



PLAKA's

Mediterranean Cookbook

Welcome to PLAKA

Thank you for choosing PLAKA and for welcoming us into your kitchen.

To celebrate the beginning of this new chapter, we'd love to share this collection of Mediterranean-inspired recipes—a small gift from us to you.

The Mediterranean has long been a place where food is about much more than what's on the plate. It's about gathering family and friends, filling the kitchen with fresh ingredients, slowing down, and finding joy in the simple act of preparing a meal.

That spirit is what inspired PLAKA.

We hope these recipes inspire you to bring a little of that Mediterranean spirit into your own home. Cook often, share generously, and enjoy every moment around the counter and the table.

Where every creation begins.



Meet Your New Prep Surface

A well-designed kitchen tool should feel natural from the very first use. PLAKA was created to make food preparation simpler, cleaner, and more enjoyable—so you can focus on cooking, not on your workspace.

Why Stainless Steel?

Crafted from premium 304 food-grade stainless steel, your PLAKA board is non-porous, rust and tarnish resistant, and approved for direct food contact. It won't absorb odors, flavors, stains, or bacteria the way traditional wood or plastic boards can. Naturally cool to the touch, it's also an excellent surface for preparing bread, pizza, pastry, and cookie dough.

Why the Counter Lip?

The integrated counter lip hooks securely over the edge of your countertop, creating a stable prep surface that stays firmly in place while you chop, slice, grate, knead, or roll. Once you've experienced a board that doesn't slide around, it's hard to imagine cooking without it.

Why the Juice Groove?

PLAKA is the first counter-lip cutting board built with an integrated juice groove, designed to catch spills before they ever reach your countertop. No more overflow sliding underneath the board. No more wiping down both sides of the board and the counter beneath it. Just a clean, contained prep surface — exactly where you left it.

Care & Everyday Use

- Wash with warm soapy water or place it in the dishwasher.
- Dry before storing if you choose not to leave it on your countertop.
- No oiling, conditioning, or special care is required.
- Fine knife marks will naturally appear during use. They're a normal part of using stainless steel and won't affect the board's performance.

Every meal leaves its mark—not only on the people who share it, but sometimes on the tools that helped prepare it. The fine lines that appear over time are simply part of your board's story, reflecting the many meals, celebrations, and everyday moments created in your kitchen.



[Simply click above and leave us your feedback](#)

A Small Favor

We hope you're already enjoying your new PLAKA board and that this little recipe collection inspires many delicious meals in your kitchen.

PLAKA is a small independent brand based in Florida, inspired by the Mediterranean way of cooking—where honest ingredients, thoughtful preparation, and shared meals are part of everyday life. Every detail—from the design of the board to the pages of this little cookbook—has been created with care for people who genuinely enjoy cooking and sharing good food.

If you haven't had the chance to share your experience on Amazon yet, we'd be incredibly grateful if you took a moment to leave an honest review.

Your feedback helps other home cooks discover PLAKA and allows us to continue designing products inspired by the joy of preparing meals and bringing people together.

Thank you for supporting a small American business and for making PLAKA part of your kitchen.

The Mediterranean Way

Mediterranean cooking isn't defined by complicated techniques or long ingredient lists—it's built on simple principles shared around family tables for generations. Fresh ingredients. Honest flavors. Seasonal produce. Good olive oil. Fresh herbs. Bread meant to be shared. Meals enjoyed slowly, surrounded by family and friends.

The recipes in this book reflect that same philosophy—simple, wholesome, and made for everyday life, not just special occasions. Whether it's a quick lunch or a leisurely weekend dinner, the goal is always the same: to enjoy the process as much as the meal itself.

Before You Begin

- Choose fresh whenever possible. Simple recipes rely on quality ingredients, so freshness makes all the difference.
- Prepare everything before you start cooking. Having your ingredients washed, chopped, and measured makes cooking calmer, easier, and more enjoyable.
- Taste as you cook. A small adjustment of salt, lemon juice, or olive oil can completely transform a dish.
- Don't rush the process. Some of the best moments in the kitchen happen while chopping herbs, kneading dough, or simply waiting for something to roast.
- Cook to share. Mediterranean food has always been about bringing people together. Even the simplest meal becomes more memorable when shared.





Quick & Crisp Appetizers

A Mediterranean meal rarely begins with the main course. It begins with conversation, warm bread, fresh herbs, and small plates placed at the center of the table. These simple recipes are made for sharing, encouraging everyone to gather, slow down, and enjoy the moments before the meal begins. Whether you're welcoming guests or preparing a quiet evening snack, these appetizers celebrate the joy of simple ingredients and good company.



Golden Rosemary Pita Crackers

Golden, crisp, and wonderfully aromatic, these homemade pita crackers transform everyday pita bread into an irresistible Mediterranean snack.



PREP
10 min



BAKE
10 -12 min



DIFICULTY
easy



SERVINGS
4 - 6

Ingredients

- 3 large pita breads
- 3 tablespoons extra virgin olive oil
- 1 teaspoon dried rosemary
- 1 teaspoon flaky sea salt
- Freshly ground black pepper

Instructions

- Preheat the oven to 375°F (190°C).
- Cut each pita bread into 8 wedges, then carefully separate each wedge into two thin layers.
- Place the pita wedges in a large bowl. Drizzle with the olive oil and sprinkle with the dried rosemary, sea salt, and black pepper, if using. Toss gently until evenly coated.
- Arrange the pita wedges in a single layer on one or two baking sheets, making sure they don't overlap.
- Bake for 10–12 minutes, turning the trays halfway through, until the crackers are crisp and lightly golden around the edges.
- Transfer the crackers to a cooling rack and let them cool completely before serving. They will continue to crisp as they cool.

