

# Doug Heilman's EU Ingredient Recipes as seen on Pittsburgh Today Live.

*One of my mottos: Cook and eat curiously. I love wandering through family owned shops in our strip district neighborhood of Pittsburgh, picking up the random ingredient here and there to try something new. Over the next few weeks, I'll be featuring several dishes with a few of those finds. Just like good salts and spices, I think there's room for both local honey, as well as one from another land in my pantry. The same goes for olive oil, cheese, and canned goods. So here are a few recipes featuring my quality purchases, all imported from the EU. Hope you enjoy these dishes, and that you get curious to try something new as well.*

## **Breaded Cauliflower Bites in Bulgarian Honey Glaze**

### Recipe Ingredients:

1 Whole Cauliflower (2.5-3 lbs)  
2 Eggs  
2 tablespoons Mayonnaise  
1 cup Plain bread crumbs  
1 cup Panko bread crumbs  
1 tablespoon Olive oil  
1/3 cup Honey  
1 Lemon (zest & juice)  
1/2 teaspoon Ground ginger  
1/2 teaspoon Turmeric  
1/4 teaspoon Chili flakes  
Salt  
Pepper  
Fresh parsley or chives, chopped (optional for garnish)

Preheat oven to 425°F.

Cut cauliflower into bite size florets, and place cauliflower florets into a large bowl. Meanwhile, in a small bowl, add two eggs, two tablespoons mayonnaise, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Whisk to combine.

In a wide shallow bowl, add 1 cup Panko and 1 tablespoon olive oil. Using a fork, toss to evenly coat the crumbs with oil. Add an additional 1 cup of dry plain breadcrumbs to Panko and toss again.

Pour the egg/mayonnaise mixture over the cauliflower and toss with a rubber spatula to evenly coat the pieces. Dredge the cauliflower florets, just a few pieces at a time, through the breadcrumbs then place on a rimmed baking sheet that has been lined with parchment. Be sure to form an even layer for good browning. Bake cauliflower for 25-30 minutes, until golden brown and crispy.

Meanwhile, in a large bowl, combine 1/3 cup (about 6 tablespoons) honey along with 1 1/2 tablespoons lemon juice, 1 teaspoon lemon zest, 1/2 tsp each ground Ginger & Turmeric, 1/4 teaspoon Chili flakes, and 1/8 teaspoon salt. Whisk to combine.

Place the crispy cauliflower bites into the bowl with the honey mixture, tossing gently. Transfer cauliflower to a serving platter and top with fresh parsley or chives. Enjoy!

Note: The cauliflower bites can be held in a 200°F oven after baking for 10-15 mins, until ready to toss in glaze and serve.

### **Cretan Dakos Salad on Rusks (2-4 servings)**

For the salad base...

4 Rusks, whole wheat or barley  
1-2 Beefsteak Tomatoes  
1 tablespoon Olive oil  
1/4 teaspoon Salt

Place rusks on a serving plate or platter. Meanwhile, cut the beef steak tomatoes in half. Place a box grater into a medium size bowl. Using the large holes of the box grater, grate the cut side of the tomatoes, carefully stopping once you reach the tomato skins. Discard skins. Mix olive oil and salt into the grated tomato purée. Spoon tomato mixture generously over the rusks, and allow them to sit for 10 minutes to soften.

For the chunky salad topping...

1 cup Grape tomatoes, quartered  
1/4 cup Diced cucumber  
1/4 cup Diced red onion  
1/4 cup diced Orange bell pepper  
2 tablespoons Chopped Kalamata olives  
2 teaspoons Capers, drained  
2 tablespoons Olive oil

1 tablespoon Red wine vinegar  
1/2 teaspoon Dried oregano  
1/4 teaspoon Salt  
1/4 teaspoon Pepper

Combine all ingredients into a bowl and stir combined. Spoon mixture over top of the tomato purée soaked rusks.

Optionally, top with crumbly Greek cheese such as Mizithra, Manouri, or Feta. Garnish Dakos salad with a drizzle of olive oil and more dried oregano. Enjoy!

### **Oregano Shrimp**

1 pound Raw shrimp, peeled and deveined  
4 tablespoons Olive oil  
1 teaspoon Dried oregano  
Salt and pepper  
1 Lemon

Place olive oil into an 8-10 inch stainless steel sauté pan, over medium heat. Meanwhile toss shrimp in a bowl with oregano, salt, and pepper.

Once the oil begins to shimmer, carefully place shrimp into sauté pan in a single layer. Cook for 1 to 2 minutes or until shrimp release easily from the bottom of the pan. Turn shrimp over, cover pan and remove from heat. Allow shrimp to finish cooking off heat 1 to 2 minutes more. Squeeze a wedge of fresh lemon over before serving. Enjoy!

