

# *Recipes for Flavored Oils and Vinegars*





# *Recipes for Flavored Oils and Vinegars*



*written and illustrated by Thea Nikolakopulos  
tested by family, friends and willing strangers  
printed and published by Delicioso press*

*©2012 DeliciosoOnline*

# Table of Contents

Vinegar Introduction	page 3
Appetizers	page 6
Soups	page 9
Salads	page 11
Entrees	page 14
Desserts	page 17

Oil Introduction	page 20
Appetizers	page 22
Soups	page 24
Salads	page 26
Entrees	page 28
Desserts	page 32



## INFUSED VINEGARS

Vinegar, French for "sour wine" has become a magical elixir for elevating many dishes from ordinary to sublime.

Flowers, fresh herbs, spices, fruits and vegetables can all be used to flavor vinegars. There are no limits to the combinations or their uses.

They complement salads and vegetables, add depth to sauces and marinades, substitute for fats in stir fry and sautés and add an unexpected punch to desserts. Add a little to your homemade soups and stews during the last 15 minutes of cooking for a little oomph! Enhance your recipes by replacing the vinegar called for with a flavored vinegar. Each recipe, in this booklet, will come with several flavor suggestions, but feel free to experiment!

Infusions lend a lovely color to the vinegar and your favorite bottles will add a gourmet flair to your kitchen; but be sure to keep them out of direct sunlight!



## VINEGAR INFUSIONS

FRUITS	HERBS/SPICES	FLOWERS
Apple	Anise/Cherries	Calendula
Apricot	Basil/Black Pepper	Lavender
Black Cherry	Basil/Cinnamon	Nasturtium
Black Currant	Blackberry/Ginger	Rose/Mint
Blueberry	Cilantro/Garlic	Wild Poppy
Cranberry/Pear	Cinnamon/Pear	ARTISANAL
Coconut/Pineapple	Dill	Barolo
Fig	Honey/Ginger	Cabernet Sauvignon
Mango/Passionfruit	Jalapeno	Champagne
Peach	Lemongrass/Mint	Dark Chocolate
Pineapple	Oregano	Espresso
Pomegranate	Parsley/Shallots	Ice Wine
Raspberry	Rosemary/Garlic	Italian Tomato
Ruby Grapefruit	Sage/Thyme/Bay	Maple
Strawberry	Serrano/Honey	Pecan
Sicilian Lemon	Tahitian Vanilla	Sherry
Tangerine	Tarragon/Fennel	Sugar Cane

# Recipes



# FLAVORED VINEGARS

## APPETIZERS

### \*GRILLED POTATO WEDGES

Serves 4

2 c wine vinegar (Basil/Black Pepper, Dill or Cilantro/Garlic)

1 lb fingerling potatoes, cut into 1/2" thick wedges

2 tbsp olive oil (Butter, Basil, Parsley, Tuscan Herb)

1 tsp flaky sea salt, plus more for seasoning

1/4 tsp freshly ground pepper

minced, fresh parsley or chives

Pour the vinegar into a medium saucepan, then arrange the potatoes so the vinegar covers them completely. Bring to a boil, then reduce the heat and simmer for about 5 minutes, or until the potatoes are just fork tender. Cool potatoes in the vinegar for 30 minutes. Drain well, then toss very gently with the olive oil, salt and pepper.

Heat the grill to medium high. Grill potatoes, covered if possible, until golden on one side, then flip and grill the other side. Grill about 3 - 5 minutes per side. Sprinkle with sea salt and minced parsley or chives



## *\*MARINATED MUSHROOMS*

*Serves 8*

*1 lb mushrooms, cleaned and sliced 1/4" thick*

*1 sweet onion, thinly sliced*

*2 cloves garlic, minced*

*1 tsp dry mustard*

*1 tsp sea salt*

*1 tbsp granulated sugar, if desired*

*1/4 c water*

*1/2 c vinegar (Cilantro/Garlic, Rosemary/Garlic, Sicilian/  
Lemon, Tarragon/Fennel, Italian Tomato, Dill or Sugar Cane)*

*1/3 c parsley oil*

*1 tbsp finely chopped parsley*

*Put sliced mushrooms into a large glass jar or bowl. Mix rest of ingredients, choosing vinegar variety for taste desired. Pour over mushrooms. Refrigerate overnight and drain before serving. Try making 4-5 different "flavors" of mushrooms, instead of marinating them all the same.*