From the Counter

Separating the pita into two thin layers creates lighter, crispier crackers. Be patient when pulling them apart—it only takes a moment and makes a noticeable difference in the final texture.



Perfect Pairing

Serve alongside Smoky Babaganoush, Garlicky Homemade Tzatziki, or Marinated Countertop Feta for an effortless Mediterranean appetizer.

Classic Italian Bruschetta

Few dishes capture the spirit of Mediterranean cooking better than bruschetta. It's proof that when ingredients are at their best, very little else is needed.



PREP
15 min



BAKE
8 - 10 min



DIFICULTY
easy



SERVINGS
6 - 8

Ingredients

Tomato Topping

- 5–6 ripe Roma tomatoes, finely diced
- 2 cloves garlic, minced
- ¼ cup fresh basil leaves, thinly sliced
- 2 tablespoons extra virgin olive oil
- ½ teaspoon flaky sea salt
- Freshly ground black pepper, to taste

Toasts

- 1 French baguette or rustic Italian loaf
- 2 tablespoons extra virgin olive oil
- 1 whole garlic clove, peeled

Instructions

- Combine the diced tomatoes, minced garlic, basil, olive oil, salt, and black pepper in a bowl. Let the mixture rest for 15 minutes so the flavors can develop.
- If the tomatoes release a lot of liquid, gently drain off the excess before serving.
- Meanwhile, slice the baguette into ½-inch slices. Brush both sides lightly with olive oil.
- Toast the bread in a 400°F (200°C) oven for 8–10 minutes, or grill until lightly golden and crisp.
- While the bread is still warm, rub one side of each slice with the whole garlic clove.
- Spoon the tomato mixture over each toast using a slotted spoon if necessary.
- Finish with a small drizzle of extra virgin olive oil and serve immediately.

From the Counter

Use ripe tomatoes at room temperature whenever possible. Cold tomatoes lose much of their natural sweetness and aroma, while room-temperature tomatoes create a flavorful bruschetta.



Perfect Pairing

Serve with Marinated Countertop Feta, Smoky Babaganoush, or Garlicky Homemade Tzatziki for a beautiful Mediterranean spread.





Marinated Countertop Feta

Creamy feta, fragrant herbs, bright lemon, and rich extra virgin olive oil come together in a simple appetizer that feels effortlessly elegant.



PREP
10 min



MARINATE
1 hour – overnight



DIFICULTY
easy



SERVINGS
4 – 6

Ingredients

- 1 block (7–8 oz) high-quality Greek feta cheese, preferably packed in brine
- 2 garlic cloves, thinly sliced
- Zest of 1 lemon, cut into thin strips
- 1 teaspoon dried oregano
- 1 small sprig fresh rosemary
- ½ teaspoon red pepper flakes (optional)
- ½ cup extra virgin olive oil
- Freshly ground black pepper

Instructions

- Cut the feta into bite-sized cubes and place them in a shallow serving dish or glass jar.
- Add the sliced garlic, lemon zest, dried oregano, rosemary, and red pepper flakes, if using.
- Pour the olive oil over the feta until completely submerged.
- Add a few grinds of freshly ground black pepper.
- Cover and refrigerate for at least 1 hour, or overnight for even deeper flavor.
- Remove from the refrigerator about 20 minutes before serving, allowing the olive oil to return to its natural consistency.
- Serve with warm pita, crusty bread, fresh vegetables, or as part of a Mediterranean appetizer board.

From the Counter

Whenever possible, choose feta packed in brine rather than pre-crumbled feta. It has a creamier texture, a fresher flavor, and holds its shape beautifully when marinated.



Perfect Pairing

Serve with Golden Rosemary Pita Crackers, Classic Italian Bruschetta, or alongside Smoky Babaganoush for an Mediterranean appetizer platter.

Greek Zucchini Fritters

Golden and crisp on the outside, tender and full of fresh herbs on the inside, these traditional Greek zucchini fritters are a Mediterranean favorite.



PREP
20 min



CHILL
10 min



COOK
12 min



DIFICULTY
medium



SERVINGS
4 (8–10 fritters)

Ingredients

- 2 medium zucchinis, grated
- 1 teaspoon salt
- 3 green onions, finely sliced
- 2 tablespoons fresh dill, chopped
- 2 tablespoons fresh mint, chopped
- ½ cup feta cheese, crumbled
- 1 large egg
- ½ cup all-purpose flour
- ½ teaspoon baking powder
- Freshly ground black pepper
- Extra virgin olive oil, for frying

Instructions

- Place the grated zucchini in a colander, sprinkle with the salt, and let it drain for 15–20 minutes.
- Wrap the zucchini in a clean kitchen towel and squeeze firmly to remove as much moisture as possible.
- In a large bowl, combine the zucchini, green onions, dill, mint, feta, egg, flour, baking powder, and a few grinds of black pepper. Mix until just combined.
- Cover and refrigerate for 10 minutes.
- Heat about ¼ inch of olive oil in a large skillet over medium heat.
- Scoop about 2 tablespoons of the mixture for each fritter, gently flattening them in the skillet.
- Cook for 3–4 minutes per side, until deeply golden and crisp.
- Transfer to a paper towel-lined plate and serve warm.

