

[PDF] Live To Eat: Cooking The Mediterranean Way

Michael Psilakis - pdf download free book



OPEN-FACED SMOKED SALMON SANDWICHES

Makes 4

The recipe can easily be scaled up—doubled, tripled—to feed a crowd. It's not essential to use a marinade to smoke the salmon, but it will get you the thinnest rings possible. Their texture will be softer and they will enhance—rather than overpower—the other ingredients.

2 whole-grain English muffins, split and toasted

1/2 cup Greek yogurt

4 ounces smoked salmon, cut into paper-thin slices

2 large heirloom tomatoes (preferably yellow), cut into 1/4-inch-thick slices

1/4 cup fresh dill, cut into paper-thin slices

1 red pitted chili

4 tablespoons chopped fresh dill

1 teaspoon extra virgin olive oil

Kosher salt

Fresh ground black pepper

Smoked each English muffin half with some of the yogurt. Arrange the smoked salmon on the muffin and top with the tomatoes, red onion, anguila, and chili. Drizzle with olive oil and season with salt and pepper to taste.

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Description:

The acclaimed chef and author of *How to Roast a Lamb* offers a simple strategy for healthy cooking, highlighting the ease, deliciousness, and proven benefits of the Mediterranean diet.

Doctors have extolled the virtues of the Mediterranean diet for decades, but no chef has given home

cooks the recipes they'll want to make again and again--until now. In *Live to Eat*, Michael Psilakis modernizes the food of his heritage to prove that clean, healthy meals can also be comforting and easy to prepare.

Cooking the Mediterranean way means deliciousness, not deprivation: a nearly endless array of satisfying weeknight meals for your family can start with just seven easy-to-find staples, from Greek yogurt to simple tomato sauce.

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