

# 2013 Calendar



## The Mediterranean diet and health

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I am pleased to introduce this calendar on the Mediterranean diet, produced by A.Menarini Pharmaceuticals Ireland Ltd in conjunction with *Irish Medical Times*, with the recipes compiled by Dietitian Paula Mee.

In the healthcare context, the major target in the battle against cardiovascular disease for the year ahead must be hypertension. Approximately 30 per cent of all adults in Ireland have hypertension and this figure doubles after the age of 60 years, with more than 20 per cent of deaths caused by poorly-controlled hypertension. High blood pressure is the most frequent treatable risk factor for cardiovascular disease, stroke and death, and is a major source of healthcare expenditure.

Blood pressure control in Ireland is abysmally low, with less than half the patients on treatment achieving normal blood pressure. While the control of hypertension requires blood pressure-lowering medication, in most cases attention to lifestyle measures that may improve cardiovascular outcome must be encouraged. One such measure is to give consideration to the food we eat and the evidence is growing that the Mediterranean diet may be not only a way of improving health, but also a very pleasant way of doing so.

There are many hundreds of scientific publications attesting to the association of the Mediterranean diet and lifestyle with health.

Key features of a traditional Mediterranean diet are the use of olive

oil as the principal component of fat, relatively high consumption of fresh fruit (which constitutes the typical dessert), abundant and variable plant foods, high consumption of cereals, vegetables, fish, whole grains, legumes and nuts, low consumption of red meat and dairy produce (principally cheese and yogurt), and moderate alcohol consumption with meals.

The benefits of a Mediterranean diet are seen mainly, but not exclusively, in cardiovascular disease. For example, the Seven Countries Study showed that Cretan men had exceptionally low death rates from heart disease, despite a moderate-to-high intake of fat. Controlled trials showed that a Mediterranean-style diet was associated with favorable changes in body weight, body mass index, systolic and diastolic blood pressure, heart rate, fasting plasma glucose, total cholesterol and high-sensitivity C-reactive protein, which may all affect the incidence of cardiovascular disease. In a secondary prevention trial in myocardial infarction patients, a Mediterranean-style diet was associated with a 73 per cent lower risk of cardiac death and non-fatal myocardial infarction. Other illnesses that appear to benefit from a Mediterranean diet include Parkinson's disease, Alzheimer's disease, cognitive impairment, and the metabolic syndrome.

Another factor influencing benefit may be the healthy lifestyle that is so characteristic of certain Mediterranean cultures, where physical exercise is part of the way of life and work.

Whatever the scientific discussion on the benefits of the Mediterranean diet – and it will go on for many years – there is certainly sufficient evidence to recommend the Mediterranean diet as a very pleasant culinary experience that may confer more than just gastrointestinal satisfaction.

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2013

## SMOKED PAPRIKA, CHICKEN AND CHICKPEA CASSEROLE

Serves 6

### INGREDIENTS

- 2 tbsp vegetable oil
- 500g/1lb 2oz chicken thighs
- 1 onion, sliced
- 1 garlic clove, sliced
- 2 carrots, chopped
- 1 celery stalk, chopped
- 1 red chilli, de-seeded and chopped
- Splash of red wine
- 1 courgette, peeled into ribbons
- 10 black olives
- 1 tbsp smoked paprika
- 100ml/3½ fl oz dry sherry
- 1 x 400g/14oz can of chopped tomatoes

- 200ml/7 fl oz chicken stock
- 1 x 400g/14oz can chickpeas, rinsed and drained
- Salt and freshly-ground black pepper
- Handful of chopped fresh parsley
- Crusty bread, to serve

### PER PORTION (EXCLUDING BREAD)

<b>Energy</b>	328 kcal/1,374 kJ
<b>Total fat</b>	13.9g
<b>Saturated fat</b>	2.8g
<b>MUFA</b>	5.9g
<b>Poly</b>	3.8g
<b>Protein</b>	27.9g
<b>Fibre</b>	5.7g



C Academy, Dublin

### METHOD

1. Heat half of the vegetable oil in a large pan. Add the chicken thighs and fry, turning frequently, until lightly browned all over. Remove from the pan and keep warm.
2. Add a little more oil to the pan, then add the smoked paprika, onion, garlic, carrots, celery and chilli and cook for five minutes. Add a splash of red wine, sherry and simmer until reduced by half.
3. Add the can of chopped tomatoes to the pan with the vegetables and bring to the

boil. Cook for five minutes, then add the stock and bring back to the boil.