From the Counter

The drier the zucchini, the crispier the fritters. Don't rush this step—removing excess moisture is the key to achieving a beautifully golden crust.



Perfect Pairing

Serve with Garlicky Homemade Tzatziki, a squeeze of fresh lemon, and a tomato and cucumber salad for a Mediterranean lunch or appetizer.





Fresh Salads & Sandwiches

Fresh ingredients are at the heart of Mediterranean cooking. Crisp vegetables, fragrant herbs, creamy cheeses, and simple dressings come together to create meals that are light, satisfying, and full of vibrant flavor. Whether served as a quick lunch, a colorful side, or a leisurely meal shared with friends, these recipes celebrate the beauty of honest ingredients prepared with care.



Mediterranean Quinoa Tabbouleh

Fresh herbs, juicy tomatoes, crisp cucumber, and fluffy quinoa come together in this vibrant satisfying Mediterranean-inspired salad.



PREP
20 min



COOK
15 min



CHILL
20 min



DIFICULTY
medium



SERVINGS
4

Ingredients

- 1 cup uncooked quinoa, rinsed
- 2 cups water
- 1 large bunch flat-leaf parsley, finely chopped
- ½ cup fresh mint leaves, finely chopped
- 2 Roma tomatoes, finely diced
- 1 English cucumber, finely diced
- 3 green onions, thinly sliced
- 3 tablespoons extra virgin olive oil
- 3 tablespoons fresh lemon juice
- 1 teaspoon lemon zest
- Salt and freshly ground black pepper, to taste

Instructions

- Rinse the quinoa thoroughly under cold running water.
- In a small saucepan, combine the quinoa and water. Bring to a boil, then reduce the heat, cover, and simmer for 15 minutes, or until the water has been absorbed.
- Remove from the heat and let the quinoa cool completely. For faster cooling, spread it on a baking sheet.
- In a large bowl, combine the cooled quinoa, parsley, mint, tomatoes, cucumber, and green onions.
- In a small bowl, whisk together the olive oil, lemon juice, lemon zest, salt, and pepper.
- Pour the dressing over the salad and toss gently until everything is evenly coated.
- Refrigerate for 20 minutes before serving to allow the flavors to come together.
- Taste and adjust the seasoning with additional lemon juice, salt, or pepper if needed.

From the Counter

Rinsing quinoa before cooking removes its natural coating, which can leave a slightly bitter taste. It's a small step that makes a noticeable difference in the finished salad.



Perfect Pairing

Serve alongside Mediterranean Salmon en Papillote, Rosemary & Garlic Pork Souvlaki, grilled chicken, or enjoy it on its own for a fresh lunch.

Mediterranean Chickpea & Tuna Salad

Nourishing and full of Mediterranean flavor, this hearty salad combines tender chickpeas, tuna, crisp vegetables, fresh herbs, and a bright lemon dressing.



PREP
20 min



REST
10 min



DIFICULTY
easy



SERVINGS
4

Ingredients

Salad

- 2 (15 oz) cans chickpeas, drained and rinsed
- 2 (5 oz) cans solid tuna packed in olive oil, drained
- 1 English cucumber, diced
- 1 cup cherry tomatoes, halved
- ¼ cup red onion, finely diced
- ¼ cup fresh parsley, chopped
- 2 tablespoons fresh mint, chopped
- 2 tablespoons capers, drained (optional)

Lemon Dressing

- 3 tablespoons extra virgin olive oil
- Juice of 1 lemon
- 1 teaspoon Dijon mustard
- ½ teaspoon dried oregano
- Salt and freshly ground black pepper, to taste

Instructions

- Place the diced red onion in a small bowl of cold water and let it soak for 10 minutes. Drain well before using.
- In a large serving bowl, combine the chickpeas, tuna, cucumber, tomatoes, red onion, parsley, mint, and capers, if using.
- In a small bowl, whisk together the olive oil, lemon juice, Dijon mustard, oregano, salt, and pepper.
- Pour the dressing over the salad and toss gently until everything is evenly coated.
- Let the salad rest for 10 minutes before serving to allow the flavors to develop.
- Taste and adjust the seasoning with additional lemon juice, salt, or black pepper if needed.

From the Counter

Soaking the red onion in cold water for a few minutes softens its sharp bite while preserving its crisp texture—a simple trick that keeps the flavors balanced.



Perfect Pairing

Serve with Golden Rosemary Pita Crackers, warm pita bread, or a side of Garlicky Homemade Tzatziki for a complete Mediterranean meal.





Caprese Flatbread

This simple flatbread layers creamy fresh mozzarella, sweet tomatoes, fragrant basil, and a drizzle of balsamic glaze over a crisp, golden crust.



