

Let's eat !

SUMMER LUNCHESS FOR SMALL AND LARGE GATHERINGS



10 easy recipes to prepare, beautiful to *share*.

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Summer lunch recipes !



Zucchini-miso-parmesan tart

Tomato & watermelon salad

My DIY salmorejo

Kuku Sabzi, herb omelette



Rainbow salad

Muhammara

Sweet & savory oven dish



Iced rose infusion

Giant pancake like a cake

Homemade express sorbets



Let's cook this summer !

This summer recipe ebook is for you
to taste and share

I am happy to share with you 10 summer recipes that I love right now. I am constantly trying new recipes but each new season comes with an obsession with one or two ingredients or dishes I could cook every day...This summer my love goes to pomegranate molasses, tahini, sweet and savory associations. So here are some of the dishes I will be cooking this summer, for 2, 4, 8 or 18 people.

They are simple, unpretentious and adaptable to make them again and again, the same or differently.

These recipes are now yours, so make them your own!

Adjust quantities according to the number of guests, feel free to modify ingredients based on your preferences or what is available in your pantry. Experiment !

If you are missing an ingredient, do not let that stop you from cooking this recipe you fancy: simply leave it out, or replace it.

At the end of the document, you will find pairing ideas to compose your lunches, with recipes from this ebook and other dish suggestions you know or can find online.

Invite your family and friends to join in preparing lunches this summer, using these recipes as a guide for example.

Assign tasks, involve everyone - friends, children, grandparents, uncles and cousins - why not form teams and challenge each other, everyone can take on a recipe to share good times.

Some flavors may be new for the youngest ones. Do not force them to eat, let them discover at their own pace by also offering familiar dishes if possible, to avoid unnecessary pressure: keep in mind that it sometimes takes up to 20 exposures to a new dish or food to get used to it!

I would love for you to tell me how you cooked these dishes, feel free to write to me to tell me everything and to ask me all your questions too, I will answer if you have any doubts in front of the stove.

Have fun cooking and long live summer lunches!

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Zucchini miso parmesan tart

For 6 people

Preparation: 20 min

Cooking: 40 min

Ingredients:

1 roll of organic shortcrust or puff pastry

3 medium zucchini

2 tablespoons of mustard

1 garlic clove

1 tbsp olive oil

150 g parmesan

2 generous tablespoons of white miso

Pumpkin seeds or pine nuts (optional)

Salt, pepper | thyme or rosemary



Preparation

Preheat the oven to 180°C (fan-assisted if possible).

Slice 1 zucchini into rounds, blend 2 zucchini with the garlic clove.

Roll out the pastry in a tart pan, prick with a fork and blind bake for 10 min.

Meanwhile, in a pan with olive oil, salt, thyme or rosemary if desired, sweat and brown the blended zucchini on medium heat until you get a soft paste (about 10 min). Turn off the heat, add the miso and 100 g of grated parmesan to this puree and mix.

On the pre-baked pastry base, spread the mustard then the zucchini miso parmesan mixture.

Cover with the rounds from the 3rd zucchini and the rest of the parmesan grated or shaved.

Drizzle with olive oil and sprinkle with seeds if desired.

Bake for about 20 min and serve with a salad, meatloaf or eggs.

Inspiration: Trish Desseine

More than 4 at the table? Or want to make it your main dish? Make 2 by doubling the quantities!

Tomato watermelon salad

For 8 people

Preparation: 20 min

Ingredients (for a large table)

2 slices of whole wheat bread

1 block of feta

½ lemon

1 organic/untreated watermelon

6 quality tomatoes

Salt, pepper, olive oil, chili (optional)

About twenty black olives

A handful of blanched almonds, ideally soaked overnight

A handful of mint leaves, one of basil, one of tarragon, or herbs of your choice (optional)

Two tablespoons of pomegranate molasses



Preparation

Toast the bread, cut into cubes.

Cut the watermelon in half and hollow out both halves by cutting about 2 cm cubes from the flesh. Place in a large salad bowl.

Dice the tomatoes and the feta. Can be replaced or added: mozzarella.

In a large salad bowl, mix all ingredients, season with pomegranate molasses, and divide into the two watermelon halves.

Tip

Add cold quinoa or rice for a complete meal, sesame seeds, lemon juice, strawberries, bell pepper, hard-boiled egg, capers - endless variations for this fresh salad



My DIY salmorejo

Preparation: 15 min

Chilling: 2 hours
min/overnight

Ingredients

1 large tomato or 2 medium per person

1 lemon (juice + zest)

1 slice of bread for 2 people

2 tablespoons of cider vinegar

1 garlic clove

Fresh basil leaves

Olive oil, salt, pepper

Optional: 1 strawberry per person, 1 handful of watermelon
cubes per person.