4. Add the browned chicken, the chickpeas and simmer for 20-25 minutes, or until the chicken is completely cooked through. Add the courgette ribbons and black olives for the last 5 mins of cooking. Season, to taste, with salt and freshly-ground black pepper.
5. Sprinkle with chopped parsley and serve with crusty bread and a little good-quality olive oil for dipping.

# January

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 New Year's Day	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

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## ASPARAGUS, BASIL, CHERRY TOMATO, AND FETA CHEESE FRITTATA

*Frittata is a fancy name for an omelette. Great for breakfast, brunch, supper or lunch*

**Serves 2**

### INGREDIENTS

- 1 tbsp rapeseed oil
- 3 eggs
- 3 egg whites
- A little salt and pepper
- 10 cherry tomatoes
- 6 basil leaves, chopped
- 6-8 pieces of asparagus
- 100g feta cheese, crumbed

### METHOD

1. Add 1 tbsp of rapeseed oil or a few sprays of the one-calorie spray on an omelette or frying pan and heat over a medium heat.
2. Add the asparagus and gently fry for 2 minutes.
3. Beat together the whole eggs and egg whites. Season with some salt and pepper.
4. Add the eggs to the pan and gently stir until the bottom starts to set.

5. Cook for 3-4 minutes then sprinkle over the basil, feta cheese and tomatoes.

6. Place under a hot grill and cook until the eggs are fully set.

### PER PORTION: FRITTATA

**Energy** 358 kcals/1,485 kJ  
**Total fat** 26.4g  
**Saturated fat** 10.6g  
**MUFA** 10.2g  
**Poly** 2.5g  
**Protein** 26.5g  
**Fibre** 2.4g

### PER PORTION: FRITTATA + SALAD + DRESSING

**Energy** 640 kcals/ 2,655kJ  
**Total fat** 49.5g  
**Saturated fat** 16.9g  
**MUFA** 20.5g  
**Poly** 7.3g  
**Protein** 39.3g  
**Fibre** 8g



## Just Cooking, Furies

### BROCCOLI, CHERRY TOMATOES, FETA AND SEEDED SALAD (Served with the Asparagus Frittata)

**Serves 4**

### INGREDIENTS

- 50g pumpkin, sunflower and poppy seeds
- 500g broccoli florets — bite-sized (cooked or raw, whichever you prefer)
- 110g feta cheese, bite-sized chunks
- 100g cherry tomatoes, halved

### 200ml Avoca French dressing

### INGREDIENTS

- 50ml of red/white wine vinegar

- 50ml of extra virgin olive oil
- 100ml of rapeseed oil
- 1 tablespoon of wholegrain mustard
- ¼ teaspoon of honey

### METHOD

1. Toast the seeds at 180°C for about 5 minutes until crunchy.
  2. Put in a bowl with broccoli and cherry tomatoes.
  3. Gently toss with the dressing and season with pepper.
  4. Salt may not be needed, as the feta is usually salty enough.
5. Top with the feta.

