomato passata
2 tsp rigani or dried oregano
¼ cup red wine
¼ cup water
1 ¼ tps cinnamon
Sea salt and freshly ground black pepper
2 bay leaves
⅓ cup risoni, cooked until al dente and drained
180g Lemnos Haloumi, cut into 30 thin strips
2 cups good quality tomato passata, extra

1. Preheat oven at 190°C.
2. Spray eggplant with oil and grill or cook in a frypan till softened.
3. Heat oil in a large saucepan and sauté onion, garlic and celery for 2-3 minutes until softened. Add the mince and cook until well browned. Add tomato paste and cook for 2 minutes.
4. Add the passata, rigani, wine, water, cinnamon, seasonings and bay leaves and bring to the boil. Cover and simmer for 30 minutes.
5. Remove from heat and cool for 30 minutes. Stir through cooked risoni.
6. Top each cooked eggplant slice with a slice of haloumi and a heaped tablespoon of meat mixture.
7. Roll up to enclose filling.
8. Place seam side down in a 2-litre (23cm x 33cm) oiled ovenproof baking dish.
9. Spread extra passata over eggplant rolls. Bake for 40 minutes or until heated through. Stand for 10-15 minutes before serving.

Tip: Rigani is wild oregano used widely in Greek cooking. It imparts an authentic, intense flavour in cooking and is available in bunches from continental delicatessens.

Leek, Fetta and Swiss Chard Tart

Serves - 4 - 8

Preparation time - 30 minutes

Cooking time - 40-45 minutes

300g good quality pre-made short crust pastry enough to line a slice tin 34 x 22cm

2 tbsp olive oil

200g leeks, white part only, washed and finely chopped

200g chard, rainbow chard or silverbeet, washed and finely chopped

2 medium garlic cloves, crushed

1 tbsp fresh thyme leaves

3 eggs

3 tbsp Greek style natural yoghurt

100g Lemnos Haloumi, grated or shaved

180g Lemnos Traditional Fetta, crumbled

Sea salt and freshly ground black pepper

1. Preheat the oven to 180°C
2. Line a slice tin with greaseproof or baking paper then add the pastry. Line the pastry with greaseproof baking paper and fill with baking beans or uncooked rice. Bake blind in the oven for 10-15 minutes.
3. Remove the beans and greaseproof paper and bake again for another 10 minutes until the bottom of the pastry is crisp. Remove from the oven.
4. Heat a large frying pan or sauté pan on a low to medium heat, add the olive oil and the leeks and cook for about 8-10 minutes until they have started to soften.
5. Add the chopped stalks of the chard and cook for a further 5 minutes, and then add the crushed garlic, chard or silverbeet leaves and thyme leaves.
6. Allow the leaves to just wilt, and then remove from the heat and allow to cool slightly.
7. In a large bowl, beat the eggs and yoghurt together. Add the haloumi, the cooked leek and chard mixture and season to taste.
8. Spread the mixture evenly over the cooked pastry base, top with crumbled fetta and bake in the preheated oven for 15-20 minutes or until the filling is just set and the top is golden brown.

Tip: Serve as a main course with a crisp green salad or cut into bite sized pieces and serve as a canapé.

Chicken Breast Stuffed with Herby Fetta

Serves - 4

Preparation time - 15 minutes

Cooking time - 15-20 minutes

180g Lemnos Smooth Fetta, loosely chopped

2 tbsp ricotta

2 tbsp flat leaved parsley, chopped

1 tbsp of fresh basil, chopped

1 tbsp of lemon rind, cut in fine strips

4 medium size free-range chicken breasts

Extra virgin olive oil

Sprigs of thyme

Sea salt and freshly ground black pepper

1. Preheat oven to 180°C, or BBQ to medium low heat.
2. In a medium bowl, add the chopped fetta and ricotta. Using a fork, mix all until smooth.
3. Add parsley, basil, half the lemon rind and thoroughly combine with the fetta mix. Season to taste.
4. Place the chicken breasts on a board and trim off any fat. Cut a deep pocket into the centre of each breast and fill with a heaped tablespoon of the fetta mix.
5. Pour a little extra virgin olive oil into an ovenproof dish (or metal dish if using a BBQ) big enough to fit the chicken.
6. Place the filled chicken breasts in the dish, then drizzle with a little more olive oil, sprinkle with the remaining lemon rind, thyme sprigs, salt and pepper.
7. Bake for 15-20 minutes until the chicken is cooked right through.

Tip: Serve with a mix of your favourite green vegetables or a fresh green salad.

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