

# med SCHOOL

WHETHER YOU CALL THEM TAPAS OR MEZE, THE MEDITERRANEAN AREA EXCELS IN THIS CASUAL FORM OF DINING. IT'S ABOUT SHARING SIMPLE FOOD WITH FRIENDS. JAMIE MILLER HAS PLUNDERED THE BEST OF WHAT THE AREA HAS

## Potato tortilla

A great favourite in Spain.  
Serves 10

1kg potatoes  
1 onion  
6 cloves of garlic, sliced  
30ml olive oil  
10 eggs  
Salt and pepper

- 1 Thinly slice the potatoes and cut them into 2cm dice.
- 2 Mix the onion, garlic, potato and oil in a heavy-bottomed pan and gently heat until the potato is just translucent. Strain the potato mix and cool slightly.
- 3 Add the beaten eggs, and season. Lightly oil a non-stick frying pan, and warm on medium heat. Pour in the egg mix and cook until the bottom is light brown. Turn by inverting the tortilla onto a plate and sliding back into the pan. Cook and turn as necessary until egg is firm.

PHOTOGRAPHY: Todd Eyre. FOOD: Jamie Miller. STYLING: Pip Spite.





*Warm beetroot and chevre salad*  
Serves 4-6

- 200g chevre
- 25ml extra virgin olive oil
- 25ml cream
- 50g micro coriander
- 4 cooked beetroot, cut into wedges

**HABANERA VINAIGRETTE**

- 1 dried habanera chilli
- 50g brown sugar
- 100ml sherry vinegar
- 200ml olive oil
- 2 Tbs good wholegrain mustard

- 1 Whip chevre in a food processor until smooth. Add oil and cream; pulse to mix.
- 2 Spread chevre on an ovenproof serving plate. Set aside.
- 3 To make the vinaigrette, soak chilli in cold water until soft. Wear gloves to remove seeds and veins. Puree with all ingredients in a blender until homogenised.
- 4 Dress the beetroot in the vinaigrette. Season and bake until warm.
- 5 Bake chevre at 175°C for two minutes. Arrange beetroot over top. Toss coriander with vinaigrette; scatter over beetroot. Top with warm liquid from beetroot dish.

*Capsicum and tomato salad with sherry vinegar*

Simple food needs the best ingredients. Seek out perfectly ripe tomatoes.  
Serves 4

- 5 red capsicums
- 2 onions
- 2 heads garlic
- 1 sprig thyme
- 1 Tbs ground cumin
- 12 small vine-ripened tomatoes
- 50g Italian parsley
- 100ml extra virgin olive oil
- 100ml sherry vinegar
- Sea salt
- Basil leaves, to garnish

- 1 Put whole capsicums, onions, garlic and thyme in a roasting pan. Brush with a little oil and roast at 200°C until onions are soft. Remove and put into a bowl with the pan juices. Cover with cling film; let cool.
- 2 Peel and deseed the capsicums; cut into large pieces and place in a bowl. Peel onions, chop into quarters, add to bowl. Pop the garlic cloves out of their skins and lightly crush with a fork; add to capsicums. Strain the pan juices and add to capsicums. Mix well and arrange capsicums, onions and garlic in an ovenproof dish.
- 3 Halve tomatoes. Add olive oil, sherry vinegar and sea salt. Toss and arrange over the capsicums. Bake at 200°C for 5-10 minutes to soften the tomatoes. Garnish with basil.

*Sardine and semi-dried tomato croquettes*

The secret to the success of this recipe, which is really only a matter of assembly, is to use the best sardines you can find.  
Serves 6

- 6 toasted wholegrain croutons
- 30 semi-dried tomatoes
- 6 basil leaves
- 6 artisan baby sardines
- Sea salt
- Extra virgin olive oil

1. Arrange on each crouton a layer of semi-dried tomatoes and basil. Top with another layer of semi-dried tomatoes before topping with a baby sardine. Garnish with sea salt and olive oil. Serve immediately.



