



Λ Lemnos

Winter warmers

Recipe eBook

Lemnos Winter Warmers Recipe e-Book

When you think about Mediterranean cuisine you'd be forgiven for not having hearty winter warmer meals pop first into your mind. We usually equate Mediterranean fare with light summer salads, seafood and mezze-plates, but it turns out our friends near the Aegean Sea know a thing or two about great winter food.

The Mediterranean culinary tradition offers us wonderful winter warmer foods that are guaranteed to warm you from the inside out and thanks to Lemnos' Winter Warmer Recipe E-Book you can now try these delicious meals for yourself!

Fancy a nourishing Gnocchi dish with gorgeous toasted Haloumi, Sage and Walnuts? Perfect for a mid-week meal or a relaxing Sunday night in. Planning to entertain? Invite your friends over and watch them devour your Whipped Fetta, Bacon & Sour Cream Chats, the perfect accompaniment with your favourite wine.

Lemnos are proud to present our Winter Warmer Recipe E-Book, packed with 12 easy to prepare mouth-watering recipes.

Lemnos. Celebrate life the Mediterranean way!

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Warming Bites

Winter doesn't always have to be about large portions.
You can warm up just as well with Lemnos' delicious bite-size snacks.
Guaranteed to keep you satisfied.



Spinach, Fetta & Thyme Scones

Scones are best made and enjoyed on the same day. • These scones make a wonderful accompaniment to hot soup during the winter months. • Leftover scones can be individually wrapped and frozen and then reheated in a microwave for a few seconds before serving. • Frozen spinach should have all free moisture squeezed out well before using.

Makes 9

Preparation Time: 10 minutes

Cooking Time: 15-20 minutes

75g butter, chopped

2 cups self-raising flour

Generous pinch cayenne pepper

180g Lemnos Fetta, crumbled

250g packet frozen chopped spinach, thawed, excess liquid squeezed out

3/4 cup milk

2 tsp fresh thyme leaves

Milk, extra, for brushing

Butter, softened, extra, for serving

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

Toasted Haloumi with Easy Dipping Sauce

A fast, easy and delicious way to entertain unexpected visitors

Serves 6-8

Preparation time: 5 minutes

Cooking time: 5 minutes

2 x 180g packs of Lemnos Haloumi cut in bite sized pieces

Juice from ½ a lemon

Spray olive oil

To Serve

Chilli jam or sweet chilli sauce

A few washed salad leaves to garnish

Toothpicks

1. Spray a large frying pan with olive oil place on a medium high heat. Cook the Lemnos Haloumi in batches turning once until golden brown.
2. Dress with lemon juice and place a toothpick in each golden triangle.
3. Serve while still warm with a bowl of chilli jam or sauce for dipping.



Whipped Fetta, Bacon & Sour Cream Chats

One delicious filling that can be used for an everyday family meal in jacket potatoes or as an elegant easy canapés when used to fill baby chat potatoes.

Serves 4

Preparation time: 15 minutes

Cooking time: 30-60 minutes, (depending on the size of your potatoes)

10 small chat potatoes or 4 large potatoes scrubbed

180g Lemnos Smooth Fetta

3 tbs light sour cream

50gms bacon cooked till crisp then cut in small strips

A small bunch of chives finely chopped (optional)

Sea salt and Freshly ground Black Pepper.

Spray olive oil

1. Preheat oven to 180°C. Spray the washed chats or potatoes with olive oil, sprinkle with sea salt and bake for 30 mins to 1 hour (depending on the size of the potatoes your using) until cooked through.
2. Meanwhile place the fetta and sour cream in a medium bowl and combine using a fork until smooth. Add the chopped chives (keep a few for garnish) and season to taste. Cut a cross in the top of each potato, press the sides of the potatoes to open the cut up slightly and then top each one with a dollop of the whipped fetta, bacon strips and a few pieces of chopped chive. Serve immediately.



Moussaka Style Eggplant & Risoni Rolls

A delicious dish with intense flavours that can be pre-cooked a day in advance. *Rigani is a wild oregano with an authentic, intense flavour, available from continental delicatessens

Serves 6

Preparation time: 40 minutes

Cooking time: 30 minutes

600g eggplants, cut into 5mm thick slices

olive oil spray

1 tbs olive oil

1 large onion, chopped

3 cloves garlic, crushed

1 stick celery, finely chopped

400g lean beef mince

1/4 cup tomato paste

1 cup good quality tomato passata

2 tsp rigani* or dried oregano

1/4 cup red wine

1/4 cup water

1 1/4 tsp cinnamon

Salt & freshly ground black pepper, to taste

2 bayleaves

1/3 cup risoni, cooked until al dente and drained

180g Lemnos Haloumi, cut into 30 thin strips

2 cups good quality tomato passata, extra

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



Tomato Soup with Fetta Cream

Add extra flavour to your favourite soup with Lemnos Smooth Fetta, simply beat the Fetta with a little sour cream and turn 'everyday' soup into very special soup.

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

1/2 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 Lemnos Fetta 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 Fetta and sour cream mixture. Garnish with crunchy chickpeas and a thin lemon slice. Serve immediately.