PREP
15 min



BAKE
12 -15 min



DIFICULTY
easy



SERVINGS
4

Ingredients

- 1 large flatbread or naan
- 8 oz fresh mozzarella, sliced
- 1 cup cherry tomatoes, halved
- 2 tablespoons extra virgin olive oil
- ¼ cup fresh basil leaves
- Balsamic glaze, for drizzling
- Flaky sea salt
- Freshly ground black pepper

Instructions

- Preheat the oven to 425°F (220°C).
- Place the flatbread on a baking sheet and brush lightly with the olive oil.
- Arrange the sliced mozzarella evenly over the flatbread.
- Bake for 8 minutes.
- Remove from the oven and scatter the cherry tomatoes over the melted mozzarella.
- Return to the oven for 4–6 minutes, until the edges are crisp and the tomatoes are just beginning to soften.
- Remove from the oven and immediately top with the fresh basil leaves.
- Finish with a drizzle of balsamic glaze, a pinch of flaky sea salt, and freshly ground black pepper.
- Slice and serve warm.

From the Counter

Add the basil only after baking. The residual heat gently softens the leaves while preserving their fresh aroma, vibrant color, and delicate flavor



Perfect Pairing

Serve with Mediterranean Chickpea & Tuna Salad, a handful of arugula lightly dressed with lemon and olive oil.



Healthy & Hearty Mains

Mediterranean cooking proves that satisfying meals don't have to be complicated. Fresh seafood, quality meats, seasonal vegetables, fragrant herbs, and simple techniques come together to create dishes that are both nourishing and full of flavor. Whether you're preparing a weeknight dinner or gathering family and friends around the table, these recipes celebrate honest ingredients, thoughtful preparation, and the quiet pleasure of cooking from scratch.

Mediterranean Salmon en Papillote

Cooking "en papillote" is a simple, elegant way to prepare fish. Trapped steam makes the salmon tender while it absorbs the fresh flavors of herbs, vegetables, lemon, and olive oil.



PREP
15 min



BAKE
18 – 20 min



DIFICULTY
medium



SERVINGS
4

Ingredients

- 4 center-cut salmon fillets (about 6 oz each)
- 1 small zucchini, very thinly sliced
- 1 cup cherry tomatoes, halved
- ½ small red onion, very thinly sliced
- 2 tablespoons extra virgin olive oil
- 2 tablespoons fresh parsley, chopped
- 1 tablespoon fresh dill, chopped
- Salt and freshly ground black pepper
- 1 lemon, cut into wedges

Instructions

- Preheat the oven to 400°F (200°C).
- Cut four large sheets of parchment paper and fold each in half.
- Divide the zucchini, cherry tomatoes, and red onion among the parchment sheets, placing the vegetables on one side of each fold.
- Place one salmon fillet on top of each bed of vegetables.
- Drizzle each fillet with olive oil and season with salt and freshly ground black pepper.
- Sprinkle with the parsley and dill.
- Fold the parchment over the salmon and tightly crimp the edges to seal each packet.
- Place the packets on a baking sheet and bake for 18–20 minutes, depending on the thickness of the fillets.
- Carefully open each packet, allowing the steam to escape.
- Finish with a generous squeeze of fresh lemon just before serving

From the Counter

Slice the vegetables as thinly as possible so they become perfectly tender in the same amount of time the salmon takes to cook.



Perfect Pairing

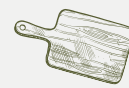
Serve with Moroccan Roasted Veggies Couscous, Mediterranean Quinoa Tabbouleh, or a crisp green salad for a light dinner.





Turkish köfte Skewers

Juicy, fragrant, and beautifully seasoned, these Turkish-inspired kofte skewers are packed with fresh herbs and warm spices.



PREP
25 min



CHILL
30 min



GRILL
8 -10 min



DIFICULTY
medium



SERVINGS
4

Ingredients

- 1 lb 80/20 ground beef (or ½ lb ground beef + ½ lb ground lamb) ½ small yellow onion, grated
- 3 garlic cloves, minced
- ¼ cup fresh parsley, finely chopped
- ¼ cup fresh cilantro, finely chopped
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon sweet paprika
- ½ teaspoon ground cinnamon
- 1 teaspoon fine sea salt
- ½ teaspoon freshly ground black pepper
- 8 wooden or metal skewers

Instructions

- If using wooden skewers, soak them in water for at least 30 minutes.
- In a large bowl, combine the ground meat, grated onion, garlic, parsley, cilantro, cumin, coriander, paprika, cinnamon, fine sea salt, and black pepper. Mix gently with your hands just until everything is evenly combined.
- Cover and refrigerate the mixture for 30 minutes.
- Divide the meat mixture into 8 equal portions and shape each one firmly around a skewer into a long oval.
- Preheat a grill or grill pan over medium-high heat and lightly oil the grates.
- Grill the kofta for 4–5 minutes per side, turning only once, until lightly charred and cooked through (internal temperature of 160°F / 71°C for beef).
- Transfer to a serving platter and let the kofta rest for 5 minutes before serving.

From the Counter

Mix the meat as little as possible. Overworking ground meat compresses the proteins, resulting in denser, drier kofta instead of a tender, juicy texture.

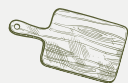


Perfect Pairing

Serve with Moroccan Roasted Veggies Couscous, warm flatbread, grilled vegetables, and Garlicky Homemade Tzatziki.