# February

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		

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## FISH STEW WITH CHEAT'S AIOLI

*Served with a simple green salad, dressed with lemon juice, garlic and a little rapeseed or olive oil.*

Serves 4-6

### INGREDIENTS

- 1 onion
- 1 head of fennel or 2-3 peppers
- 3 tbsp olive oil
- 2 cloves of garlic
- 1 tbsp tomato purée
- 100ml dry Martini or pastis
- 1 can of chopped tomatoes
- Pepper & salt
- 300g skinned white fish fillets
- 150g shelled prawns

### METHOD

1. Peel and finely dice the onion.
2. Squash, peel and chop the garlic.
3. Slice the fennel crossways thinly or de-seed and chop the peppers into 1cm-wide slices.
4. Heat the oil in a saucepan and add the diced onion and garlic. Cook on a medium heat until they have softened.
5. Add the tomato purée and fry for 2 minutes.
6. Turn the heat up and pour in the Martini, let it bubble for a minute to burn off the alcohol, turn the heat down to low.
7. Add the fennel or peppers and the chopped tomatoes to the pan.
8. Leave to simmer for 5 minutes, taste and season.
9. Cut the white fish into 3cm cubes and add to the pan, then add the prawns. Cover the pan with a lid and continue to simmer for 6 minutes.
10. Check that the pieces of fish are cooked. Taste and add more seasoning if needed.
11. Sprinkle on the chopped parsley and serve in deep bowls with a dollop of aioli on top.



Brennan's, Cork

### CHEAT'S AIOLI

#### INGREDIENTS

- 1 big clove of garlic
- Pinch of salt
- 1 tbsp fresh lemon juice
- 1 tbsp extra virgin olive oil
- 3 tbs low-fat mayonnaise from a jar

#### METHOD

1. Put the clove of garlic onto a chopping board and bruise it with the flat of a knife, remove the skin and cut off the root end and discard.
2. Grate the clove of garlic into a bowl and sprinkle on the salt.
3. Pour in the lemon juice and stir well with a fork, add the olive oil and the mayonnaise.
4. Whisk well together with the fork.

#### PER PORTION: FISH STEW WITH CHEAT'S AIOLI

Energy	346 kcal/1,448 kJ
Total fat	14.2g
Saturated fat	2.06g
MUFA	8.3g
Poly	2.7g
Protein	23.4g
Fibre	4.5g

# March

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18 St Patrick's Day bank holiday	19	20	21	22	23
24	25	26	27	28	29	30
31						

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## GREEK LAMB KOFTAS WITH TOMATO SAUCE

*Why not serve with a simple chickpea salad — 400g of cooked chickpeas mixed with 4 tbsp of low-fat natural yogurt and a little lemon juice. Mix through a little garlic and some freshly-chopped mint.*

**Serves 4**

### INGREDIENTS

- 500g lean minced lamb
- 1 small onion, grated
- 1 garlic clove, finely chopped
- 1 medium egg, beaten
- 1 tbsp chopped fresh parsley, plus extra to garnish
- 1 tsp ground cumin
- 1 tsp of ground coriander
- ½ tsp ground cinnamon
- 1 tbsp chopped fresh mint

### For the tomato sauce

- 500ml tomato passata
- 2 tbsp tomato purée
- 2 tbsp tomato ketchup
- 1 tbsp olive oil

- 1 garlic clove, crushed
- 1 tsp sugar
- 1 bay leaf

### PER PORTION:

#### GREEK LAMB KOFTAS WITH TOMATO SAUCE

Energy 417 kcals/1,744 kJ  
Total fat 21.7g  
Saturated fat 8.6g  
MUFA 9.5g  
Poly 1.4g  
Protein 33.1g

### PER PORTION:

#### CHICKPEA SALAD

Energy 139 kcals  
Total fat 3.3g  
Saturated fat 0.6g  
MUFA 0.8g  
Poly 1.3g  
Protein 9.2g  
Fibre 5.5g



### Changes by Fries

### METHOD

1. Preheat the oven to 180°C/fan160°C/gas 4. Put the bread in a bowl and soak in the cooled beef stock and balsamic vinegar for 5 minutes.
2. Soak 8 bamboo skewers in cold water for 20 minutes.
3. Place the minced lamb, onion, garlic, mint, egg, parsley, cumin, cinnamon, coriander, mint and a little salt and pepper into a bowl. Mix well

and shape the mixture into 8 sausage shapes. Place the koftas onto the bamboo skewers. Put on a large, non-stick baking sheet and cook for 20 minutes, until golden and cooked through.