Pasta & Bakes

One of the great things about winter is that you can eat your pastas and bakes with little, to no guilt!

So easy to make, filling and delicious, and there's always enough for left overs!



Zucchini, Pea, Fetta & Mint Pasta

A fast a simple protein packed vegetarian pasta sauce with extra virgin olive oil, garlic, zucchini ribbons, fresh or frozen baby peas, mint and crumbled traditional Lemnos Fetta.

Serves 4

Preparation time: 5 minutes

Cooking time: 10 minutes

400g angel hair or spaghetti pasta

180g pack Lemnos Traditional Fetta, crumbled

2 small zucchini, cut in thin ribbons using a vegetable peeler

2 cups frozen baby peas or 2 cups sugar snap peas

3 large garlic cloves, crushed

Zest of half a lemon (optional)

4 tbsls extra virgin olive oil

1 cup loosely packed mint leaves, torn, and a few whole ones for garnish

Sea salt and freshly ground black pepper

1. In a large pan, cook the pasta following the manufacturers instructions for al dente. Drain and reserve one cup of the pasta cooking water.
2. Set the same pan you cooked the pasta in on a medium heat (to save washing up). Add the olive oil and garlic, cook for about 1 minutes 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 ⅔ of the crumbled Fetta. Add a little more reserved pasta water if you need to loosen the sauce a little. Season generously with salt and pepper.
5. Toss in the mint leaves. Serve immediately with a few whole mint leaves and the remaining crumbled Fetta scattered on top.



Haloumi, Basil & Roasted Vegetable Parmigiana

Serve as a main meal with salad or serve as a vegetable side dish with grilled meat, if desired. This parmigiana makes an ideal gluten free vegetarian entertaining idea, make individual parmigianas in small ramekins, if desired. • Lay fresh lasagne sheets between vegetable layers to make a vegetarian lasagne.

Serves 6-8

Preparation time: 30 minutes

Cooking time: 40 minutes

Olive oil spray

3 zucchini, sliced into thin strips lengthwise

2 large eggplants, thinly sliced

3 red capsicums, cut into thick strips

Salt and freshly ground black pepper, to taste

500g ricotta cheese

1/4 cup shredded basil leaves

1/4 cup parmesan cheese

2 eggs

Salt and freshly ground black pepper, to taste

2 cups good quality tomato pasta sauce

180g Lemnos Haloumi, grated

Extra virgin olive oil, for drizzling

1. Spray zucchini, eggplants and capsicums with olive oil and cook in a non-stick frypan over medium heat for 2-3 minutes each side until softened and slightly browned. Season to taste.
2. Mash the ricotta, basil, parmesan and eggs together until well combined and season to taste.
3. To assemble, spoon 2 tablespoons of the pasta sauce over the base of a 25cm x 15cm baking dish. Layer half the zucchini, eggplant and capsicum slices spreading with 2 tablespoons sauce between each vegetable layer. Sprinkle with half the haloumi. Repeat the vegetable layers. Spread the ricotta mixture over the vegetables and sprinkle with the remaining haloumi. Drizzle liberally with oil.
4. Bake at 180°C for 30 minutes or until deep golden and bubbling. Stand for at least 10 minutes before slicing and serving.



Toasted Haloumi Gnocchi with Sage & Walnuts

Pan fried gnocchi with toasted Haloumi, extra virgin olive oil, pumpkin, garlic, sage and walnuts. Elegant enough for a special dinner and fast enough for a weekday family meal.

Serves 4

Preparation time: 15 minutes

Cooking time: 20 minutes

500g potato gnocchi

1 180g pack Lemnos Haloumi, cut in 2 cm cubes

400g Kent or butternut pumpkin, peeled and cut in 2 cm cubes

3 medium garlic cloves, finely chopped

¾ cup sage leaves, washed

½ cup walnuts pieces

½ cup olive oil

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 cook until the pumpkin is tender and both the Haloumi and pumpkin are turning lightly brown normally about 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 crushed garlic and cook for 1 more minute.
5. Season to taste.
6. Serve immediately in bowls with a sprinkle of crispy sage leaves.



Haloumi, Bacon & Potato Bake

A rough and delicious potato pie, baked until golden brown with Haloumi, potato, onion, bacon pieces, thyme and crème fraîche or sour cream. Perfect comfort food.

Serves 4-6

Preparation time: 15 minutes

Cooking time: 1 hour and 15 minutes

¾ 180g pack Lemnos Haloumi, drained and grated

1 small red onion, peeled and finely sliced

750g waxy potatoes, scrubbed and sliced about 0.5 cm thick

1 200g tub crème fraîche or sour cream

4 rashers rindless bacon, cut in small strips

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

Sea salt and freshly ground black pepper

¾ cup water

Spray olive oil

To Serve

A few chopped parsley leaves (optional)

A little extra grated Haloumi

1. Preheat oven to 180°C.
2. Spray a 22cm ovenproof dish with olive oil. In a medium frying pan in 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. Add the grated Haloumi, the thyme and crème fraîche, combine. Season generously with salt and pepper and then mix again.
4. Pile the mixture into the ovenproof dish, push in down with the back of a spoon and then top with the remaining potato slices. Add the water to the dish and spray the top with a little olive oil, cover with baking paper or foil and bake for about 45 minutes. Remove the cover and bake for another 30 minutes or until the potato is tender and the top is golden brown.
5. Serve sprinkled with a few parsley leaves and a little extra grated Haloumi.