Tuscan Garlic Chicken

Tender golden chicken cutlets, sun-dried tomatoes, fresh spinach, and a silky garlic cream sauce come together in this comforting Mediterranean-inspired dish.



PREP
15 min



COOK
20 min



DIFICULTY
medium



SERVINGS
4

Ingredients

Chicken

- 2 large boneless, skinless chicken breasts, sliced horizontally into 4 cutlets
- 2 tablespoons all-purpose flour
- 2 tablespoons olive oil
- 1 teaspoon fine sea salt
- ½ teaspoon ground black pepper
- 1 teaspoon Italian seasoning

Sauce

- 4 garlic cloves, minced
- ½ cup sun-dried tomatoes, drained and sliced
- ½ cup low-sodium chicken broth
- ½ cup light cream (or half/half)
- ¼ cup freshly grated Parmigiano Reggiano
- 2 cups fresh baby spinach
- Fresh basil leaves, torn
- Lemon wedges, for serving

Instructions

- Pat the chicken cutlets dry with paper towels. Season both sides with salt, black pepper, and Italian seasoning, then lightly dust each cutlet with the flour.
- Heat the olive oil in a large skillet over medium-high heat. Cook the chicken 4–5 minutes per side until golden. Transfer to a plate.
- Reduce heat to medium. Add garlic and sun-dried tomatoes, cook 1 minute until fragrant, then pour in the broth, scraping up the browned bits.
- Stir in the cream and Parmigiano Reggiano until smooth, then add the spinach and cook until wilted.
- Return the chicken to the skillet, spoon the sauce over the cutlets, and simmer for 2 minutes.
- Remove from the heat and scatter the fresh basil and serve with lemon wedges.

From the Counter

Lightly dusting the chicken with flour helps create a beautifully golden crust while naturally thickening the sauce.



Perfect Pairing

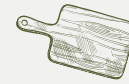
Serve with the Rustic Handmade Pappardelle or Moroccan Roasted Veggies Couscous,





Rosemary & Garlic Pork Souvlaki

Tender cubes of pork are marinated with fresh rosemary, garlic, lemon, and Mediterranean herbs before being grilled to juicy perfection.



PREP
20 min



MARINATE
2 hour – overnight



GRILL
8 –10 min



DIFICULTY
medium



SERVINGS
4

Ingredients

Marinade

- Tablespoons extra virgin olive oil
- Juice of 1 large lemon
- 1 tablespoon red wine vinegar
- 3 garlic cloves, minced
- 1 tablespoon fresh rosemary, finely chopped
- 1 tablespoon dried oregano
- 1 teaspoon fine sea salt
- ½ teaspoon freshly ground black pepper

Souvlaki

- 1½ lb pork tenderloin, cut into 1-inch cubes
- 1 red bell pepper, cut into large pieces
- 1 small red onion, cut into wedges
- 8 wooden or metal skewers
- Fresh parsley or oregano, chopped
- Lemon wedges, for serving

Instructions

- In a large bowl, whisk together the olive oil, lemon juice, red wine vinegar, garlic, rosemary, oregano, fine sea salt, and black pepper.
- Add the pork cubes and toss until evenly coated. Cover and refrigerate for 2–4 hours, or overnight for the best flavor.
- If using wooden skewers, soak them for 30 minutes, then thread the pork onto the skewers, alternating with red bell pepper and red onion.
- Preheat a grill or grill pan over medium-high heat and lightly oil the grates.
- Grill the skewers for 8–10 minutes, turning every few minutes, until the pork is lightly charred and reaches an internal temperature of 145°F (63°C).
- Transfer to a serving platter and let the skewers rest for 3–5 minutes, sprinkle with fresh parsley and serve with lemon wedges.

From the Counter

Don't overcrowd the skewers. Leaving a small amount of space between the pieces allows the heat to circulate, helping the pork brown evenly instead of steaming.

Perfect Pairing



Serve with Garlicky Homemade Tzatziki or Moroccan Roasted Veggies Pearl Couscous.

Rustic Handmade Pappardelle

Making fresh pasta from scratch is simpler than most people imagine. With just a few pantry ingredients, you'll create ribbons of pappardelle that pair beautifully with hearty sauces



PREP
35 min



REST
30 min



COOK
2 - 3 min



DIFICULTY
challenging



SERVINGS
4

Ingredients

Pasta Dough

- 3 cups all-purpose flour (about 360 g), or Italian “00” flour
- 3 large eggs
- 1 tablespoon extra virgin olive oil
- ½ teaspoon fine sea salt
- 1–2 tablespoons water, if needed
- Semolina flour, for dusting

Instructions

- Make a well in the flour, add the eggs, olive oil, and salt, then mix with a fork until a shaggy dough forms.
- Knead 8–10 minutes until smooth and elastic, adding water by the teaspoon if dry.
- Wrap and rest at room temperature for 30 minutes.
- Divide in two and roll each portion into a thin sheet.
- Dust with semolina, roll into a cylinder, and cut into ¾-inch ribbons, then unroll and dust again.
- Boil in salted water 2–3 minutes until tender but firm. Drain and serve with your favorite sauce.

From the Counter

Resist the urge to add too much flour while kneading. The dough may seem sticky at first, but it smooths out as the gluten develops.



Perfect Pairing

Serve with Tuscan Garlic Chicken, a simple tomato sauce, sautéed mushrooms, or just extra virgin olive oil and freshly grated Parmesan.





