

Eolo's Chef Melissa's Recipes

Tomato, Black Olive, Caper & Herb Salad

Serves 4

This salad can be eaten alone, but I suggest using it as a topping for a breaded and pan-fried piece of meat or seafood. It's particularly delicious as an accompaniment to chicken or swordfish. I'm serving it now at Eolo with the swordfish.

Ingredients:

1 Large Slicing Tomato, Chopped in 1/2 Cubes
1 pint Sun Gold Cherry Tomatoes, sliced in half
1 Tablespoon Capers, soaked and drained to remove their liquid
Pitted Black Moroccan Olives, Sliced
1/4 Cup Wala Wala Onions (can be replaced with scallions), finely diced
1/2 Cup Celery Leaves
2 Cups of Mixed Herbs (Parsley, Chives, Mint, Oregano, Thyme, Basil and/or Dill), Hand Torn
2 Cups Wild Arugula
Pine-nuts, Toasted and Chopped
Sea Salt to Taste
Juice of 1 Lemon
1/4 Cup Extra Virgin Olive Oil

Steps:

1. Mix the chopped tomatoes, cherry tomatoes, capers and olives in a bowl with a pinch of sea salt. Let sit in the refrigerator while preparing the rest of the dish.
2. In another bowl, mix the celery leaves, herbs, arugula and pine-nuts. Toss with the lemon juice.
3. Mix the tomato mixture with the herb mixture. Taste for salt. Add extra sea salt if needed.
4. Then, add the extra virgin olive oil. Toss well.
5. Serve immediately.

Sicilian Eggplant Caponata

Ingredients:

Olive Oil
2 Small Eggplants, diced into 1 inch cubes
1 Summer Squash, diced into 1 inch cubes
2 Peppers, cut into 1 inch pieces
1 Large Onion, cut into 1 inch pieces
3 Celery Pieces, cut on a bias into 1 inch pieces
1/4 Cup White Wine Vinegar
3 Tablespoons Sugar
1/4 Cup Pine-nuts, Toasted
1/2 Cup Golden Raisins
1 1/2 Cups Tomato Sauce
Salt to Taste

Steps:

1. Heat the frying oil in a sauté pan and sauté the eggplants until they are golden brown. Let the eggplants drain on paper towels.
2. Then, sauté the squash, peppers & onion, separately. It is best to cook all the vegetables separately because they have different cooking times.
3. Meanwhile in a sauce pan, bring the celery, vinegar and sugar to a bowl. Remove the mixture from the heat when the celery pieces are still crunchy.
4. In a large sauté pan, place the cooked eggplants, squash, peppers, onion and the celery. Also, add the pine nuts, raisins and tomato sauce. Turn on the heat and let the mixture cook together for about 5 minutes over a medium flame. When well heated, add the tomato sauce and cook for another 5 minutes.
5. Then, slowly add the vinegar/sugar mixture. Do not add the liquid all at once, but rather taste for the desired flavor. The caponata should be delicately sweet and sour, but you should still taste the flavor of the vegetables, raisins and pine-nuts.

Country Cabbage Soup

Serves 4-6

Ingredients:

1/4 Cup Extra Virgin Olive Oil
1 Large Onion, finely diced
2 Carrots, finely diced
2 Pieces of Celery, finely diced
1/2 Cup Pancetta, cut into 1/4 inch cubes
1 1/2 Cups of Cannellini Beans (White Beans), soaked overnight
Vegetable Stock (optional)
2 Cups of Potatoes, diced into 1/2 inch cubes
3 Cups Cabbage (preferably a mixture of green and red cabbages), thinly sliced
1/2 Cup Basil & Parsley, roughly chopped

Steps:

1. In a large stock pot, sauté the onion, carrots and celery over a low flame until the onions become translucent.
2. Add the pancetta and cook until the fat is rendered from the pancetta.
3. Add the white beans, along with the water that they were soaking in. (Make sure not to salt the soup at this point as the beans will not cook properly.)
4. Let cook for about 1/2 hour. Add more hot water or stock, if necessary. Then, add the potatoes and cook until a paring knife goes through the potatoes, about 15 minutes.
5. Add the cabbage and cook until the cabbage is soft, about 20 minutes.
6. Add the chopped herbs. Salt to Taste.

Moroccan-style Carrot Salad

Serves 4 as a Side Salad

Along with cole slaw and potato salad, this carrot salad is a great accompaniment to barbecued meats.

Ingredients:

6-8 Carrots, grated
1 teaspoon of Ground Cinnamon
1 teaspoon of Ground Cumin
4-5 Tablespoons of Parsley, finely chopped
1 Clove of Garlic, made into a paste
Juice of 2 Lemons
Juice of 1 Orange
Sea Salt to Taste
1/4 Cup Extra Virgin Olive Oil

Steps:

1. Toss all ingredients in a mixing bowl, with the exception of the olive oil.
2. When the salt and spices are dissolved, add the olive oil.
3. Let rest in the refrigerator for at least 2 hours so that the flavors of all the ingredients have time to merge.