

Mediterranean

WINTER FLAVOURS

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Mediterranean Winter Flavours Recipe eBook

When it's cold outside, there's no better time to indulge in delicious comfort food. Let Lemnos fill your wintery days with warming, tasty recipe ideas inspired by the Mediterranean. Fill your plate, get cosy and tuck into a range of crowd-pleasing dishes, from warming bites to filling, hearty bakes and roasts.

An assortment of fresh, quality ingredients combined with the versatility and taste of Lemnos Fetta and Haloumi will inspire you, transporting you to the sunny Mediterranean. Enjoy these 10 easy winter warmer recipes brought to you by Lemnos.

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Warming Bites

Enjoy these flavourful, warming bites for breakfast or as a light lunch.



Spicy Baked Fetta with Tomatoes

Tangy baked feta with tomato, chilli and fresh herbs. Perfect for sharing on a cold winter night.

Serves 4

Preparation time: 5 minutes

Cooking time: 20 minutes

180g Lemnos Traditional Fetta, cut in half

1 large ripe tomato, finely diced

1 large shallot or small red onion, cut into fine slices

1 long red chilli, finely sliced

2 tbsps extra virgin olive oil

1 tsp dried oregano

1. Preheat oven to 180°C.
2. Combine diced onion, chilli and tomato.
3. Using 2 large sheets of baking paper, place the feta in the centre of each sheet. Top each with a piece of feta and half the tomato and chilli mixture. Drizzle with extra virgin olive oil and sprinkle with dried oregano. Gather up the edges of the baking paper and scrunch to make tight parcels. Transfer both parcels to an ovenproof dish that just fits them.
4. Bake in preheated oven until both the vegetables and feta have softened, about 20 minutes.
5. Open the parcels and serve the baked feta hot with warm crusty bread for dipping.

Tip: Serve to peckish guests while you focus on your main.



Haloumi & Chargrilled Capsicum Tartlets

Little bites of delicious haloumi and capsicum, wrapped in light and crispy gow gee wrappers. Ideal for entertaining.

Makes 24

Preparation time: 20 minutes

Cooking time: 20 minutes

24 x 8cm diameter gow gee wrappers

Olive oil spray

1/2 cup roasted red capsicum, chopped

1/2 cup roasted yellow capsicum, chopped

180g Lemnos Haloumi, grated

2 eggs, lightly beaten

2 tbs basil leaves, chopped

Basil leaves, extra, for garnish

1. Spray mini muffin pans with oil and press wrappers into pans.
2. Combine capsicum, haloumi, eggs and basil and spoon into pastry cups.
3. Bake at 180°C for 20 minutes or until cheese is melted and egg is set. Garnish with extra basil and serve immediately.

Tip: Save time by using purchasing grilled capsicums from the delicatessen or in a jar. Gow gee wrappers can be purchased from Asian stores and are found in the refrigerated section. Use wonton wrappers as an alternative.



Toasted Haloumi Gnocchi with Sage and Walnuts

Pan-fried gnocchi with toasted haloumi, extra virgin olive oil, pumpkin, garlic, sage and walnuts. An easy dish for weekday comfort food.

Serves 4

Preparation time: 15 minutes

Cooking time: 20 minutes

500g potato gnocchi

180g Lemnos Haloumi, cut in 2cm cubes

400g Kent or butternut pumpkin, peeled and cut in 2cm 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 manufacturer's instructions and drain.
2. Heat oil in a large frying pan over 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 for 3-4 minutes or until the pumpkin is tender and the haloumi is golden.
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.

Tip: This dish pairs excellently with a crisp white wine.



Tomato Stew with Fetta on Toast

Not your ordinary tomatoes on toast. Cherry tomatoes with herbs, olive oil and garlic, with crumbled Lemnos Traditional Fetta, and served on thick sourdough toast.

Serves 4

Preparation time: 5 minutes

Cooking time: 10 minutes

2 punnets cherry tomatoes, washed

180g Lemnos Traditional Fetta, crumbled

2 cloves garlic, crushed

2 tbsps extra virgin olive oil

2 sticks of fresh thyme or ¼ tsp dried thyme leaves

½ cup basil leaves, torn (optional)

Sea salt and freshly ground black pepper

8 slices sourdough bread, toasted and buttered

1. Heat olive oil in a frying pan over medium heat. Add cherry tomatoes and thyme and cook for about 3 minutes. Add crushed garlic and cook for 2-3 minutes or until the tomatoes start to soften and burst.
2. Sprinkle with crumbled fetta and fresh basil leaves and cook for 1 minute to combine the flavours.
3. Serve immediately on hot, buttered toast.

Tip: Whip up on a Sunday morning with coffee and juice for a Mediterranean twist on your weekend brunch.

Crunchy Tortilla Breakfast

Soft tortilla baked in muffin cases to make little crisp tortilla bowls filled with a savoury fetta, egg, spinach and tomato filling.

Serves 4

Preparation time: 15 minutes

Cooking time: 40 minutes

4 soft tortillas (use larger ones)

6 eggs, lightly beaten

180g Lemnos Traditional Fetta, crumbled

8 cherry tomatoes, cut in quarters

2 large handfuls baby spinach leaves, washed

Sea salt and freshly ground black pepper

Spray olive oil

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 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 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.

Tip: Serve warm for a perfect winter breakfast or snack.



Hearty Bakes & Roasts

Indulge in these filling and delicious main meals inspired by the Mediterranean.

