

MEDITERRANEAN INSPIRED

Easter

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Mediterranean Inspired Easter Recipe eBook

Easter is the perfect occasion to step away from work and spend a few days relaxing with friends and family. If you're planning on entertaining, why not make it a memorable occasion by adding a Mediterranean twist to your menu?

The Mediterranean is famous for its fresh, quality ingredients – with plenty of delicious flavours to inspire you. The versatility and taste of Lemnos Fetta and Haloumi make it easy for you to experience the Mediterranean right here in Australia. From lamb to fish to Mediterranean side dishes, here are 10 crowd-pleasing Lemnos recipe ideas for an unforgettable Easter feast.

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Starters & Side Dishes

Start as you mean to go on with some of our favourite, colourful Easter starter and side dish recipes.

Roast Carrot Soup with Fetta Crumble

This exotically spiced soup, with a sprinkle of flavourful Lemnos Smooth Fetta, brings the sense of warmth and homeliness to a family meal. A perfect light starter before a main course.

Serves 4

Preparation time: 15 minutes

Cooking time: 60 minutes

Tip:

Serve with crusty bread.

100g Lemnos Smooth Fetta, crumbled into pieces

1kg carrots, peeled and roughly chopped

3 tbsps olive oil

2 large onions, peeled and roughly chopped

2 tsp ground cumin

½ tsp ground cinnamon

1 tsp ground ginger

4 cups (1 liter) low salt vegetable stock

1 cup water

sea salt and freshly ground black pepper

1. Preheat the oven to 180°.
2. Place the carrots in a bowl and toss in 1 tablespoon of olive oil. Transfer to a large oven tray and bake for about 30 minutes or until just tender and starting turn golden.
3. Meanwhile, in a large pan on a medium heat, add the remaining olive oil and the chopped onion. Sauté for about 5-6 minutes, stirring occasionally, until the onion softens and starts to change colour.
4. Add the spices and fry for about 30 seconds or until fragrant, stirring occasionally.
5. Pour in the stock, water and roast carrots. Bring to the boil and cook until the carrots are soft (about 20 minutes).
6. Blitz with a stick blender or food processor until smooth. Season to taste.
7. Serve the soup piping hot, scattered generously with Lemnos Smooth Fetta.



Potato Salad with Fetta, Lemon and Persian Spices

A traditional side dish family-favourite with a Mediterranean twist. This potato salad is made special by adding flavourful Lemnos Smooth Fetta, exotic spices and preserved lemon.

Serves 4-6

Preparation time: 10 minutes

Cooking time: 30 minutes

750g waxy potatoes (we suggest Desiree or Nicola),

scrubbed and cut in wedges

3 tbsps extra virgin olive oil

1 large red onion, finely sliced

1 tsp ground cumin

2 tps ground coriander

2 tps ground turmeric

2 cloves garlic

1 tbsp fresh ginger, grated

2 long red chillies, finely chopped (optional)

Tip:

This salad can also be served warm. Just make the Fetta dressing while the potatoes are cooking.

Dressing:

½ 200g pack Lemnos Smooth Fetta

1 garlic clove, crushed

1 cup Greek style yoghurt

½ cup mint, torn

1 tsp cumin

1 tsp turmeric

salt and pepper to taste

Garnish:

a few strips lemon zest

a few mint leaves

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, cook the onion until just starting to colour (3-4 minutes). Add the spices, ginger, garlic and chilli then cook till fragrant. 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.
3. While the potatoes cool, make the dressing. In a medium bowl use a large metal spoon to beat the

Fetta until it becomes smooth. Add the mint and crush slightly to release the aromatics, then stir in the yogurt, lemon, garlic, cumin and turmeric. Season with salt and pepper and pour over the potatoes.

4. Serve with scattered lemon zest and a few extra mint leaves.



Quinoa & Haloumi Salad with Chilli Coriander Dressing

Haloumi combined with quinoa and vegetables creates a delicious, wholesome side salad everyone will love.

Serves 4

Preparation time: 15 minutes

Cooking time: 20 minutes

Tip:

Serve as a vegetarian side dish option.

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
2 cups (500ml) vegetable stock

1 cup (200g) quinoa, rinsed & drained
1 cup coriander leaves
1 long red chilli, seeded & finely chopped
2 tbsps lemon juice
1 cup mint leaves
180g Lemnos Haloumi, thickly sliced crossways
lemon zest, to serve

1. Preheat oven to 200°C.
2. Line a baking tray with baking paper. Combine the kumara, onion, cumin, ground coriander and 1 tbsps 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 cup 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. Arrange on a serving platter. Top with haloumi and drizzle with coriander dressing. Serve immediately sprinkled with lemon zest.