4. For the sauce, place all of the ingredients into a saucepan and bring to the boil. Reduce the heat to a simmer and cook for 12-14 minutes until thickened,
5. Place the koftas on a plate and spoon over the sauce. Sprinkle with a little chopped garlic.

# April

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Easter Monday	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				



## KISIR (BULGUR WHEAT AND TOMATO SALAD) GREAT WITH THE SEA BASS EN PAPILOTE

Serves 6-8

### INGREDIENTS

- 250g bulgur wheat
- 750ml boiling water
- 2 tbsp tomato puree
- 5 tbsp extra virgin olive oil
- Juice of 1 lemon
- ¼ tsp dried chilli flakes
- ½ red chilli, finely chopped
- 20g mint, chopped
- 40g flat leaf parsley, chopped
- 6 spring onions, finely chopped
- 2 large tomatoes, finely diced

### METHOD

1. Pour the boiling water over the bulgur wheat. Leave to soak for 20 minutes. Drain through a sieve and squeeze out excess water.
2. Add the tomato puree, oil, lemon juice, chilli flakes, fresh chilli and salt to season.
3. Just before serving, stir in the mint, parsley, spring onions and tomatoes.

### PER PORTION: KISIR

Energy 417 kJ/1744 kJ

Total fat 7.6g  
Saturated fat 1.0g  
MUFA 5.1g  
Poly 0.6g  
Protein 3.8g  
Fibre 1.0g

## SEA BASS EN PAPILOTE WITH MARJORAM AND LEMON

Serves 4

Preheat 190°C/gas mark 5

### INGREDIENTS

- 4x150g sea bass fillets, skinned
- Olive oil for brushing
- 1 carrot, peeled and finely shredded
- 2 celery sticks, finely shredded
- 4 spring onions, trimmed and finely shredded
- 2 tbsp chopped fresh marjoram
- 8 thin slices of lemon
- A little dry white wine or freshly-squeezed lemon juice
- Sea salt and freshly-ground black pepper

Kitchen in the  
Castle, Howth

### METHOD (SEA BASS)

1. Cut 4 large rectangles of silver foil and 4 large rectangles of baking parchment, big enough to wrap each fish fillet generously. Place each piece of foil shiny side up on a work surface and put a piece of parchment on top and fold in the edges. Brush each piece of parchment with a little oil.
2. Season the fillets with salt and pepper. Mix the vegetables together in a bowl and season with salt and pepper. Divide the vegetables between the parchment sheets, keeping them to one side of each rectangle of paper to make a bed for the bass fillets.

Lay one fillet on top of each pile of vegetables and sprinkle with the marjoram. Lay 2 slices of lemon over each fillet and sprinkle with the wine or lemon juice.

3. Loosely fold the free half of the parchment over the fish and twist or fold the edges tightly together to seal. Lay the packets on a baking tray and bake in the oven for 15 minutes. (Reduce cooking time if fillets are smaller.)
4. Serve immediately on warm plates, allowing everyone to open their packages at the table.

May

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6 May Day	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

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## POACHED HAKE WITH TUSCAN BREAD SALAD

Serves 4

### INGREDIENTS

- Half loaf ciabatta or other good Italian bread
- Extra virgin olive oil
- 6 ripe tomatoes, blanched and skinned
- 2 red and 2 yellow peppers, roasted, peeled and sliced
- 1 red onion, thinly sliced
- 1 cup basil leaves
- Half-cup olives
- 8 anchovy fillets, drained and halved lengthways
- 1 tbsp salted capers, well rinsed

### METHOD

1. Drizzle ciabatta with a little olive oil, place on a baking tray

and cook in a moderate oven until golden but not too dry. Halve tomatoes horizontally and quarter each on half.