Zucchini Stuffed with Haloumi and Fresh Herbs

Tasty haloumi, aromatic herbs and lemon zest make this delicious zucchini dish a wonderful winter warmer, packed full of flavour.

Serves 4

Preparation time: 15 minutes

Cooking time: 40 minutes

4 large zucchinis

2 cups couscous, cooked

180g Lemnos Haloumi, grated

Zest of one lemon

½ medium red onion, finely diced

½ cup parsley, finely chopped

½ cup basil leaves, finely chopped (reserve some small whole leaves for garnish)

½ cup oregano leaves, finely chopped

700ml tomato passata

2 x 400g cans crushed tomatoes

Sea salt and freshly ground black pepper

1. Preheat the oven to 180°C.
2. Cut each zucchini in half lengthwise and scoop out the centre with a teaspoon or melon baller, leaving a 1 cm thick shell. Finely dice the zucchini you've removed from the centre.
3. Mix the cooked couscous with half of the grated haloumi, diced zucchini, lemon zest, onion and herbs. Season to taste and press the haloumi mixture into the hollowed zucchinis.
4. Pour the tomatoes and passata into a large, deep, baking dish. Season well and sit the zucchinis on top. The tomato mixture should come to about half way up the zucchinis. Scatter the remaining haloumi over the top of the zucchinis and cover the dish tightly with foil.
5. Bake in the oven for around 35 minutes or until the zucchini is tender when pierced. Remove the foil and return to the oven until the cheese turns golden brown.
6. Serve the zucchini with the tomato sauce they were baked in. Garnish with a few whole basil leaves.

Tip: Serve with a side salad for a heartier meal.





Three Cheese Eggplant Lasagne

Decadent layers of eggplant, fetta and spinach create an easy and indulgent meat-free winter feast.

Serves 6

Preparation time: 15 minutes

Cooking time: 45 minutes

3 large eggplants, sliced in 1cm slices length ways

2 x 180g Lemnos Traditional Fetta, crumbled

150g ricotta

100g parmesan

½ cup basil leaves, chopped

2 eggs

½ red onion, finely diced

4 tbsps olive oil

Zest of one lemon

700ml tomato passata

2 x 400g cans crushed tomatoes

Sea salt and freshly ground black pepper

1. Preheat the oven to 180°C.
2. Heat a large fry pan over a medium/high heat and add 2 tablespoons of olive oil. Pat the sliced eggplant dry with a paper towel, season then fry in the hot oil until golden brown on both sides.
3. Mix together two thirds of the fetta, ricotta and a third of the parmesan with the lemon zest, basil, onion and eggs until well combined.
4. Using a deep baking dish, place a third of the fried eggplant in a layer on the bottom of the dish and cover with half of the cheese mix. Repeat with another layer of eggplant and cover with the other half of the cheese mix. Top the last layer of eggplant. Cover with passata and crushed tomatoes, season well and scatter the remaining parmesan over the top.
5. Bake in the preheated oven for approximately 35 minutes.
6. Sprinkle the tomato and parmesan topping with the remaining crumbled fetta and return to the oven to cook for a further 10 minutes or until the fetta has started to turn golden.

Tip: Serve hot with a green salad and crusty bread.



Fetta Hasselback Potatoes

Hasselback potatoes cooked with a flavour-filled fetta, cream, garlic and rosemary sauce. Enjoy as the ultimate side dish or as a meal on its own.

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 pouring cream

2 large garlic cloves, crushed

Sea salt and freshly ground black pepper

1tbsp fresh rosemary leaves

Extra rosemary 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 in fine slices every 5mm and about $\frac{2}{3}$ of the way into the potato flesh. Place all 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 on and 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: This dish will be perfect as a side for a succulent rib-eye steak, or serve with a fresh salad.



Beef, Zucchini & Haloumi Meatballs

Delicious beef and haloumi meatballs. Perfect with crusty bread or in a tomato sauce with pasta.

Serves 4-6

Preparation time: 20 minutes

Cooking time: 35 minutes

1kg beef mince

180g Lemnos Haloumi

2 medium zucchinis, grated and squeezed

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 tbsp olive oil

700ml tomato passata

400g crushed tomatoes

Sea salt and freshly ground pepper

1. Grate $\frac{3}{4}$ of the 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.
6. Serve with your favourite pasta and a mixed salad.

Tip: This dish goes great with any pasta for a crowdpleasing dinner option. Alternatively, serve on its own for a lighter lunch.



Lamb and Fetta Flatbread

Flatbread topped with a mixture of lamb, fetta, red onion and mint, then baked until crisp and served with dollops of tzatziki, makes an easy delicious meal.

Makes 4 large pizzas or flatbreads

Preparation time: 10 minutes

Cooking time: 15 minutes

4 large pita breads or pizza bases

500g lean lamb, finely minced

200g Lemnos Smooth Fetta, broken into small pieces

2 medium ripe tomatoes, finely diced

1tsp ground cinnamon

Sea salt and freshly ground black pepper

Extra virgin olive oil for drizzling.

To serve:

½ cup fresh mint leaves, torn

A tub tzatziki

1. Preheat the oven to 200°C.
2. In a large bowl mix the lamb mince, tomato, cinnamon, salt and pepper. Place the pita breads 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 with fine red onion slices and finish with scattered pieces of fetta.
4. Bake in the oven for about 12-15 minutes until

the pita breads or pizza bases are crisp, the lamb is cooked through and the fetta starts to turn golden.

5. Serve immediately, scattered with mint leaves, and dolloped with tzatziki.

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.



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