Easy Sides, Sauces & Dips

The dishes that often become the most memorable aren't always the main course. A silky dip, a bright herb sauce, or a perfectly seasoned side can transform an everyday meal into something special. These recipes are simple to prepare, endlessly versatile, and designed to bring fresh Mediterranean flavors to everything they accompany.

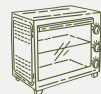


Smoky Babaganoush

Creamy, smoky, and wonderfully rich, babaganoush is one of the Mediterranean's most beloved dips. It delivers remarkable flavor from just a handful of simple ingredients.



PREP
15 min



BAKE
40 -45 min



DIFICULTY
medium



SERVINGS
6

Ingredients

- 2 medium eggplants
- ¼ cup tahini
- 2 tablespoons fresh lemon juice
- 2 garlic cloves, minced
- 2 tablespoons extra virgin olive oil, plus more for serving
- ½ teaspoon ground cumin
- ½ teaspoon fine sea salt
- Freshly ground black pepper, to taste
- 2 tablespoons fresh parsley, finely chopped
- Smoked paprika, for garnish

Instructions

- Preheat the oven to 425°F (220°C).
- Pierce each eggplant with a fork. Place them on a baking sheet and roast for 40–45 minutes, turning once, until tender and deeply charred.
- Allow the eggplants to cool slightly, then scoop the flesh into a colander. Let it drain for 10 minutes to remove excess moisture.
- Transfer the eggplant to a food processor. Pulse with the tahini, lemon juice, garlic, olive oil, cumin, salt, and pepper until mostly smooth while still retaining a little texture. Adjust seasoning if needed.
- Transfer to a serving bowl and use the back of a spoon to create gentle swirls on the surface.
- Drizzle with extra virgin olive oil and garnish with chopped parsley and a light sprinkle of smoked paprika before serving.

From the Counter

After roasting, let the eggplant drain for a few minutes before blending. Removing excess moisture creates a richer, creamier babaganoush.



Perfect Pairing

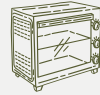
Serve with Golden Rosemary Pita Crackers, Classic Italian Bruschetta, or Marinated Countertop Feta.

Moroccan Roasted Veggies Couscous

Roasted vegetables, toasted pearl couscous, fresh herbs, and pistachios come together in a colorful, hearty dish. Bright lemon and olive oil tie it all together with vibrant flavor.



PREP
20 min



BAKE
35 min



DIFICULTY
easy



SERVINGS
4 - 6

Ingredients

Roasted Vegetables

- 1 small zucchini, diced
- 1 small eggplant, diced
- 1 red bell pepper, diced
- 2 tablespoons extra virgin olive oil
- ½ teaspoon smoked paprika
- ½ teaspoon fine sea salt
- ¼ teaspoon freshly ground black pepper

Couscous

- 1 cup pearl couscous
- 1 tablespoon extra virgin olive oil
- 1½ cups low-sodium vegetable broth (or chicken broth)

Finish

- ¼ cup shelled pistachios, lightly toasted and roughly chopped
- ¼ cup fresh parsley, chopped
- 2 tablespoons fresh mint, chopped
- Zest of 1 lemon
- Juice of ½ lemon
- 1 tablespoon extra virgin olive oil
- Flaky sea salt and freshly ground black pepper, to taste



Instructions

- Preheat the oven to 425°F (220°C).
- Toss the zucchini, eggplant, and bell pepper with 2 tbsp olive oil, smoked paprika, salt, and pepper on a baking sheet.
- Roast 25–30 minutes, stirring halfway, until tender and caramelized.
- Meanwhile, heat 1 tbsp olive oil in a saucepan and toast the couscous 2–3 minutes until lightly golden.
- Add the broth, bring to a boil, then cover and simmer 10 minutes until tender and the liquid is absorbed. Fluff with a fork.
- Transfer the warm couscous to a large serving bowl. Add the lemon zest, lemon juice, and remaining tablespoon of extra virgin olive oil, tossing gently to coat.
- Fold in the roasted vegetables, pistachios, parsley, and mint. Season to taste and serve warm or at room temperature.

From the Counter

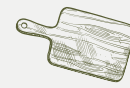
Dress the couscous while it's still slightly warm. It absorbs the lemon and olive oil more readily, giving every bite brighter, more balanced flavor.





Garlicky Homemade Tzatziki

Cool, creamy, and refreshing, tzatziki blends thick Greek yogurt, cucumber, herbs, and garlic. It's perfect alongside grilled meats, roasted vegetables, or warm pita.



PREP
15 min



REST
30 min



DIFICULTY
easy



SERVINGS
4 - 6

Ingredients

- 1 large English cucumber
- ½ teaspoon fine sea salt
- 1½ cups full-fat plain Greek yogurt
- 2 garlic cloves, finely grated or pressed
- 1 tablespoon extra virgin olive oil, plus more for serving
- 1 tablespoon fresh dill, finely chopped
- 1 tablespoon fresh mint, finely chopped
- 1 teaspoon fresh lemon juice
- Freshly ground black pepper

Instructions

- Grate the cucumber using the large holes of a box grater. Sprinkle with the fine sea salt and let it rest for 10 minutes.
- Wrap the cucumber in a clean kitchen towel and squeeze firmly to remove as much moisture as possible.
- In a medium bowl, combine the Greek yogurt, cucumber, garlic, olive oil, dill, mint, lemon juice, and a few grinds of black pepper.
- Stir until well combined.
- Cover and refrigerate for at least 30 minutes to allow the flavors to develop.
- Taste and adjust the seasoning if needed.
- Transfer to a serving bowl and finish with a drizzle of extra virgin olive oil and a sprinkle of fresh dill before serving.