2. In a large bowl combine tomatoes, peppers, onion, basil, olives, anchovies and capers. Dress with enough vinaigrette to moisten. Lastly, break up the ciabatta and fold through the salad.

### PER PORTION

**Energy** 251 kcal/1,055 kJ  
**Total fat** 11.8g  
**Saturated fat** 1.8g  
**MUFA** 7.6g  
**Poly** 1.6g  
**Protein** 7.5g  
**Fibre** 6.1g



Tannery,  
Dungarvan

### FOR THE HAKE

#### INGREDIENTS

- 4 x 180g hake fillet portions, skin and bones removed
- 1 sprig of rosemary
- 1 tbsp olive oil infused with rosemary
- A splash of water
- Salt and pepper

#### METHOD

1. Preheat an oven to 180°C and place the fish fillets on an oiled tray. Drizzle over the rosemary oil, splash with water, season, top with rosemary.

2. Cover with foil and place in the oven for 8-10 mins until cooked. Other white fish works well with this recipe such as cod or pollock, but cooking times may be a little longer if using a thicker white fish.

#### PER PORTION: HAKE AND SALAD

**Energy** 418 kcal/1,757 kJ  
**Total fat** 15.8g  
**Saturated fat** 2.3g  
**MUFA** 8.7g  
**Poly** 2.5g  
**Protein** 40.0g  
**Fibre** 6.1g

June

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 June Bank Holiday	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

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## GRIDDLED CITRUS GARLIC PRAWNS WITH QUINOA TABBOULEH

Makes 8 skewers

### INGREDIENTS

- 55ml olive oil
- 1 tsp Dijon mustard
- 2 cloves garlic, minced
- ½ large red chilli, chopped
- Juice ½ lemon
- Juice ½ orange
- 2 tbs basil, chopped
- 1 tbs white wine — optional (included in analysis)
- 16 large prawns, peeled and de-veined
- 8 cherry tomatoes, halved

### METHOD

1. Mix together the oil, mustard, garlic, chilli, lemon, orange, basil and white wine. Mix into the prawns and leave to marinate for 1 hour.

2. Soak 16 skewers in water for 15 minutes. Thread the prawns and tomatoes onto the skewers.

3. Heat the griddle or a bbq to high heat. Place on the griddle and griddle for approximately 3 minutes, turning once until they are pink.

### PER CITRUS PRAWN SKEWER

Energy	75 kcs/309 kJ
Total fat	7.1g
Saturated fat	1.0g
MUFA	5.1g
Poly	0.6g
Protein	1.5g

Kitchen in the Castle, Howth; Brennan's, Cork

## FOR THE QUINOA TABBOULEH

Serves 4

### INGREDIENTS

- 100g quinoa
- 400g cherry tomatoes, mixed colours
- 4 scallions
- 2 bunches flat leaved parsley
- 1 bunch of mint
- 1 cos or 2 little gem lettuces
- Dressing
- Juice of a lemon
- ½ tsp ground cinnamon
- ¼ tsp ground allspice
- 3-4 tbs olive oil
- Salt & pepper

### METHOD

1. Rinse the quinoa and then cook it in boiling water for about 8 minutes until tender. Drain well and place on a flat bowl or plate and stir through the dressing ingredients. Leave to cool.
2. Cut the tomatoes into halves and add to the quinoa and stir through. Leave to stand for a couple of minutes.
3. Thinly slice the scallions and chop the leaves of the parsley and mint. Add these to the quinoa and tomatoes and mix well. Taste, and season with salt and pepper.