## *\*SPICY CHICKEN WINGS*

*Serves 4-6*

*2 1/2 lbs chicken wings*

*1/2 c ketchup*

*1/2 c vinegar (Maple, Serrano/Honey, Black Currant or Apple)*

*1/2 c honey*

*1/2 c packed light brown sugar*

*1/2 tsp ground cumin*

*1/2 tsp ground coriander*

*1/2 tsp onion powder*

*1/2 tsp freshly ground black pepper*

*1 tsp hot red pepper sauce*

*1 tsp mesquite-flavored liquid smoke*



*Wash chicken wings and pat dry.*

*Grill wings over medium-high heat, turning often, until skin begins to get crispy- about 15 minutes.*

*In medium bowl, mix ketchup, vinegar, honey, brown sugar, cumin, coriander, onion powder, black pepper, red pepper sauce and liquid smoke together and baste wings, turning often. (Basting earlier will cause wings to burn because of the high sugar content in the sauce).*

*Continue grilling, basting often, until wings are cooked through and slightly charred but not burned, about another 10 minutes.*

## SOUPS

### \*ROSE HIP SOUP

Serves 6

1 qt rose hip juice or puree (fresh or canned)

2 to 4 tbsp honey

1 to 3 tbsp vinegar, optional (Sugar Cane, Strawberry, Rose/  
Mint, Blueberry, Cinnamon/Pear or Wild Poppy)

1 tbsp potato starch, cornstarch or tapioca granules

6 tbsp sour cream or yogurt

Heat the rose hips juice or puree, honey and vinegar.

Adjust amounts of honey and vinegar to give a lively sweet/  
tart flavor.

Mix the starch or tapioca in enough cold water to moisten  
it and stir it in. Cook till the soup thickens slightly and  
clears. Float a spoon of sour cream or yogurt in each  
bowl of soup when it is served.



## *\*POTATO LEEK SOUP*

*Serves 6*

*4 large leeks (white bulbs only)*

*2 tbs vinegar (Dill, Sage/Thyme/Bay, Barolo or Calendula)*

*1/4 c unsalted butter*

*1 onion, thinly sliced*

*2 lb Yukon Gold potatoes, peeled and thinly sliced*

*4 c defatted chicken broth*

*2 tsp Sicilian lemon vinegar*

*1 1/2 c milk*

*2 1/4 c heavy cream*

*sea salt and freshly ground black pepper, to taste*

*caviar, fresh chives, snipped and sour cream, for garnish*



*Trim leeks and cut a 1-1/2-inch deep "X" through the top and bottom ends of each bulb. Place leeks in a bowl, add vinegar and cover with cold water. Soak for 20 minutes. Drain and rinse well under cold water. Thinly slice the leeks. Melt the butter in a heavy pot over medium-low heat. Add the leeks and onion. Cook, stirring occasionally, about 15 min. Add potatoes, chicken broth and lemon vinegar and bring to a boil. Reduce heat and simmer, partially covered, for 40 minutes. Cool to room temperature. Puree in batches, pulsing on and off so some texture remains. Return soup to the pot and add milk and 1 1/2 c of cream. Season well with salt and pepper and heat over medium heat to a simmer. Do not boil. Cool to room temperature. Refrigerate, covered, overnight. Stir in the remaining 3/4 cup cream. Serve chilled or hot, garnished with caviar, chives and a dollop of sour cream.*

## SALADS

### \* ZUCCHINI APPLE SLAW

Serves 6

1/3 c mayonnaise

3 tbsp (Pineapple, Honey/Ginger, Pomegranate or Wild Poppy)

1 tbsp sugar

1 tsp caraway seeds

4 c coarsely shredded zucchini

1/4 c thinly sliced green onions

3 c tart, chopped apples

Combine: mayonnaise, vinegar, sugar and caraway seeds. Mix until well blended.

In a large bowl, combine zucchini and onions. Add apples to zucchini mixture, pour dressing over salad and mix lightly until well coated. Season with salt and pepper to taste. Cover and refrigerate for at least 2 hours and up to 4 hours.



## *\*STRAWBERRY CHICKEN SALAD*

*Serves 4*

*4 grilled or broiled chicken breasts*

*Fruit Vinegar Dressing (recipe below)*

*Butter lettuce leaves, washed and crisped*

*2 c strawberries, halved*

*2 kiwi fruit, peeled and sliced*

*Prepare chicken breasts and dressing and set aside.*

*Line individual plates with lettuce leaves. Place a sliced chicken breast on top of each plate of greens. Arrange strawberries and kiwi slices beside chicken. Drizzle with some of the dressing. Pass remaining dressing at the table.*

### *Fruit Vinegar Dressing*

*1/2 c fruit infused olive oil*

*1/4 c fruit infused vinegar*

*2 tbsp sugar*

*1/2 tsp each salt, paprika, dry mustard*

*1 finely chopped green onion*

*Mix until well blended.*



## ENTREES

### \*FRUITED PORK CHOPS

Serves 4

4 lean pork chops

2 tbsp flour, if desired

1 1/2 tbsp butter

5 tbsp of vinegar (Fig, Raspberry, Cranberry/Pear or Maple)

3/4 c chicken broth

1/2 c heavy cream (may substitute whole or 2% milk)

Coat chops with flour, if desired. In skillet, brown chops in butter, turning once. Remove chops and add vinegar and broth to pan. Simmer until cooked, about 10 minutes on each side. Remove pork to a serving platter.

