

## Hummus Bi Tahini

1 can chick peas, drained (reserve liquid)  
1/4 cup tahini (sesame seed paste)  
1 lemon juiced, or to taste  
2 cloves garlic, minced  
2 Tbs. kalamata olive oil  
1 Tbs. flat leaf parsley, chopped  
salt and pepper, to taste  
3 kalamata olives  
paprika

In the bowl of a food place the chick peas, tahini, and garlic. Puree and slowly add the lemon juice. You will also need to add water or some of the liquid from the chick peas to thin to desired consistency. Blend in 1 Tbs. of the olive oil. Season with salt and pepper and transfer to a earthenware dish. Arrange the olives on top and garnish with the parsley, paprika and the remaining olive oil.

## **Baba Ghanoush**

1 large eggplant  
1 ½ tablespoon tahini sauce  
4 cloves garlic, smashed  
½ lemon, juiced  
½ teaspoon red pepper flakes (optional)  
salt, to taste  
olive oil  
fresh parsley, chopped

Preheat oven to 400 degrees.

Using a small sharp knife cut 3-4 deep slashes in the eggplant making sure they are equally spaced. Place on a sheet pan and roast in the oven for 30-40 minutes or until the flesh is soft and you can peel the skin away.

Place the eggplant in a food processor with the tahini sauce, garlic, lemon juice, red pepper flakes (if using) and a few pinches of salt. Puree the mixture and drizzle in a few tablespoons of the olive oil. Taste the puree and add more salt or lemon juice, to taste.

Spread the puree out on a flat plate and drizzle with more olive oil and sprinkle on the chopped parsley.

## Coriander Mushrooms

Makes 3 dz

3 dz button mushrooms, washed, dried and stems trimmed  
½ cup Kalamata olive oil  
1 Tbs coriander seeds, crushed  
2-3 cloves garlic, thinly sliced  
3-4 whole bay leaves  
1 lemon, juiced  
1 lemon, sliced  
salt and pepper, to taste  
¼ cup fresh, flat leaf parsley, chopped

In a skillet slowly heat the olive oil on medium heat. Add the coriander seeds and garlic. Slowly simmer for a minute or two. Add the mushrooms, bay leaves, lemon juice, sliced lemon, salt and pepper. Place a lid on the pan and turn the heat down to low. Cook for another 15-20 or until the mushrooms are cooked through.

Allow the mushrooms to cool to room temperature before serving or refrigerate until needed. Allow to come to room temperature before serving. Serve with toothpicks.

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## **Marinated Feta and Tomatoes**

Serves 4-6

1 lb Feta cheese, cut into small cubes  
1 lb. Cherry or grape tomatoes, cut in 1/2  
½ cup Mediterranean style olive oil  
Zest from 1 lemon  
Juice of 1 lemon  
2 Tbs fresh oregano, or 2 tsp dried oregano  
1 clove garlic, grated  
½ tsp red chili flakes, optional  
1 tsp ground cumin  
¼ cup fresh parsley, chopped  
salt and pepper, to taste

Place the feta cubes and tomatoes in a bowl or dish.

In a separate bowl combine the rest of the ingredients and whisk until blended.

Pour over the feta and tomatoes and stir gently to combine.

Allow to sit at room temperature for at least 30 minutes then serve with pita bread.

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