Garnish, mix and match:

Hard-boiled eggs whites and yolks crumbled separately,
ham, basil, mint, olives, capers, diced bell pepper, croutons,
cucumber, feta or mozzarella, strawberries, peach,
anchovies, etc, each in its own bowl on the table



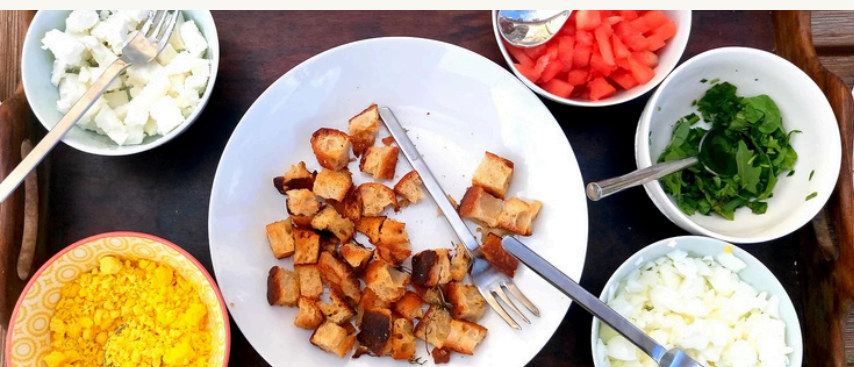
Preparation

Cook the eggs for 10 min. Plunge the tomatoes into a pot of boiling water for 1 min then into cold water to easily remove their skin.

In a blender or in a large high-sided bowl using an immersion blender, blend the tomatoes and all other soup ingredients. Add salt if needed and leave in a large bowl in the fridge for at least 2 hours.

Prepare all chosen garnishes, arrange each one separately.

Place the bowl(s) on the table with all the garnishes and let everyone compose their own dish!



Kuku sabzi, herb omelette

Preparation: 10 min

Cooking: 20 min

Ingredients (for 8 people)

5 organic eggs

2 onions

1 cup of each available herb:

mint, basil, parsley, chervil, coriander,

dill, chives, spinach

or whatever you find in organic frozen

1 teaspoon of turmeric

1 garlic clove

2 tbsp olive oil

½ cup walnuts



Preparation

Preheat the oven to 160°C (fan-assisted if possible).



Slice the onions, chop the herbs and the de-germed garlic. Cook the onion in an oven-safe pan, on low heat for 5 min in olive oil then add the herbs and cook for another 5 min while stirring to prevent burning.

Meanwhile, in a bowl, mix the eggs with the salt, the blended walnuts and the turmeric.

Then, two options: pour the egg into the pan, mix, and bake for about 15 min until the edges are golden, or pour the whole mixture into an oven-safe dish and bake for 15 to 20 min.

I sometimes add cheese before baking (parmesan, gruyere, leftover mozzarella).

I serve by placing walnut pieces on top, sometimes pistachio, and when I find them, pomegranate seeds.

Delicious to accompany a big tomato salad for example or a green salad and cheese. Equally good hot, warm and cold!

An Iranian dish that varies in taste depending on the herbs chosen and the cooking method. Can also be steamed!

Rainbow complete salad

Preparation: 10 min

Cooking: 0 to 90 min

Ingredients:

- 1 jar of cooked white beans
- 1 jar of cooked red beans
- 1 jar of cooked black beans
- 1 jar of cooked chickpeas
- 150 g cooked rice
- 150 g cooked coral or other lentils
- 1 medium tomato or 2-3 cherry tomatoes/person
- 1 bell pepper for 3 people
- 1 cucumber
- 2 handfuls of nuts and seeds of choice
- 1 cup of baby greens of your choice
- 1 onion (optional), 1 garlic clove (optional)
- 1 cup shredded mozzarella (feta can replace or be added)
- Salt, pepper, olive oil, chili (optional)
- Herbs such as mint basil chives

Preparation



The quickest option for this colorful complete salad is to find glass jars with cooked beans and chickpeas. It can be made with leftover rice, or quinoa, or without grains even though they help absorb the proteins from legumes. It is also possible to soak the dried beans and chickpeas the night before and cook them together for 90 min in the morning.

Then simply dice the vegetables and mix everything together with a tahini vinaigrette.



Muhammara

Preparation: 15 min

Cooking: 30 min

Ingredients:

4 red bell peppers

150 g walnuts

2 garlic cloves

3 tbsp lemon juice

3 tbsp pomegranate molasses

2 tsp ground cumin

1 tsp mild paprika

Salt and pepper

Aleppo pepper flakes (optional)

Breadcrumbs (optional, or leftover stale bread)

Fresh mint



Preparation

Preheat the oven to 160°C (fan-assisted if possible).

Toast the walnuts for about 10 min. Let cool. Raise the oven temperature to 240°C.

While the oven heats, cut the peppers lengthwise, remove the seeds and place the peppers on an oven-safe dish, skin side up.

Char the peppers in the oven for about 15 min. The skin should be black. Remove from the oven, place in a dish and cover, let cool slightly and easily remove the skin.

Keep some walnuts aside and blend everything else, except 1 tbsp of molasses and lemon juice, until you get a fairly thick paste.

Arrange in a bowl or deep plate, sprinkle with walnuts, mint, pomegranate molasses, lemon juice and a drizzle of olive oil. Enjoy with bread.