Raise heat and boil pan juices until thickened slightly, about 5 minutes. Add cream, stirring until thick. Pour over pork chops and serve at once.



## *\*SESAME CRUSTED HALIBUT*

*Serves 4*

*2 tbsp vinegar (Peach, Sicilian Lemon, Coconut/Pineapple,*

*Cilantro/Garlic, Apricot, Tangerine or Champagne)*

*1/2 c pineapple, finely chopped*

*1/2 c peeled mango, finely chopped*

*1/4 c red bell pepper, finely chopped*

*2 tbsp fresh cilantro, chopped*

*1 tbsp fresh orange juice*

*1/2 tsp grated orange rind*

*1/2 tsp crushed red pepper*

*cooking spray*

*1/2 tsp salt*

*1/2 tsp freshly ground pepper*

*4 (4-oz) halibut steaks (about 1 inch thick)*

*4 tsp black sesame seeds*



*To prepare relish, combine first 8 ingredients in a bowl; set aside.*

*Heat a grill pan over medium-high heat. Coat pan with cooking spray. Sprinkle salt and pepper evenly over steaks. Coat both sides of each steak with 1/2 teaspoon sesame seeds, pressing gently to adhere. Add steaks to pan; cook 3 minutes on each side or until desired degree of doneness. Serve with relish.*

## \*HERBED LAMB CHOPS

Serves 4

cooking spray

8 (3-oz) lamb rib chops, trimmed

1/2 tsp black pepper

1/4 tsp each sea salt, fresh, chopped thyme

3/4 c vinegar (Pomegranate, Fig, Wild Poppy, Lemongrass/  
Mint, Parsley/Shallots, Black Cherry or Sherry)

1 tsp dijon mustard

1/2 tsp honey

2 tbsp minced shallots

1 tsp bottled minced garlic

1 tsp each cornstarch and water

1 tbsp fresh chives, chopped

1/8 tsp each sea salt and black pepper



Preheat broiler. Coat a foil-lined baking sheet with cooking spray. Place lamb on prepared pan. Sprinkle lamb evenly with 1/2 tsp pepper, 1/4 tsp salt and thyme. Broil 5 minutes on each side.

Combine vinegar, mustard and honey in a small bowl. Heat a small saucepan over medium-high heat. Coat pan with cooking spray. Add shallots and garlic; saute 1 minute. Stir in vinegar mixture; bring to a boil. Reduce heat and cook until reduced to 1/2 cup (about 5 minutes). Stir in chives, 1/8 tsp salt, and 1/8 tsp pepper. Serve with lamb.

## *\*GLAZED BLUE CHEESE STEAK*

*Serves 4*

*4 beef top loin, strip, or tenderloin steaks, cut 1-inch thick*

*2 tsp cracked black pepper*

*sea salt to taste*

*1 c crumbled blue cheese (4 oz.)*

*1 c vinegar (Chocolate, Cabernet Sauvignon or Espresso)*

*1/4 c brown sugar*

*Sprinkle meat with cracked black pepper. Season to taste with salt. Grill steaks to desired doneness. Allow 10 to 12 minutes for medium rare or 12 to 15 minutes for medium. During the last 3 minutes of grilling, sprinkle blue cheese over the steaks.*

*Make the reduction while steaks are grilling. Mix 1 c of your vinegar of choice with the brown sugar and cook over medium heat until vinegar reduces to 1/4 c. Drizzle over the steaks and serve.*



## DESSERTS

### \*PEACH MASCARPONE CHEESECAKE

Makes 1

7 whole graham crackers, broken

1/3 c sugar

5 tbsp unsalted butter, diced

24 oz mascarpone cheese

1 c sugar

3 tbsp flour

3 eggs

1/2 tsp vanilla extract

2 peaches, peeled and diced

1/2 c vinegar (Peach, Cinnamon/Pear, Fig or Raspberry)

Preheat oven to 350°F. Blend graham crackers, sugar and butter in a blender until moist clumps form. Press into the bottom of a 9" spring-form mold. With an electric mixer, beat mascarpone, sugar and flour together. Mix in 1 egg at a time, then mix in vanilla. Puree diced peaches, mix into batter and pour into pan. Bake 65 minutes-until knife comes out clean-and put directly into refrigerator. Cool overnight.

Boil vinegar 4 minutes, cool. Unmold cheese cake. Top with sliced peaches and drizzle with vinegar. Serve.