*Kahawai croquettes*

These are so moreish that you will need to factor this in when serving at parties. You need to start making this the night before.  
Makes 20

**BECHAMEL SAUCE**

- 1 onion
- 3 cloves of garlic
- 100g flour
- 100g butter
- 1 litre milk
- 1 bay leaf

**CROQUETTES**

- 3 onions, thinly sliced with the grain
- 3 cloves of garlic
- 2 Tbs thyme, fresh if possible
- 50g butter
- 1kg kahawai, deboned, skinned
- 250g defrosted frozen peas
- 50g Italian parsley, chopped
- Salt and pepper
- Flour
- 1 egg
- 1 cup milk

*Panko breadcrumbs (Japanese breadcrumbs, available at supermarkets)*  
Salt and pepper

- 1 To make the bechamel sauce, sweat the onion and garlic in a little butter. Add flour and cook until blonde. Add scalded milk and bay leaf; cook to thicken on low heat. Strain and cool.
- 2 For the croquettes, sweat the onion, garlic and thyme in butter until translucent. Cool, then add kahawai, peas and parsley. Add enough bechamel to bind, then season with salt and pepper before refrigerating overnight.
- 3 Using wet hands, roll the croquette mixture in golf ball-sized rounds and try to make the surface as smooth as possible. Dredge in flour. Make an egg wash by whisking the egg and milk together. Dip croquettes into the egg wash, then into a plate of breadcrumbs.
- 4 Deep-fry in vegetable oil at 175°C until golden brown. Drain well on paper towels. Sprinkle with sea salt.
- 5 Serve with lemon and garlic mayonnaise.



### Spanish-style prawns with romesco sauce

Finger food at its most satisfying. Serves x

2 capsicums, cut in half, seeds removed  
4 tomatoes  
6 cloves of garlic, unpeeled  
5 Tbs hazelnuts, roasted, peeled  
5 Tb almonds, roasted  
1 Tb ground cumin  
10ml sherry vinegar  
50ml extra virgin olive oil  
1 litre white wine  
1 onion, peeled, cut in half  
10 peppercorns  
1 stick of celery  
1 bay leaf  
1kg blanched prawns

**1** To make the romesco sauce, lightly rub the capsicums, tomatoes and garlic with oil and roast at 220°C until the skins blister. Discard skins and combine flesh with the hazelnuts, almonds, cumin and vinegar in a food processor. Slowly add the extra virgin olive oil, process until the texture should be slightly coarse. Refrigerate.

**2** Make a court bouillon by putting the white wine, 1 litre water, onion, peppercorns, celery and bay leaf into a saucepan and bring to a simmer. Add the

prawns and simmer until cooked. This should take 2-5 minutes. Remove the prawns and refresh in ice water. Drain and serve on ice with romesco sauce.

### Anchovy, potato and green beans

Anchovies are an acquired taste; this simple tapas dish is a good way to do just that. Serves 4

200g good-quality marinated white anchovies  
8 small waxy potatoes, such as pink firs or Jersey Bennes, boiled, peeled  
250g green beans, frenched, blanched  
25g Italian parsley  
50ml pickled lemon vinaigrette

**1** Combine all ingredients in a bowl, toss and arrange on serving platter.

### PICKLED LEMON VINAIGRETTE

100ml champagne vinegar  
200ml olive oil  
2 Tbs wholegrain mustard  
50g soft brown sugar  
Zest of 2 pickled lemons (slice off zest removing all pith)

**1** Put all ingredients except one lemon in a blender and process until homogenised. Julienne zest of the other lemon then add.

### Lamb cutlets with paprika pate and salsa verde

The humble lamb cutlet becomes the star of a meze table with the pate and salsa verde pairing. Serves 4-6

500g Frenched lamb rack  
100g pate (store bought is fine)  
7 slices prosciutto, thinly sliced  
100g pork caul (ask your butcher to source this)  
Olive oil  
Butter  
1 garlic clove  
Small bunch of thyme  
50g Italian parsley, stalks removed  
1 clove of garlic  
50ml chardonnay vinegar  
60ml extra virgin olive oil  
2 Tbs roasted ground cumin  
Sea salt

**1** Trim the lamb rack into seven cutlets. Lay cutlets cut side up and spread a 15g slice of pate on top of each one. You should cut the pate to approximately the same size as the lamb. Roll each cutlet, wrapping the pate and the lamb. This should leave most of the pate and meat covered with the lamb bone sticking out the top.





- 2 Preheat oven to 200°C. Spread out the pork caul well on a chopping board. Using one edge, wrap it tightly around the cutlet covering the prosciutto, trim with a knife.
- 3 Add a little olive oil, butter, the crushed unpeeled garlic clove and thyme to a hot frying pan. When the butter starts to brown add the cutlets. Evenly brown each side of the cutlet, before moving the pan into the oven for 5-10 minutes. Remove from oven and rest for 5-10 minutes.
- 4 Put the parsley, garlic, chardonnay vinegar, extra virgin olive oil and cumin into a blender and puree until smooth.
- 5 Arrange the cutlets on a plate and top each with a teaspoon of the parsley paste. Drizzle with extra virgin olive oil and sea salt and serve.