4. Separate the leaves of the lettuce. Wash and dry them well.

5. Serve the tabbouleh in the lettuce leaves as a starter or as part of a mezze.

### PER PORTION: QUINOA TABBOULEH

Energy	183 kcs/764 kJ
Total fat	10.4g
Saturated fat	1.5g
MUFA	6.5g
Poly	1.6g
Protein	5.3g
Fibre	2.7g

July

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

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# HAKE WITH MUSSELS, ASPARAGUS, PEAS AND PARSLEY

2013

*Try Serving this healthy fish dish with a new potato salad.  
Cook baby potatoes, allow to cool and cut in half. Toss through a little rapeseed oil, chopped spring onions, chopped parsley and wholegrain mustard.*

**Serves 4**

## INGREDIENTS

- 4 x 175-200g pieces skinned hake fillet, cut 2-2.5cm thick
- 200g asparagus tips, each about 8cm long
- 250g peas, fresh or frozen
- 1 tbsp plain flour + extra for dusting
- 6 tbsp olive oil
- 4 garlic cloves, finely chopped
- 100g shallots, finely chopped
- 175ml dry white wine
- 100ml fish stock
- 250g small clams and mussels, washed
- 1 tbsp flat leaf parsley, chopped
- Salt

**PER PORTION: HAKE WITH MUSSELS, ASPARAGUS, PEAS AND PARSLEY**  
Energy 476 kJ/1,138 kJ

**Total fat** 22.8g  
**Saturated fat** 3.5g  
**MUFA** 13.7g  
**Poly** 2.9g  
**Protein** 46.1g  
**Fibre** 6.0g

## PER PORTION: POTATO SALAD

**Energy** 103 kJ/245 kJ  
**Total fat** 6.1g  
**Saturated fat** 0.9g  
**MUFA** 4.3g  
**Poly** 0.6g  
**Protein** 1.4g  
**Fibre** 1.4g

## PER PORTION: HAKE AND POTATO SALAD

**Energy** 579 kJ/1,380 kJ  
**Total fat** 28.9g  
**Saturated fat** 4.4g  
**MUFA** 18g  
**Poly** 3.5g  
**Protein** 47.5g  
**Fibre** 7.4g

C Academy, Dublin

## METHOD

1. Season the pieces of hake generously on both sides with salt and set aside for 10-15 minutes.
2. Drop the asparagus tips into a pan of well-salted water and cook for 2 minutes until just tender. Add the peas, bring back to the boil, drain and refresh under running cold water. Leave to drain.
3. Dust the hake pieces in flour and shake off excess.
4. Heat 4 tbsp olive oil in a large frying pan over a medium/high heat. Add the hake and fry for 2-3 minutes on each side until golden brown on the outside, but not quite cooked through. Lift out onto a plate and set to one side. Wipe the pan clean.
5. In the same pan, add the remaining olive oil and garlic and shallots and fry over a medium heat for 3 minutes or until soft and lightly golden. Stir in the 1 tbsp flour, then gradually stir in the wine and stock to make a smooth sauce. Bring to a simmer. Return the hake to the pan and cook for 1 minute. Add the clams, cover and cook for 2-3 minutes until all the clams have opened and the fish is cooked through.
6. Uncover and scatter over the asparagus tips, peas and parsley. Simmer for a minute or two until the vegetables have heated through.
7. Taste the sauce, adjust the seasoning to taste and serve.

August

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5 August Bank Holiday	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

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## BEEF CARPACCIO WITH MARINATED BEAN SALAD

Serves 4

### INGREDIENTS

- Sea salt and freshly ground black pepper
- 250g green or mixed beans, topped but not tailed
- 1 x 300g piece of beef fillet
- A few sprigs of fresh thyme
- Olive oil

### For the marinade

- 2 small shallots or ½ a small red onion, peeled and very finely chopped
- A handful of fresh soft herbs (chervil, parsley, yellow inner celery, tarragon), leaves picked and chopped

- 1 teaspoon Dijon mustard
- 1½ tablespoons white wine vinegar
- 4 tbsp extra virgin olive oil

*Serving suggestion: A simple green salad dressed with a little olive oil, garlic and lemon. Also a few bread sticks add a little texture to the dish.*