## \*CHOCOLATE PANNA COTTA with CHERRIES

Serves 6

canola oil

1 c milk

2 1/4 tsp unflavored gelatin

2 c whipping cream

1/2 c sugar

5 oz chopped, semi-sweet chocolate

1/2 tsp vanilla extract

1 lb cherries, pitted

2/3 c ruby port

1/2 c sugar

2 tbsp vinegar (Tahitian Vanilla, Dark Chocolate, Champagne,  
Black Cherry, Lavender, Rose/Mint or Raspberry)



Brush six 3/4-cup custard cups with canola oil. Pour milk into medium bowl. Sprinkle gelatin over; let stand until gelatin softens, about 5 minutes. Stir cream and sugar together in a saucepan over medium-high heat until sugar dissolves. Bring to boil; remove from heat. Add chocolate; whisk until melted. Whisk warm chocolate mixture into gelatin mixture; stir to dissolve. Stir in vanilla. In 2 batches, transfer mixture to blender and pulse 3x-do not over-mix! Divide mixture among custard cups. Cover and chill 24 hours. Mix rest together, heat until sugar dissolves, bring to a boil, reduce heat, cook 15 min.; cool.

Set custard cups in a large baking pan. Fill with hot water halfway up sides of cups. Let set 1 1/2 minutes. Unmold panna cotta onto dessert plates, spoon on cherries, serve.

## *\*STRAWBERRY SUNDAE SUPREME*

*Serves 4*

*1 pint strawberries, hulled, washed and quartered*

*1/2 c sugar*

*1/2 c vinegar (Cinnamon/Pear, Tahitian Vanilla or Dk Chocolate)*

*1/2 tsp finely ground pink peppercorns*

*1 pint vanilla Ice Cream*

*Toss first four ingredients and refrigerate twenty minutes.*

*Serve over four scoops of ice cream.*

## *\*SAVORY BRIE with RAISIN COMPOTE*

*Serves 8*

*6 c of apple, chopped and peeled*

*2 c golden raisins*

*1/3 c vinegar (Champagne, Fig, Lavender, Honey/Ginger or Pecan)*

*1/4 c each granulated sugar and brown sugar*

*1/2 tsp each cinnamon, cardamom, salt, ginger, nutmeg*

*8 oz. brie cheese, thinly sliced*

*1 pound cake loaf, cut into 16 slices*

*chopped pecans*



*Preheat oven to 400°F. Combine everything but the brie and cake in a large saucepan; bring to a boil. Cover, reduce heat and simmer 30 minutes, stirring occasionally. Uncover and cook for 5 minutes or until slightly thick, stirring occasionally. Cool. Arrange cake slices on a large baking sheet. Spoon compote onto each slice and cover with brie. Bake for 5 minutes or until cheese melts.*

*Garnish with pecans.*

## INFUSED OILS

Oils come from many sources-olives, almonds, sesame, walnuts, avocado, etc---each with a unique flavor, depending on where it was grown and how it was processed.

Flavorful variations can be made by infusing these pure oils with herb, spices, flowers, fruits and vegetables. The options become endless and your recipes become more memorable when you start experimenting with combinations.

Your favorite recipes will take on a new persona simply by changing the flavor of oil you use. Reduce calories by drizzling a little flavored oil over freshly steamed vegetables instead of piling on the butter.

An infused oil, enhanced with a special vinegar and some fresh herbs will bring out the flavor of your salads, while searing, marinating or basting meats, poultry or seafood with a flavored oil will make your dishes new and exciting.

Add a drizzle of fruit, flower, cinnamon or vanilla flavored oil to cream, while whipping it and create a subtle, elegant flavor for your topping. Have fun building up a selection of oils and experimenting with them. Fruit blends work great with pork, chicken and lamb. Grassy herbs can bring a fresh twist to desserts, while spicy blends create an attitude in pasta, rice and bean dishes.



## OIL INFUSIONS

HERBS	BLENDS	FRUITS
Basil	Basil/Pink Pepper	Blood Orange
Cardamon	Cardamom/Cumin	Citrus Blend
Chervil	Cilantro/Onion	Meyer Lemon
Chile Pepper	Fennel/Tarragon	Persian Lime
Cilantro	Herbes de Provence	Tangerine
Clove	Lemon/Dill	ARTISANAL
Garlic	Lemon/Garlic	Butter
Ginger	Lemongrass/Mint	Cajun
Mint	Lime/Jalapeno	Cinnamon
Oregano	Mint/Parsley	Curry
Parsley	Nutmeg/Clove	Lavender
Rosemary	Orange/Rosemary	Harissa
Sage	Red Chile/Orange	Milanese Gremolata
Star Anise	Saffron/Rosemary	Porcini Mushroom
Tarragon	Soy Sauce/Ginger	Truffle
Thyme	Tuscan Herb	Vanilla
Tomato	Wild Mushroom/Sage	Walnut