Toast the walnuts and cook the peppers the day before so you only need to blend on the day of the meal

Sweet & savory oven dish

Preparation: 15-20 min

Cooking: 1h30 min

Ingredients:

1 sausage or more per person, or a roast or meat of your choice

3 potatoes per person

2 garlic cloves + 4 onions

Vegetables of choice: tomato, eggplant, zucchini, bell pepper, fennel, carrot. Count about 1 of each per guest

Fruits in summer, about 10 per dish: peach, plum, apricot, cherry, mixes welcome

Rosemary and thyme

90 g pomegranate molasses

3 tbsp apple cider vinegar

50 g rapadura sugar (or whole sugar or honey)

2 tbsp sumac (or lemon)

Salt and pepper



Preparation

Preheat the oven to 180°C (fan-assisted if possible).

In a large oven-safe dish, put the potatoes cut into quarters, onions cut into 6, garlic, olive oil, 10 cl water, salt.

Cut the other vegetables of your choice into fairly large pieces and add them to the potatoes after 15 min, along with the roast if you opt for it (except tomatoes and zucchini which cook faster).

Continue cooking for another 20 min, then add the fruits cut in half or large quarters, mix and add the sausages or chicken thighs or fillets.

In a bowl, mix the sugar, vinegar, salt, rosemary and thyme, molasses and sumac. Pour over the vegetables, fruits and meat in the dish.

Bake for another 35-40 min, stirring occasionally, until the meat is grilled, the fruits candied and the vegetables golden.

Inspired by Ottolenghi and my mother-in-law: adaptable to any season with fruits and vegetables of choice and even frozen ones

Iced rose infusion

For 2 to 8 people
Preparation: 5 min
Chilling: 1h minimum

Ingredients:

1 handful of dried organic hibiscus flowers
Juice of 1 lemon
1 handful of fresh or dried mint
A vanilla pod



Preparation



Heat water as for an infusion, without boiling.

In a large teapot, place the hibiscus leaves and mint, pour the hot water, add the vanilla and the juice of one lemon.

Let steep until the infusion has cooled and place in a carafe in the refrigerator for at least one hour before drinking with ice cubes.

Inspiration: West African bissap, but without sugar! Delicious from morning to evening and even as a hot version in winter.

Vary the flavors by adding more or less of each ingredient, adding basil and why not a little honey

Giant fruit pancake

For 2 to 4 people
Preparation: 5 min
Cooking: 15 min

Ingredients

50 g salted butter
140 g spelt or rice or wheat flour
1 tbsp muscovado or whole sugar
30 cl cow's milk or oat milk
6 organic eggs
1 tsp baking soda
If you have sourdough, 1 tbsp
1 vanilla pod/packet of vanilla sugar
300 g strawberries or fresh or frozen berries
Lemon juice
Honey
Powdered sugar (optional)



Preparation



Preheat the oven to 210°C
Choose either an oven-safe pan or a dish of the same size. Put the butter in it and place in the oven.
Mix the eggs and sugar, then gradually add the flour while whisking to avoid lumps, then the milk and vanilla.
Pour into the dish containing the butter and bake for about 20 min watching the pancake puff up!
Remove from the oven, top with fruits, powdered sugar or honey, lemon juice and zest, and whipped cream.
Cut into slices like a cake and vary the fruits

For more people, double the quantities to fill a large dish, or prepare two at the same time each in its own dish

Express homemade sorbet

For 10 people / about 20 scoops

Preparation: 5 min

Cooking: definitely not

Ingredients

1500 g of frozen organic fruits of your choice:
strawberry, raspberry, mixed berries, etc.

6 tsp of very cold water

3 tsp of lemon juice

For a creamy/ice cream option: 200 g of fromage frais
or Greek yogurt



Preparation



Using a good blender or immersion blender, blend the fruits with the water, lemon juice and optionally the yogurt, until you get a creamy sorbet texture. Allow about 3 minutes.

If you chose fairly acidic fruits like berries, a spoonful of honey will soften your sorbet.

Enjoy with fresh fruits

Some like to add a spoonful of peanut butter to their sorbet, and some even dip it in melted chocolate before eating it, but then you need to put them in individual molds and wait a bit for it to set in the fridge

Lunch suggestions



Zucchini-miso-parmesan tart + Watermelon tomato salad + peach salad with mint and almonds

Watermelon tomato salad + Sweet & savory oven dish + homemade ice cream

DIY Salmorejo with ham tostadas + Green salad + melon

Kuku Sabzi + Simple tomato salad + Muhammara/breadsticks or focaccia + fresh fruit yogurts



Rainbow complete salad + homemade ice cream + giant fruit pancake

Muhammara with bread + kuku sabzi + rice + green salad + fruits

Sweet & savory oven dish + cucumber salad + Pancake

Roast chicken + rice salad with almonds and preserved lemon + green salad + ice cream



Muhammara/focaccia + meatloaf + oven-roasted or barbecued peppers + summer crumble

Warm hummus with grilled chicken + cucumber sticks + green salad + muhammara



Thank you !

I hope these recipes will inspire you
to enjoy beautiful summer lunches.

Share your creations and questions:

Write to me, I'll answer!



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