### PER PORTION: BEEF CARPACCIO AND BEAN SALAD

Energy 243 kJ/1,009 kJ  
Total fat 17.8g  
Saturated fat 4.0g  
MUFA 11.2g  
Poly 1.5g  
Protein 17.8g  
Fibre 2.5g



C Academy, Dublin

### METHOD

1. Bring large pot of salted water to the boil. Drop in the beans and cook for about 5 minutes. When perfectly done, drain them in a colander.
2. To make the marinade, mix the chopped shallots or onion in a bowl with the herbs, mustard, vinegar and 4 tablespoons of extra virgin olive oil. Season with salt and pepper to taste, then add the hot cooked beans and toss. Put to one side to allow the beans to cool down and take on all the fantastic flavours.
3. Place the beef fillet on a chopping board and season it all over with salt and pepper. Run the thyme sprigs under hot water for a few seconds – this will help to release their fragrant oils. Strip the leaves from the stalks and chop them up roughly. Sprinkle the thyme over the fillet, then roll the meat around the chopping board so that any excess seasoning and herbs stick to it.
4. Get a heavy frying pan very hot and add a splash of oil, followed by the beef fillet. Fry for 1 minute only, turning it every few seconds to sear and encrust all the lovely flavourings onto it. Take the meat out of the frying pan and put it on to a plate to rest for a minute. (Once seared, you can serve straight away or you can keep the meat covered on a plate until needed. I prefer not to keep it in the fridge.)
5. Slice the seared fillet with a sharp knife. Lay each slice on a board and flatten as much as you can by pressing down on them with the side of a chopping knife – it works a treat. Lay two or three slices out flat on each plate. Season again lightly and place a pile of beans on top, spooning over some of the marinade. Sprinkle over any leftover herb leaves and drizzle with some good extra virgin olive oil.

# September

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

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## CHARGRILLED CHICKEN ESCALOPE WITH AN ITALIAN BEAN, TOMATO, FETA CHEESE AND BASIL SALAD

*These chicken breast escalopes are not only healthy but also very quick to cook. They are also fantastic for a barbecue.*

**Serves 4**

- A little sea salt and pepper to season (optional)

### FOR THE SALAD

#### INGREDIENTS

- 400g tinned cannellini beans, drained and rinsed
- 250g on-the-vine cherry tomatoes
- 200g rocket
- 100g light feta cheese
- 2 tbsp extra virgin olive oil
- 1 clove of garlic, finely chopped
- 1 tbsp lemon juice
- 1 red onion, thinly sliced
- 1 tsp white wine vinegar
- 8 pitted black olives, finely chopped
- 1 tbsp freshly chopped or torn basil leaves

### FOR THE CHICKEN

#### INGREDIENTS

- 2 chicken breast fillets (skinless)
- A little rapeseed oil or low-fat spray oil
- Paprika

#### PER PORTION: CHARGRILLED CHICKEN ESCALOPE WITH ITALIAN BEAN SALAD

Energy 321 kcal/1,346 kJ  
Total fat 14.6g  
Saturated fat 5.0g  
MUFA 6.7g  
Poly 1.8g  
Protein 30.8g  
Fibre 9.8g



### Just Cooking, Furies

### METHOD

1. Cut each chicken fillet in half lengthways and place each piece between two sheets of clingfilm.
2. Lightly bat the chicken out with a rolling pin so that you have 4 pieces of thin chicken escalopes.
3. Now make the salad by mixing all of the ingredients together in a bowl. Set aside.
4. Remove the chicken from the clingfilm and lightly brush with a little rapeseed oil or spray with some low-fat cooking spray.
5. Sprinkle each side with a little paprika.
6. Preheat a char-grill pan over a medium heat until hot.
7. Cook the chicken for 2-3 minutes on each side until cooked through. Serve with the bean salad and crusty bread.

# October

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28 October Bank Holiday	29	30	31		

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## ITALIAN BEEF STEW

**Serving suggestion:** Make up a simple mixed bean salad using tinned beans dressed with some lemon juice, garlic and rapeseed oil.