# FLAVORED OILS

## APPETIZERS

### \*CITRUS GRILLED SHRIMP KEBABS

Serves 6

1 lb shrimp, peeled and deveined

2 different (1/4 c) oils (Meyer Lemon, Blood Orange, Basil,

Cilantro, Garlic, Curry, Persian Lime, Ginger or Harissa)

2 tbsp red onion, minced

2 tbsp cilantro, chopped

1 tsp orange or lemon zest

bamboo skewers, soaked in water at least 1-2 hours

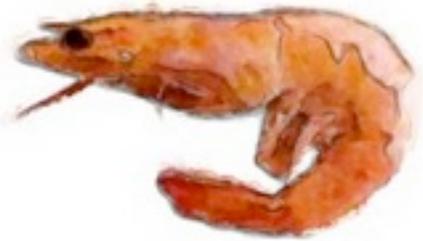
red bell peppers, cut in chunks

green bell peppers, cut in chunks

pineapple cubes

cherry tomatoes

red onion, cut in bite sizes pieces



Whisk together your chosen two oils, minced red onion, cilantro and citrus zest. Reserve 2 tablespoons of marinade.

Thread peppers, onions, tomatoes and pineapple onto skewers with the shrimp. Pour marinade over skewers and refrigerate for 1-4 hours. Discard marinade.

Grill or broil until shrimp is opaque and no longer pink in the center-about 7-9 minutes depending on the size of the shrimp. Put on a platter and drizzle with reserve marinade.

## *\*FRESH HUMMUS*

*3 (15.5 oz) cans garbanzo beans, drained*

*1/3 c oil (Chile Pepper, Garlic, Cardamom or Blood Orange)*

*1/3 c lemon juice*

*1/4 c oil (Curry, Harissa, Milanese Gremolata or Walnut)*

*2 whole garlic cloves*

*1 tbsp ground cumin*

*1 tsp sea salt*

*pita bread, raw vegetables or chips*

*Pulse all ingredients in food processor until smooth. Serve with dippers.*



## SOUPS

### \*WHITE BEAN SOUP

Serves 4

- 1 tbsp oil (Rosemary, Wild Mushroom/Sage, Parsley,  
Saffron/Rosemary, Lemon/Garlic or Tuscan Herb)
- 1 c chopped onion
- 1 tbsp bottled minced roasted garlic
- 1/4 tsp freshly ground black pepper
- 1 1/2 tsp chopped fresh rosemary
- 2 c organic vegetable broth
- 2 (19-ounce) cans cannellini beans, drained and rinsed
- 2 tbsp fresh lemon juice
- 1 teaspoon truffle oil



Heat olive oil in a large saucepan over medium-high heat. Add onion; sauté 2 minutes. Stir in garlic and pepper; sauté 2 minutes or until onion is tender. Add rosemary; sauté 30 seconds. Stir in broth and beans. Bring to a boil; cover, reduce heat and simmer 15 minutes. Remove from heat; stir in lemon juice. Let stand 5 minutes.

Pour half of mixture into a blender; process until smooth. Pour pureed bean mixture into a large bowl. Repeat procedure with remaining bean mixture. Spoon 1 cup soup into each of 4 bowls, and drizzle each serving with 1/4 teaspoon truffle oil.

## *\*CHILE FISH SOUP*

*Serves 6*

*1 1/2 lbs fish fillets, such as tilapia, striped bass, snapper*

*4 c water*

*2 dried red chiles*

*2 fresh serrano chiles*

*1 tbsp ginger, cut into small matchsticks sized pieces*

*1 garlic clove, smashed*

*2 small scallions, sliced lengthwise into ribbons, then  
crosswise into 2-inch lengths*

*1 c coriander leaves and stems, coarsely chopped*

*1 medium tomato, finely chopped*

*2 tbsp oil or to taste (Cilantro, Ginger, Cardamom/Cumin,  
Lemongrass/Mint, Red Chile/Orange, Harissa or Curry)*

*1/2 to 2 tsp salt, or to taste*

*freshly ground pepper*

*Cut the fish into 1- to 2-inch pieces. Place in a small pot, add the water, whole chiles, ginger, garlic, scallions and coriander and bring to a boil, then immediately lower the heat and simmer for 5 minutes. Add the tomato, the oil, including the garlic slices and 1 1/2 teaspoons salt to the hot broth and simmer for another 5 minutes or so. Taste for salt and adjust if necessary, then add fresh pepper to taste. Serve hot or warm.*



## SALADS

### \*WARM ITALIAN POTATO SALAD

Serves 6-8

4 potatoes, washed but not peeled

2 medium, firm, ripe tomatoes, cubed

1 large cucumber, peeled, cut into 1/4 inch chunks

1 large red onion, peeled and coarsely chopped

2 hard boiled eggs, peeled and quartered

3 tbsp fresh oregano leaves

1/2 c oil (Oregano, Tuscan Herb, Parsley, Rosemary or Garlic)

3-4 tbsp Cabernet Sauvignon vinegar

sea salt and pepper to taste

Bring potatoes to a boil in a large pot of lightly salted water. Reduce heat and simmer until the skins burst, about 30-35 minutes. Remove, drain and cool slightly.