### **Air Fried Halloumi Sticks**

8 ounces Halloumi cheese  
Olive oil  
1/4 cup Cornstarch  
1/2 teaspoon Baking soda

Preheat Air Fryer to 375°F.

Begin by slicing halloumi cheese into eight equal size sticks. Meanwhile, in a small bowl, sift together cornstarch and baking soda to evenly combine.

Drizzle the halloumi sticks with a small amount of olive oil to coat, then dredge through the corn starch mixture and place sticks on an oiled air fryer tray/

drawer. Air fry the halloumi sticks for 12-15 minutes, turning over halfway through cooking, until edges are nicely golden brown.

### **Sweet and Hot Red Pepper Sauce** (serve with Halloumi Sticks)

8 ounces Roasted red peppers, drained of liquid and cut into rough chunks  
1 tablespoon Olive oil  
1 tablespoon White wine vinegar  
1 tablespoon Honey  
1/4 teaspoon Cayenne pepper  
1/8 teaspoon Granulated garlic  
1/8 teaspoon Onion powder  
4-6 fresh Basil leaves, torn

Add all ingredients to a food processor, or blender, and process until smooth. Serve halloumi sticks along side sauce, or drizzled the sauce over top. Enjoy!

### **Watermelon and Grilled Halloumi Salad** (4-6 servings)

For the halloumi & salad...

16 ounces Halloumi cheese  
3-4 cups Diced watermelon, 1 inch chunks (preferably seedless)  
6 cups Arugula  
1 cup Fresh mint leaves  
1/2 cup Shelled pistachios, roughly chopped

Slice halloumi cheese into 8 equal portions (2 ounces each), and then coat lightly with olive oil. Transfer halloumi slices to a preheated oiled & cleaned grill, grill pan, or sauté pan. Grill until nice browning is achieved then turnover and repeat.

Meanwhile, scatter arugula into a serving container as a base. Add watermelon cubes and fresh mint over the arugula.

Place the grilled halloumi onto the salad. Sprinkle pistachios over the salad.

For the dressing...

1/2 cup Olive Oil, plus more for grilling halloumi cheese  
1/4 cup Fresh orange juice  
1/4 cup Fresh lemon juice

1-2 tablespoons Honey  
1 tablespoon Minced shallots  
1/2 teaspoon Salt  
1/4 teaspoon Pepper

In a liquid measure, combine ingredients for the dressing and whisk to combine. Pour enough dressing over the salad to moisten, reserving some for later. Enjoy!

### **Savory Sautéed Mushrooms** (topping for grilled burgers)

12 ounces Canned mushrooms, drained (2 oz. per burger)  
4 tablespoons Butter, salted  
3-4 tablespoons Ketchup  
1 tablespoon Worcestershire sauce  
1/2 teaspoon Smoked paprika  
1/2 teaspoon Dried thyme  
1/2 teaspoon Granulated garlic  
1/2 teaspoon Onion powder  
1/2 teaspoon Black pepper

Add butter into a skillet placed over medium heat. Melt the butter then add remaining ingredients. Heat through until mixture is hot and sauce is slightly thickened. Spoon onto burgers and enjoy!

### **Ricotta & Sour Cherry Jam Tart**

16 ounces Sugar cookie dough, store bought  
12 ounces Sour cherry jam  
15 ounces Ricotta cheese  
1/4 cup Sugar  
1 Egg  
1 teaspoon Fresh lemon zest  
Pinch of Salt

Preheat oven to 350°

Butter an 8-10 inch springform or tart pan with removable base.

Press out the 16 ounces of sugar cookie dough into an even layer on the bottom and 1/2 inch up the sides. Note: I start with the edges, and for base and side to 1/4 inch thicknesses for the entire crust, as cookie dough will puff upon baking. Chill crust for 10 mins in the freezer.

In a medium bowl, add ricotta cheese, 1 teaspoon lemon zest, 1/4 cup sugar, one lightly beaten egg, and a pinch of salt. Mix all ingredients with a spatula or spoon to combine, careful to not incorporate too much air. Do not use a whisk.

Meanwhile, transfer the sour cherry jam to a microwave safe container and heat for 1-2 minutes until warmed, becoming more spreadable. Pour jam into the chilled crust, and use the back of a spoon to smooth into an even layer on the cookie dough.

Carefully pour ricotta mixture over the jam layer, stopping before mixture covers side crust. Lightly tap the sides of the pan or rap gently on the counter to encourage air bubbles to rise out of the ricotta mixture.

Bake for 35-40 minutes or until center is slightly wobbly and edges of crust are golden brown.

Allow tart to cool completely at room temperature then chill in the fridge for at least 2 hours or up to 24 hours before serving. Expect surface cracks to form across the ricotta layer. Enjoy!