Hearty Mains

These dishes are really what winter is all about. Curled up by the fireplace, sumptuous comfort food warming you from the inside out. Simply gorgeous!



Crisp Skinned Salmon with Fetta & Potato Mash

Make creamy mashed potato really special by adding Lemnos Fetta for extra flavour and texture.

Serves 4

Preparation time: 10 minutes

Cooking time: 45 minutes

4 salmon steaks with skin on

1kg potatoes (we suggest Coliban or Desiree)

½ 200g pack Lemnos Smooth Fetta, slightly mashed

½ cup milk

25g butter

3 spring onions, washed and finely sliced

Spray olive oil

Sea salt and freshly ground black pepper

Dill fronds for garnish (optional)

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. Add the milk and butter a mash vigorously until the potato has a smooth velvety consistency. Using a large fork, stir in the mashed Fetta and of the sliced spring onions. Check the seasoning and add salt and pepper to taste and mix again thoroughly. Transfer ⅔ to an ovenproof serving dish, cover with foil and keep warm until ready to serve.
2. Spray the salmon steaks generously with olive oil and season with sea salt and freshly ground pepper. Using a large frying pan or sauté pan on a high heat, place the seasoned salmon skin side down in the pan and cook for about 3-4 minutes or until the skin this crisp and the fish is cooked about ⅓ of the way through. Spray with a little extra olive oil and then 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.
3. Remove the cooked salmon from the heat and serve a generous dollop of creamy Fetta mashed potato and top with the remaining spring onion slices.



Minted Lamb with Fetta & Yoghurt

Barbecued lamb back strap served sliced drizzled with a spiced Fetta, pomegranate seeds and yoghurt sauce.

Serves 4

Preparation time: 15 minutes

Cooking time: 10 minutes plus resting time

2 lamb back straps

½ 200g pack Lemnos Smooth Fetta, drained

3 tbsl Greek style natural yoghurt

3 tbsl extra virgin olive oil

3 cloves garlic, crushed

½ lemon, juiced

1 tsp ground cumin

Sea salt and freshly ground black pepper

To Serve

½ cup fresh mint leaves, torn

1 lemon, cut into wedges

½ small red onion, thinly sliced

Seeds from ½ pomegranate (optional)

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.

1. Place the lamb in a nonreactive bowl and make the simple marinade with the olive oil, lemon juice, ⅔ of the crushed garlic, salt and pepper. Turn the lamb back straps several times to ensure the meat is well coated, cover with cling film and refrigerate until you're ready to cook. (This can be overnight if you prefer).
2. In a medium bowl add the remaining crushed garlic and Lemnos Fetta, using a fork, mash the Fetta till smooth. Stir in the spices and natural yoghurt. Combine well and season with salt and pepper. Cover and refrigerate until ready to use.
3. 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 (or longer if you like it more well-done). Remove from the heat, scatter with ½ the torn mint leaves and rest covered with foil for about 10 minutes.
4. Slice the lamb diagonally and plate it up topped with dollops of the Fetta and yoghurt sauce, sprinkled with the remaining mint leaves, pomegranate seeds and onion slices. It would be delicious served with steamed couscous and a Greek style salad.



Rib Eye Steak with Fetta Hasselback Potatoes

Rib Eye Steak with Hasselback potatoes, cooked with a flavour filled Fetta, cream, garlic and rosemary sauce.

Serves 4-6

Preparation time: 15 minutes

Cooking time: 45 minutes

Bone-in Rib Eye Steak (2-3 inches thick is best)

4 large waxy potatoes (we suggest Desiree or Dutch creams)

½ 200g pack Lemnos Smooth Fetta

300ml pouring cream

2 large garlic cloves, crushed

Sea salt and freshly ground black pepper

1tbls fresh rosemary leaves

Salt & Pepper for seasoning

Extra rosemary for garnish

1. Peel the potatoes and cut them in half lengthways, then with the cut side down, cut the potatoes in fine slices every 5ml and about ⅔ of the way into the potato flesh. Place all the potatoes flat side down in a shallow ovenproof dish.
2. Using a fork mash the smooth Fetta until it forms a smooth texture then stir in the cream, garlic, salt and pepper. Pour the Fetta mix on and over the potatoes then sprinkle with rosemary leaves.
3. Bake in the oven for about 45 minutes or until the potatoes are tender and the sauce is golden brown.
4. Season steak with salt & pepper
5. Pan sear on a hot pan to seal in the juices
6. Bake at 160 °C fan bake to desired wellness (approx. 20 minutes for Medium Rare)



Celebrate life the Mediterranean way!