### Bisteeya

It may seem strange in New Zealand to sprinkle a savoury chicken pie with icing sugar but in Moroccan cuisine, a mix of sweet and savoury is commonplace. You will need to start this the night before. *Makes one large pie for 4-6 or 6 smaller pies*

- 1 large chicken
- 2 Tbs sesame oil
- 1 onion, thinly sliced with the grain
- 4 cloves of garlic, finely chopped
- 1 Tbs ginger, grated
- 0.5g saffron threads
- 4 litres chicken stock
- 4 eggs, lightly beaten
- 1 large bunch of coriander, chopped
- Three sheets of filo pastry
- 100-200g melted clarified butter (alternatively, melt standard butter, let it settle and pour off the whey)

- 250g ground almonds
- 4 Tbs sugar
- 2 tsp cinnamon
- Icing sugar, to serve

### RAS EL HANOUT

- Cinnamon
- Cardamom
- Fennel
- Clove
- Peppercorn
- Sesame seeds
- Cumin
- Chilli flakes
- Coriander
- Mace
- Allspice
- Nutmeg
- Turmeric

- 1 To make the ras el hanout, combine all ingredients in a bowl.
- 2 Break the chicken down into joints and rub with ras el hanout. Put in a non-reactive bowl, cover with cling film and refrigerate overnight.
- 3 In a large, heavy bottomed saucepan or roasting dish, brown the chicken in the sesame oil and remove from pan. Add the onion, garlic, ginger and saffron, and sweat until translucent. Put the chicken back in and cover with enough warm chicken stock to just cover the chicken. Bring to the boil, simmer on a low heat for 30 minutes. Remove from heat and cool. Remove all the skin and bones and set aside.
- 4 Preheat oven to 180°C. Bring stock back to a simmer; gently stir with a wooden spoon to create a slow whirlpool effect. Add beaten egg. When the egg floats to the surface, strain the mix and cool. Lightly combine with chicken and coriander then season.
- 5 In pie or flan dish, spread a layer of pastry. Brush gently with melted butter; repeat twice, until there are three layers of well-buttered filo pastry. The pastry should go well up side and out of the dish.
- 6 Mix the ground almonds, sugar and cinnamon together and spoon over a thin layer of the pastry. Spoon over one-third of the chicken mix, then another layer of almonds until there are three layers of both the chicken and almond mix, finishing with the almonds.
- 7 Fold the filo over the pie filling to enclose completely. Bake for XX minutes. Remove from tin by turning it upside down. Continue to bake until the pie is golden brown. Dust with icing sugar to serve.



*In Morocco, a mix of sweet and savoury is commonplace*

### Spanish roast mushrooms

Roast mushrooms are one of the least complicated dishes to prep – but they're also one of the most popular.

*Serves 6*

- 1.5kg portobello mushrooms
- 200ml extra virgin olive oil
- 200g butter
- 4 garlic cloves, plus 2 Tbs
- 200ml sherry vinegar
- 20g Italian parsley
- Sea salt
- Bunch of thyme

- 1 Preheat oven at 175°C. In a heavy-based roasting pan, saute the mushrooms in olive oil and butter with half a head of garlic roasted face down.
- 2 When mushrooms are starting to brown, add the sherry vinegar and roast until mushrooms are cooked, which should take 5 to 10 minutes. Grind remaining garlic and parsley in mortar and pestle, add to mix and toss. Season with salt and thyme.



### Beignets

The secret to the success of these is to keep them coming straight from the deep-fryer.

*Makes xx*

- 50g butter
- ¼ tsp salt
- 1 cup flour
- 4 eggs
- 1 cup cream
- Icing sugar, to serve

- 1 Put 1 cup of water, butter and salt in a heavy-bottom saucepan. Bring to the boil, then add flour and cook until the mixture forms a ball.
- 2 Transfer the mixture to the bowl of a cake mixer and beat with a K hook, adding eggs one at a time.
- 3 Add the cream and combine.
- 4 Make tablespoon-sized balls. Deep-fry in small batches, turning often until golden brown. Drain on absorbent paper towels. Dust with icing sugar and serve hot.