Haloumi & Prosciutto Bites

Bite-sized Haloumi wrapped in prosciutto is the perfect quick and delicious crowd-pleasing appetiser.

Serves 6-8

Preparation time: 15 minutes

Cooking time: 5 minutes

Tip:

These are great to hand out to guests on toothpicks before they are seated at the table.

2 x 180g Lemnos Haloumi, cut into 1cm-thick batons

1 tbsp oregano, coarsely chopped

10 prosciutto slices

1 tbsp olive oil

lemon wedges, to serve

oregano sprigs, to serve

1. Heat a large frying pan over medium heat.
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 for 1 minute each side or until golden. Transfer to a platter.
5. Serve immediately with lemon wedges and oregano sprigs.

Traditional Spanakopita

This perfect-to-share, traditional-style rolled Greek spinach and fetta pie encased in layers of crisp filo pastry will impress your guests.

Serves 4-6

Preparation time: 25 minutes

Cooking time: 40 minutes

Tip:

This is great to add to the table spread or as serve as something easy for guests to help themselves to.

180g Lemnos Traditional Fetta, crumbled

250g washed baby spinach leaves

1 cup tasty cheese, grated

1 medium red onion, finely diced

2 tbsps olive oil

1 medium garlic clove crushed

¼ cup fresh dill, finely chopped

1 tsp ground nutmeg

sea salt and freshly ground pepper

3 large eggs, beaten

8 sheets fresh filo pastry

50g butter, melted

1. Preheat the oven to 180°C.
2. Grease a 22 cm pie/baking dish with melted butter over heat.
3. Heat a large frying pan over medium low heat, add the olive oil and diced onion and cook for about 4-5 minutes until the onion softens and just starts to colour.
4. Add the crushed garlic and spinach and stir for a couple of minutes until the spinach wilts down.
5. Remove from the heat, stir in dill, ¾ of the crumbled Lemnos Traditional Fetta, the tasty cheese and nutmeg. Mix well. Season to taste with salt and pepper. Allow to cool.
6. Working quickly on a clean dry work surface, lay four sheets of filo out in a long line, overlapping each other by about 6-7 cms. Brush with melted butter. Working the other way repeat with 4 more filo sheets (again slightly over lapping) and brush again with melted butter.
7. Place the Lemnos Traditional Fetta and spinach mixture in a long even line down the centre of the long rectangle of buttered filo pastry. Using your clean hands gently push the long sides of the pastry towards the central filling to make a long narrow open ribbon of filled pastry. Crimp together both ends.
8. Starting at one end, roll the filled filo into a tight coil shape open side up. Transfer to the baking dish, pour the beaten egg into the open tops of the coil and pat the edges of the filo down slightly. Brush the top with melted butter and place in the preheated oven for 40-45 minutes, or until the top of the pie is golden and crisp.
9. Serve warm or at room temperature, sprinkled with the remaining crumbled fetta.



Mains

Celebrate Easter with healthy, crowd-pleasing mains inspired by the Mediterranean.



Sticky Persian Lamb Shanks with Fetta

Melt in the mouth spiced lamb shanks are the perfect match for creamy Lemnos Persian fetta in this comforting, traditional main course for an Easter celebration.

Serves 4

Preparation time: 20 minutes

Cooking time: 2.5 hours

Tip:

Lamb is best paired with a robust red wine like a Cabernet or Merlot.

250g Lemnos Persian Marinated Fetta, drained, with herbs/peppercorns discarded

4 lamb shanks

4 tbsps olive oil

3 onions, sliced

6 garlic cloves, sliced

1 red chilli, finely sliced

1 cinnamon stick

2 tbsps ground cumin

2 tbsps ground coriander

4 tbsps pomegranate molasses

2 x 400g can crushed or chopped tomatoes

4 cups chicken or vegetable stock

1 cup dried pitted dates, roughly chopped

sea salt and freshly ground black pepper

½ cup packed flat leafed parsley, chopped

1. Heat oven to 170°C.
2. Heat a large heavy based casserole dish (with lid) over a medium/hot heat and add one tablespoon of oil. When the oil is hot add the shanks and cook for a couple of minutes, turning until they are browned all over. Remove and set aside.
3. Add remaining oil and onions to the pan and cook for 8-10 minutes or until soft and just starting to change colour.
4. Add the garlic, chilli and spices and cook for 2-3 minutes more, or until fragrant. Pour in the tomatoes and stock, return the shanks back to the casserole dish, push down so they are covered with the sauce. Bring to a boil, cover and put in the oven. Cook for 2 hours, turning the shanks once or twice.
5. Remove the lid and stir through the molasses and dates. Return to the oven and cook uncovered for 30 minutes more or until the meat is falling away from the bone.
6. Remove shanks from the dish and cover with foil to keep them warm. Put the dish back on the stovetop over a medium/high heat and reduce the juices until thick and shiny. Season to taste.
7. Scatter with crumbled Lemnos Persian Marinated Fetta and chopped parsley.