Peel warm potatoes and cut into quarters. Place in a serving bowl, toss with remaining vegetables, herbs, and salt. Place eggs decoratively on top. Pour in the oil and vinegar and serve immediately.



## \*RED RICE SALAD

Serves 6

1 tbsp oil (Parsley, Tangerine, Truffle, Lemon/Dill, Orange/Rosemary, Walnut, Lemongrass/Mint or Soy Sauce/Ginger)

1 medium onion, finely chopped

1 1/3 c red rice, rinsed

sea salt and freshly-ground pepper

1/2 c dried apricots, cut in half

2 tbsp chopped fresh tarragon, plus more for garnish

grated zest of 1 small orange

1/4 c pine nuts or chopped pecans, toasted

In a large pot, heat oil over medium heat. Add onion and cook 5 minutes, until translucent. Stir in rice, 1 teaspoon salt and 2 cups water; heat to boiling. Cover and simmer 40 minutes. Add apricots, fluffing with fork; cover and let stand 5 minutes.

Add tarragon, orange zest and salt & pepper, to taste, tossing with fork. Sprinkle with pine nuts and more tarragon. Chill and serve.



## ENTREES

### \*ORANGE GLAZED HALIBUT

Serves 4

1 1/2 c fresh orange juice

1 bay leaf

8 whole peppercorns

1/2 c oil (Basil, Ginger, Basil/Pink Pepper, Citrus Blend,  
Red Chile/Orange, Parsley or Tuscan Herb)

4 pieces halibut

sea salt and pepper to taste

Preheat grill to medium-high heat.

Strain orange juice into a saucepan. Add bay leaf and peppercorns and bring to a boil. Reduce by half. Let cool and remove bay leaf and peppercorns. Slowly whisk in oil.

Marinate the fish with half the marinade and let sit for 1 hour. Remove fish and discard juice. Salt and pepper the fish.

Grill fish about 10 minutes per inch of thickness. When half cooked, turn and brush with some of the remaining marinade and continue brushing until fish is done.

Serve immediately with reserved marinade.



## *\*CHICKEN BREASTS with FETA*

*Serves 8*

*4 boneless chicken breasts, skin removed  
3/4+ c oil (Tuscan Herb, Red Chile/Orange, Saffron/  
Rosemary, Lemon/Garlic, Cajun or Porcini Mushroom)  
2 celery stalks, trimmed and chopped  
4 onions, peeled and coarsely chopped  
2 red bell pepper, cut into rings or slices  
2 green bell pepper, cut into rings or slices  
8 garlic cloves, minced  
4 tsp dried oregano  
sea salt and pepper to taste  
1 lb feta, cut into 1/2-inch cubes*

### *Preparation*

*Cut the breasts into large cubes and toss with 1 tablespoon olive oil, salt and pepper. Heat a nonstick skillet and brown the chicken lightly. Remove and set aside. Heat 2 tbsp oil and sauté the onions, celery, peppers and garlic until softened but not mushy. Remove.*

*Preheat the oven to 350°F. Divide the chicken into 8 portions. Place the chicken on a piece of parchment or wax paper, sprinkle with oregano and top with the vegetables. Place an equal amount of cheese in each parcel. Fold up the edges like a parcel to close the packets.*

*Place on an oiled baking pan, sprinkle with a little water and bake for about 30 minutes, until the chicken is tender. Remove, drizzle with a few drops of oil and serve.*



## *\*LAMB CHOPS with TOMATO HERB SAUCE*

*Serves 4*

*1/2 c oil (Wild Mushroom/Sage, Lemon/Garlic, Curry,*

*Harissa, Porcini Mushroom, Chervil or Rosemary)*

*4 lamb chops*

*6 tomatoes, peeled and sliced*

*1/3 c green olives*

*parsley*

*1 onion*

*1 green bell pepper, seeded and diced*

*1 yellow bell pepper, seeded and diced*

*sea salt and fresh black pepper*

*Heat oil in a saucepan and cook the chopped onion, parsley, peppers, tomatoes, olives, salt and pepper. In another pan, sear the lamb chops in a little hot oil, then transfer the chops to the pan with the vegetables.*

