



## **Baba Ghanouj {Mediterranean Eggplant Dip}**

1 large Eggplant

1 Tsp. lemon juice

2 Oz. Tahini paste

2 Tsp. roasted garlic puree

½ cup extra virgin Olive oil

1 tsp. Tabasco

Salt, pepper to taste

1 Tsp. chopped parsley

Roast whole eggplant in 325 ° oven for 1 hour. Let cool to room temperature. Peel eggplant, put in “Robo Coupe” with tahini, roasted garlic, Tabasco, salt and pepper. Add olive oil slowly while “Robo Coupe” is running. Add parsley by hand.

Serve chilled with pita bread, crostini or vegetables



## **Spaghetini Bucaniera [serves one]**

heat olive oil in sauté pan

½ oz garlic

½ oz shallots

Pinch of parsley

Pinch of basil

Pinch of dried oregano

Salt & Black Pepper

Large pinch of crushed chili flakes

¼ cup diced tomatoes

10 Mussels

6 Shrimp

¼ cup each diced fresh fish & calamari

Splash of lemon juice

Splash of white wine

½ oz fish stock

2 oz marinara

6 oz. spaghetti

mount with extra virgin olive oil

Garnish: basil