From the Counter

Removing as much moisture as possible from the cucumber is the secret to thick, creamy tzatziki. The drier the cucumber, the richer and more flavorful the finished sauce will be.



Perfect Pairing

Serve with Rosemary & Garlic Pork Souvlaki, Turkish köfte Skewers, Golden Rosemary Pita Crackers, or fresh cucumber and carrot sticks for a simple Mediterranean snack.

Spanish Romesco Sauce

Rich, smoky, and full of bold flavor, Romesco is a classic Spanish sauce that pairs beautifully with grilled meats, seafood, or warm bread.



PREP
15 min



REST
30 min



DIFICULTY
easy



SERVINGS
1 ½ cup

Ingredients

- 1 jar (12 oz) roasted red peppers, drained
- ½ cup roasted unsalted almonds
- 1 small slice rustic bread
- 2 garlic cloves
- ¼ cup crushed tomatoes or tomato purée
- 2 tablespoons sherry vinegar (or red wine vinegar)
- ⅓ cup extra virgin olive oil
- ½ teaspoon smoked paprika
- ½ teaspoon fine sea salt
- Freshly ground black pepper
- Pinch of cayenne pepper (optional)

Instructions

- If the almonds are raw, toast them in a dry skillet or 350°F (175°C) oven for 5–7 minutes, until lightly golden. Allow them to cool.
- Toast the slice of rustic bread until golden on both sides.
- Place the roasted peppers, toasted almonds, toasted bread, garlic, crushed tomatoes, sherry vinegar, smoked paprika, fine sea salt, black pepper, and cayenne (if using) into a food processor.
- Pulse until the mixture is mostly smooth but still retains a little texture.
- With the processor running, slowly drizzle in the extra virgin olive oil until fully incorporated. Transfer the sauce to a bowl and let it rest for 20 minutes before serving.
- Finish with a light drizzle of extra virgin olive oil.

From the Counter

Resist the temptation to over-blend the sauce. A slightly rustic texture is part of Romesco's character and gives every bite a little more depth and personality.



Perfect Pairing

Serve with Mediterranean Salmon en Papillote, Rosemary & Garlic Pork Souvlaki, grilled vegetables, or spread onto Caprese Flatbread for an extra layer of Mediterranean flavor.





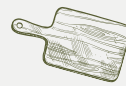
Simple Sweet Endings

Mediterranean desserts celebrate the natural sweetness of seasonal fruit, fragrant citrus, warm spices, and good olive oil. Rather than being overly rich, they're light, rustic, and designed to end a meal the same way it began—with simple ingredients, thoughtful preparation, and time shared around the table.



Rustic Fig & Honey Galette

Wrapped in a flaky crust and filled with sweet figs, this rustic galette celebrates simple Mediterranean baking. Finished with honey and thyme, it's perfect for any gathering.



PREP
30 min



CHILL
30 min



BAKE
35 -40 min



DIFICULTY
challenging



SERVINGS
6 - 8

Ingredients

Pastry

- 1½ cups all-purpose flour
- 1 tablespoon sugar
- ½ teaspoon fine sea salt
- ½ cup cold unsalted butter, cut into small cubes
- 4–5 tablespoons ice water

Filling

- 8–10 fresh figs, sliced
- 2 tablespoons honey
- 1 teaspoon fresh lemon juice
- 1 teaspoon lemon zest
- 1 tablespoon cornstarch
- A few fresh thyme leaves (optional)

Finish

- 1 egg, beaten (for egg wash)
- Honey, for drizzling

Instructions

- In a large bowl, whisk together the flour, sugar, and fine sea salt.
- Cut the cold butter into the flour using a pastry cutter or your fingertips until the mixture resembles coarse crumbs.
- Add the ice water one tablespoon at a time, mixing just until the dough comes together.
- Shape into a disc, wrap tightly, and refrigerate for 30 minutes.
- Preheat the oven to 375°F (190°C).
- In a bowl, gently toss the figs with the honey, lemon juice, lemon zest, cornstarch, and thyme, if using.
- Roll the dough into an approximately 12-inch circle on a lightly floured surface and transfer it to a parchment-lined baking sheet.
- Arrange the fig filling in the center, leaving a 2-inch border
- Fold the edges over the fruit, pleating naturally as you go.
- Brush the pastry with the beaten egg.
- Bake for 35–40 minutes, until the crust is deeply golden and the figs are bubbling.
- Allow the galette to cool for 15–20 minutes, then drizzle lightly with honey before serving

From the Counter

Keep the butter and the dough as cold as possible while working. Cold butter creates steam during baking, producing the flaky, tender layers that make a great galette.



Lemon Ricotta Cake

Light, moist, and fragrant, this Italian-inspired cake pairs creamy ricotta with lemon for a tender, elegant crumb. Finished with honey and thyme, it's perfect for brunch or coffee.