*Adjust salt and pepper, cook for 5 minutes more.*



## *\*MEDITERRANEAN STYLE SPAGHETTI*

*Serves 6*

*1 lb spaghetti*

*1 medium sweet onion, diced*

*1/2 c of oil (Blood Orange, Meyer Lemon, Persian Lime,  
Basil/Pink Pepper, Tarragon/Fennel or Milanese Gremolata)*

*1 tbsp oregano*

*1/2 c goat cheese*

*sea salt and freshly ground black pepper*

*chopped, fresh parsley*

*Bring a large pasta pot of water to a boil over high heat and add 2 tablespoons of salt. Add the pasta and stir well. Cook the pasta al dente, about 8-10 minutes. Reserve 1 cup of the pasta water to moisten the pasta at the end, if necessary.*

*Heat the oil in a 10-inch sauté pan over medium heat. Add the onions and cook until translucent, taking care not to let them brown. Remove the pan from heat and add the oregano. Drain the pasta and add to the sauté pan. Toss, season with salt and pepper and top it off with goat and parsley. If the pasta seems too dry, add some of the reserved pasta water. Serve immediately.*



## DESSERTS

### \*LEMON ROSEMARY CAKE

1/2 c oil (Meyer Lemon, Orange/Rosemary, Butter or Citrus)

2 tbsp flour + 13.5 oz. additional (about 3 cups)

1 1/2 tbsp finely chopped fresh rosemary

2 tsp baking powder

1/2 tsp baking soda

1/2 tsp salt

1 1/2 c granulated sugar

1/2 c oil-use same choice as above

1/2 c fat-free milk

2 tsp grated lemon rind

1/4 c fresh lemon juice + 1/4 tsp lemon extract

1/2 tsp vanilla extract

3 large eggs

1 c powdered sugar + 1 tbsp fresh lemon juice

fresh rosemary sprig



Preheat oven to 350 °F. Coat a 10-inch tube pan with cooking spray. Dust with 2 tbsp flour. Lightly spoon 13.5 ounces flour into dry measuring cup. Level with a knife. Combine flour and next 4 ingredients (through salt) in a large bowl. Place granulated sugar and next 7 ingredients (through eggs) in a medium bowl; beat with a mixer at low speed until smooth. Add to flour mixture, beat until blended. Pour batter into prepared pan. Bake at 350 °F for 45 minutes. Remove from pan and cool for 15 minutes on wire rack. Combine powdered sugar and 1 tbsp lemon juice, stirring until smooth. Drizzle sugar mixture over cake. Garnish with rosemary sprig.

## *\*CHIFFON CAKE with FRESH FRUIT*

*canola oil cooking spray*

*2/3 c oil (Ginger, Lavender, Butter, Tangerine or Citrus)*

*8 eggs, divided*

*1 c water*

*1 tbsp vanilla extract*

*14 oz cake flour*

*7 oz sugar + 7 oz sugar*

*4 tsp baking powder*

*1 tsp salt*

*2 c fresh fruit, sweetened with sugar*



*Lightly spray a cake pan with cooking spray. Line with parchment and flour the sides of pan. In a bowl, whip oil and egg yolks until combined. Add water and vanilla extract. In mixer bowl, sift together the flour, sugar, baking powder and salt. Place bowl on electric mixer. Add egg yolk mixture and beat gently just to combine. Scrape down bowl. Beat at high speed for 20 seconds to fully aerate. Remove from mixer machine and scrape down bowl. Set aside.*

*In another mixer bowl, whip the egg whites to a foam. Slowly sift in second measure of sugar and whip to firm peaks. Gently fold meringue into reserved batter. Transfer to cake pan. Bake at 325 °F for about 30 minutes. Cool in pan for 10 minutes. Remove from pan and cool thoroughly. Garnish with fruit and serve.*

## \*CHOCOLATE MOUSSE

Serves 6

3/4 c oil (Cinnamon, Vanilla, Walnut, Star Anise, Blood Orange, Mint, Cardamom or Meyer Lemon)

9.50 ounces couverture chocolate

7 eggs, separated

1 c sugar

2 tbsp. brandy

zest of 1 orange or lemon

whipped cream, orange or lemon peel curl, for garnish

Melt the chocolate in a double broiler, remove from heat and add olive oil in a slow steady stream, stirring constantly with a wire whisk. Add brandy. Beat egg yolks with half sugar until light and airy.

Add to chocolate mixture with a plastic spoon. Beat egg whites with remaining sugar in mixer at low speed until stiff peaks form. Fold into chocolate mixture along with the orange or lemon zest. Divide mousse evenly among 6 bowls and put in refrigerator to chill. Garnish and serve.