Moussaka-Style Eggplant & Risoni Rolls

This traditional Greek dish uses traditional Greek flavours, including Rigani, a wild oregano used widely in Greek cooking.

Serves 6

Preparation time: 40 minutes

Cooking time: 30 minutes

Tip:

Eggplant and meat sauce can be pre-cooked a day in advance. Dish can be preassembled and refrigerated a day ahead if desired. Stand at room temperature for 1 hour before topping with tomato sauce and baking.

600g eggplants, 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

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

sea salt & freshly ground black pepper

2 bay leaves

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. Preheat oven to 190°C.
2. Spray eggplant with oil and grill or cook in a frypan till softened.
3. Heat oil in a large saucepan over medium heat 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.
4. 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.
5. Spread extra passata over eggplant rolls. Bake at 190°C for 40 minutes or until heated through. Stand for 10-15 minutes before serving.

Lamb Cutlets with Minty Soft Fetta

Juicy lamb cutlets, fresh herbs, lemon and creamy fetta are combined in this easy, traditional Easter-spread dish that the whole family will love.

Serves 3-4

Preparation time: 15 minutes

Cooking time: 10 minutes

Tip:

This easy minty fetta sauce is also delicious with any grilled meat or fish.

Minty soft fetta

200g Lemnos Smooth Fetta

120g thick natural yoghurt

1 cup mint leaves, chopped

sea salt and freshly ground black pepper

1/3 cup extra virgin olive oil

2 tbsps fresh rosemary leaves, chopped, or 2 tsps dried rosemary

2 tsps dried oregano

Zest and juice of one lemon

2 garlic cloves, minced

12 lamb cutlets

Sea salt and freshly ground black pepper

1. Combine olive oil, rosemary, oregano, garlic, lemon zest and juice in a large bowl. Season to taste and add lamb. Rub the herb mixture into the meat, cover with cling film and refrigerate whilst it marinates for at least 15 minutes.
2. For minty soft fetta, place the Lemnos Smooth Fetta, yoghurt and mint in a food processor and blend until smooth. Season to taste. Cover and set aside.
3. Preheat barbecue hot plate or large frying pan to medium-high. Cook lamb, turning occasionally, until well browned and cooked to your liking (3 minutes each side for medium-rare). Set aside to rest for 5 minutes then serve with minty soft fetta and a fresh green salad.





Crisp Skinned Salmon with Fetta & Potato Mash

Salmon makes a wonderful dish to serve Easter Sunday. Make creamy mashed potato really special by adding Lemnos Smooth Fetta for extra flavour and texture.

Serves 4

Preparation time: 10 minutes

Cooking time: 45 minutes

Tip:

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

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 and mash vigorously until the potato has a smooth velvety consistency. Using a large fork, stir in the mashed Fetta and 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.
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 is 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 center.
3. Remove the cooked salmon from the heat and serve. Add a generous dollop of creamy Fetta mashed potato, topped with the remaining spring onion slices.



Beef, Zucchini and Haloumi Meatballs

Delicious beef and haloumi meatballs are a perfect dish to share with your guests.

Serves 4-6

Preparation time: 20 minutes

Cooking time: 35 minutes

Tip:

Serve on its own or combine with your favourite pasta or salad for a heartier meal.

1kg beef mince

180g Lemnos Haloumi

2 medium zucchinis, grated and squeezed of any excess moisture

1 medium brown onion, finely diced

2 medium garlic cloves, crushed

1 tbsp fresh rosemary leaves, finely chopped

1 tbsp fresh or 1 tsp dried thyme leaves

1 egg, beaten

2 tbsps olive oil

1 x 700mL bottle tomato passata

2 x 400g can crushed tomatoes

sea salt and freshly ground pepper

1. Grate $\frac{3}{4}$ of the block of Lemnos Haloumi.
2. Combine the mince, grated haloumi, grated zucchini, onion, garlic, herbs and egg in a large bowl. Season generously with salt and pepper.
3. When thoroughly mixed, dampen hands and roll mixture into balls about the size of a golf ball.
4. Heat the olive oil in a large frypan or sauté pan and sear the meatballs on both sides until brown. Set aside. Tip any excess fat out of the pan, add the tomatoes and passata and season well. Return the meatballs to the pan with the tomato sauce and gently simmer, turning occasionally until they are cooked right through.
5. Preheat an overhead grill. Just before serving, crumble the remaining haloumi over the meatballs and toast under the grill until golden brown.



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