PREP
20 min



BAKE
45 – 50 min



COOL
20 min



DIFICULTY
medium



SERVINGS
8

Ingredients

Cake

- 1 ½ cups all-purpose flour
- 2 teaspoons baking powder
- ½ teaspoon fine sea salt
- ¾ cup granulated sugar
- ½ cup unsalted butter, softened
- 3 large eggs, room temperature
- 1 cup whole-milk ricotta cheese, room temperature
- Zest of 2 lemons
- 2 tablespoons fresh lemon juice
- 1 teaspoon vanilla extract

Finish

- Powdered sugar, for dusting
- Honey, for drizzling
- Fresh thyme leaves (optional)

From the Counter

For the lightest texture, bring the eggs, butter, and ricotta to room temperature before mixing. They blend together more smoothly, creating a beautifully tender crumb.



Instructions

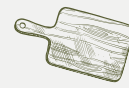
- Preheat the oven to 350°F (175°C). Grease and line an 8-inch round cake pan with parchment paper.
- In a medium bowl, whisk together the flour, baking powder, and fine sea salt.
- In a large bowl, beat the butter and sugar until light and fluffy, about 3–4 minutes.
- Beat in the eggs one at a time, mixing well after each addition.
- Add the ricotta, lemon zest, lemon juice, and vanilla extract. Mix until smooth.
- Fold the dry ingredients into the wet ingredients just until no streaks of flour remain. Do not overmix.
- Pour the batter into the prepared pan and smooth the top.
- Bake for 45–50 minutes, or until the cake is lightly golden and a toothpick inserted into the center comes out clean.
- Let the cake cool in the pan for 10 minutes, then transfer it to a wire rack to cool completely.
- Just before serving, dust lightly with powdered sugar, drizzle with honey, and scatter a few fresh thyme leaves over the top.





Greek Orange & Honey Twisted Cookies

Lightly sweet and scented with orange and vanilla, these Greek cookies are simple and perfect for sharing. Their twisted shape and touch of honey make them ideal with coffee or tea.



PREP
25 min



REST
15 min



BAKE
15 -18 min



DIFICULTY
challenging



SERVINGS
20 units

Ingredients

Cookie Dough

- 2¼ cups all-purpose flour
- 1 teaspoon baking powder
- ¼ teaspoon fine sea salt
- ½ cup unsalted butter, softened ½ cup granulated sugar
- 1 tablespoon honey
- 1 large egg
- 1 teaspoon vanilla extract
- Zest of 1 large orange
- 2 tablespoons fresh orange juice

Finish

- 1 egg yolk
- 1 tablespoon milk
- Sesame seeds (optional)

Instructions

- Preheat the oven to 350°F (175°C) and line a baking sheet with parchment paper.
- In a medium bowl, whisk together the flour, baking powder, and fine sea salt.
- In a large bowl, beat the butter and sugar until light and fluffy, about 3 minutes.
- Beat in the honey, egg, vanilla, orange zest, and orange juice until well combined.
- Gradually add the dry ingredients, mixing just until a soft dough forms.
- Cover the dough and let it rest for 15 minutes at room temperature.
- Divide the dough into about 20 equal portions. Roll each portion into a rope about 6 inches long, then twist into the traditional shape.
- Arrange the cookies on the prepared baking sheet, leaving about 2 inches between them.
- Whisk together the egg yolk and milk, then lightly brush each cookie. Sprinkle with sesame seeds if desired.
- Bake for 15–18 minutes, until lightly golden.
- Allow the cookies to cool on the baking sheet for 5 minutes, then transfer to a wire rack to cool completely.

From the Counter

Avoid adding extra flour unless the dough is very sticky. A slightly soft dough produces lighter, more tender cookies after baking.



The Mediterranean Table

Mediterranean cooking is about slowing down and enjoying good company. Meals are shared with family, friends, and neighbors, turning the table into a place to connect and celebrate everyday moments. That spirit doesn't need a special occasion — a weeknight dinner or a quiet breakfast is enough.

Cook with Intention

Washing herbs, slicing vegetables, or whisking a dressing can be part of the enjoyment, not just a step to rush through.

Keep the Table Simple

A linen napkin, a bowl of fruit, a few herbs, or a small vase of flowers is all it takes for a warm, welcoming table.

Enjoy the Process

Not every meal needs to be perfect. Some of the best moments happen while trying something new or cooking with someone you love.

Bringing It Home

Choose fresh ingredients, cook with care, and enjoy the moment. Sometimes the simplest meals are the most meaningful.





Thank You!

Thank you for inviting PLAKA into your kitchen.

We hope these recipes inspire you to cook a little more often, try something new, and enjoy the simple pleasure of preparing meals with fresh, honest ingredients.

Whether you're making a quick weeknight dinner, sharing a leisurely weekend meal with friends, or creating a new family favorite, remember that great cooking doesn't have to be complicated. A few quality ingredients, thoughtful preparation, and a little time are often all it takes.

As your cookbook gathers its own stories—favorite recipes marked with notes, pages softened from frequent use, and memories made around the table—we hope it becomes a trusted companion in your kitchen for years to come.

Thank you for being part of the PLAKA community. We look forward to cooking with you again.

PLAKA