# DeliciosoOnline

*Travel the world one meal at a time*

*Come with me on a food journey to some of my favorite places. My little books will introduce you to my interpretation of various cuisines, area specialties, along with some twists on old favorites!*



*Thea*

*I love to travel and I love to eat-not necessarily in that order! From coast to coast, I have been exploring Mexico my whole life. My paternal grandmother was from Sinaloa, Mexico.*

*She passed away before I was born but some of my earliest memories are of her sisters and their handmade tortillas and strings of dried chiles, hanging from the back porch rafters in their home in Tucson, Arizona.*

*My mother was a wonderful cook-fresh, local ingredients and made from scratch dishes. My father had his influence on me too. His stories of shrimping with his uncles in Puerto Penasco and his yearly trips to Mazatlan and Cabo San Lucas, fishing for albacore, spurred me on to make my own culinary discoveries.*

*I have been very lucky to have had the opportunity to live in a variety of places. I was born in California but have lived in Hawaii, Colorado, Kansas, Maryland and Africa. A passion for adventure and a constant curiosity for new experiences has led me on extensive travel excursions through the Caribbean, Europe, Central America and Asia....I have eaten just about everything each place has to offer.*

*Thank you for sharing my love of food-I hope you'll try some of my other books, available at [www.DeliciosoOnline.com](http://www.DeliciosoOnline.com) and enjoy a new journey to another dining adventure! Come on, it's time to eat!*



# CONVERSION CHARTS

## LIQUID MEASURES

1 gal = 4 qt = 8 pt = 16 cups = 128 fl oz  
 1/2 gal = 2 qt = 4 pt = 8 cups = 64 fl oz  
 1/4 gal = 1 qt = 2 pt = 4 cups = 32 fl oz  
 1/2 qt = 1 pt = 2 cups = 16 fl oz  
 1/4 qt = 1/2 pt = 1 cup = 8 fl oz

## DRY MEASURES

1 cup = 16 tbsp = 48 tsp = 250ml  
 3/4 cup = 12 tbsp = 36 tsp = 175ml  
 2/3 cup = 10 2/3 tbsp = 32 tsp = 150ml  
 1/2 cup = 8 tbsp = 24 tsp = 125ml  
 1/3 cup = 5 1/3 tbsp = 16 tsp = 75ml  
 1/4 cup = 4 tbsp = 12 tsp = 50ml  
 1/8 cup = 2 tbsp = 6 tsp = 30ml  
 1 Tbsp = 3 tsp = 15ml

Dash or Pinch or Speck = less than 1/8 tsp

## QUICKIES

1 fl oz = 30 ml  
 1 oz = 28.35 g  
 1 lb = 16 oz (454 g)  
 1 kg = 2.2 lb  
 1 quart = 2 pints

## US

1/4 tsp  
 1/2 tsp  
 1 tsp  
 1 tbsp  
 1/4 cup  
 1/3 cup  
 1/2 cup  
 2/3 cup  
 3/4 cup  
 1 cup  
 1 quart

## METRIC

1.25 mL  
 2.5 mL  
 5 mL  
 15 mL  
 50 mL  
 75 mL  
 125 mL  
 150 mL  
 175 mL  
 250 mL  
 1 liter

## RECIPE ABBREVIATIONS

Cup = c  
 Fluid = fl  
 Gallon = gal  
 Ounce = oz  
 Package = pkg  
 Pint = pt  
 Pound = lb or #  
 Quart = qt  
 Square = sq  
 Tablespoon = tbsp  
 Teaspoon = t or tsp

## OVEN TEMPERATURES

Fahrenheit (°F) to Celsius (°C)

32°F	0°C
40°F	4°C
140°F	60°C
150°F	65°C
160°F	70°C
225°F	107°C
250°F	121°C
275°F	135°C
300°F	150°C
325°F	165°C
350°F	177°C
375°F	190°C
400°F	205°C
425°F	220°C
450°F	230°C
475°F	245°C
500°F	260°C

WARMING: 200°F  
 VERY SLOW: 250°F - 275°F  
 SLOW: 300°F - 325°F  
 MODERATE: 350°F - 375°F



Visit us at [www.DeliciosoOnline.com](http://www.DeliciosoOnline.com) and enjoy recipes from our other cookbooks, including:

*Regional Cookbooks*

*Wellness Cookbooks*

*Specialty Cookbooks*

*and our favorites,*

*"Recipes for Budding Chefs"-our children's cookbook  
and "Recipes from Daisy"-cook for the doggie in your life*

to contact us: [info@DeliciosoOnline.com](mailto:info@DeliciosoOnline.com)

443-852-6100

Contact author: [Thea@DeliciosoOnline.com](mailto:Thea@DeliciosoOnline.com)

720-280-5206