**Serves 4-5**

**Cook at 170°C for 45 minutes in oven**

**Top Tip:** Great for the freezer — serve with polenta or pesto mash

### INGREDIENTS

- 500g beef, cubed
- 2 onions, sliced
- Sprigs of thyme
- 2 cloves of garlic, minced
- 2 sticks celery — finely sliced
- 2 carrot sticks — peeled and sliced
- Black olives (as many as you like)
- 1 tablespoon tomato puree
- 2 tablespoon plain flour
- 1L beef stock (reduced salt if using stock cube)
- 1 tsp redcurrant jelly

### PER PORTION: ITALIAN BEEF STEW

**Energy** 248 kcals/1,045 kJ  
**Total fat** 6.6g  
**Saturated fat** 2.4g  
**MUFA** 2.7g  
**Poly** 0.7g  
**Protein** 30.3g  
**Fibre** 3.8g

Bunratty Cookery, Shannon

### METHOD

1. Preheat oven to 170°C
2. Sauté beef in batches in a large pot
3. Take the beef out and leave to one side
4. Saute onions, celery and carrots
5. Add sprig of thyme, minced garlic
6. Add tomato puree and mix well
7. Add flour and mix well
8. Gradually add stock, mixing continually
9. Return beef to the pot
10. Add redcurrant jelly
11. Add olives
12. Bring back to the boil before placing in the oven

November

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

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# PORK FILLET STUFFED WITH HAZELNUTS AND APPLES, SERVED WITH LEMON TAGLIATELLE

Serves 6

## FOR THE PORK

### INGREDIENTS

- 1 pork fillet, 700-800g in weight *(leave a little of the fat on the fillet as this keeps it moist during cooking)*
- 1 small onion, finely chopped
- 30g hazelnuts
- 2 eating apples, peeled and finely chopped
- 80g breadcrumbs
- 4 tablespoons of rapeseed oil *(or olive oil)*
- 2 tablespoons of chopped parsley
- 2 tablespoons of chopped sage
- Salt and pepper

### For the tagliatelle

- 450g tagliatelle pasta
- Juice from 1 lemon *(more if you wish)*
- 2 tablespoons olive oil
- 25g fresh parmesan cheese, finely grated
- A little salt and pepper

### PER PORTION: PORK & LEMON TAGLIATELLE

**Energy** 654 kcals/2,747 kJ  
**Total fat** 24.4g  
**Saturated fat** 5.5g  
**MUFA** 13.5g  
**Poly** 2.8g  
**Protein** 29.8g  
**Fibre** 3.8g

2013

## Just Cooking, Furies

## METHOD

1. Pre heat your oven to 180°C/gas mark 4.
2. Firstly, make the stuffing for the pork. Place the hazelnuts onto a baking tray and bake in the oven for 8 minutes. Remove from the oven, allow to cool and then roughly chop. Set aside.
3. Add the rapeseed oil to a saucepan and heat over a medium heat. Add the apples and onions, cook gently for 5-6 minutes until soft.
4. Add the hazelnuts and breadcrumbs and stir well. Remove from the heat, add the parsley and season with a little salt and pepper.
5. Set aside and allow to cool.
6. With a sharp knife, make a pocket along the whole length of the pork fillet.
7. Stuff the pocket well with stuffing and tie the fillet with string at around 1½ inch intervals, to keep it held together when cooking.
8. Place on a roasting tray and drizzle with a little rapeseed or olive oil.
9. Season the fillet with a little salt and pepper, cover with tinfoil and place in the oven. Cook for 45 minutes, then remove the foil and cook for a further 5 minutes.
10. Remove from the oven and lightly wrap with tinfoil to allow the meat to rest.
11. Now cook the pasta, following the packet instructions.
12. Drain the pasta well and place back into the saucepan. Add the olive oil, lemon juice, parmesan and a little salt and pepper.
13. Slice the pork and serve with the tagliatelle.

December

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	Christmas Day	St Stephen's Day		

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