

Recipes

By
Delaware

FULL MEAL RECIPE FEATURING MEDITERRANEAN-STYLE BABY BACK RIBS

SALAD

Greek cucumber and tomato salad

Ingredients

- 2 cups chopped cucumber
- 1½ cups chopped tomatoes
- ¼ small red onion, thinly sliced
- ⅓ cup crumbled feta
- 2 tablespoons olive oil
- 1 tablespoon red wine vinegar
- ½ teaspoon dried oregano
- Salt and black pepper

Preparation

1. Whisk the olive oil, vinegar, oregano, salt, and pepper.
2. Toss with the cucumber, tomatoes, and onion. Fold in the feta just before serving.

Presentation: Serve chilled in a shallow bowl, with a little extra oregano sprinkled on top.

Entrée: Mediterranean-style baby back ribs

Ingredients

- 1 rack baby back ribs, about 2½–3 pounds
- 2 tablespoons olive oil
- 2 teaspoons dried oregano
- 1 teaspoon ground cumin
- 1 teaspoon smoked paprika
- ½ teaspoon ground coriander
- ½ teaspoon black pepper
- 1 teaspoon salt
- 3 garlic cloves, minced
- Juice and zest of 1 lemon
- 1 tablespoon honey

- Chopped parsley, for serving

Preparation

1. Heat the oven to **300°F (150°C)**. Remove the thin membrane from the bone side of the ribs, if present.
2. Combine the olive oil, oregano, cumin, paprika, coriander, pepper, salt, garlic, lemon zest, lemon juice, and honey. Rub the mixture over both sides of the ribs.
3. Place the ribs meat-side up on foil and wrap tightly. Set on a baking sheet and bake for about **2½–3 hours**, until very tender.
4. Carefully unwrap the ribs. Broil for 3–5 minutes, watching closely, to brown the top. Rest for 10 minutes, then slice between the bones.

Presentation: Arrange the ribs on a platter, scatter with parsley, and serve with lemon wedges.

Side dish 1: Lemon-herb roasted potatoes

Ingredients

- 1½ pounds baby potatoes, halved
- 2 tablespoons olive oil
- 1 teaspoon dried oregano
- ½ teaspoon salt
- Black pepper
- Juice of ½ lemon

Preparation

1. Toss the potatoes with olive oil, oregano, salt, and pepper.
2. Roast at **425°F (220°C)** for 30–40 minutes, turning once, until browned and tender. Finish with lemon juice.

Presentation: Serve in a warm bowl with a little chopped parsley.

Side dish 2: Garlicky green beans

Ingredients

- 1 pound green beans, trimmed
- 1 tablespoon olive oil
- 1 garlic clove, thinly sliced
- Salt and black pepper
- 1 tablespoon toasted sliced almonds (optional)

Preparation

1. Blanch the green beans in boiling salted water for 3 minutes, then drain.
2. Warm the olive oil in a skillet. Cook the garlic briefly, add the beans, and sauté for 3–4 minutes. Season to taste.

Presentation: Serve on a platter and sprinkle with toasted almonds, if using.

Dessert: Honey-yogurt with berries

Ingredients

- 2 cups thick Greek yogurt
- 2 tablespoons honey, plus more for drizzling
- 1 teaspoon lemon zest
- 1½ cups mixed berries
- ¼ cup chopped pistachios

Preparation

1. Stir the yogurt with the honey and lemon zest.
2. Divide into small bowls and top with berries and pistachios.

Presentation: Drizzle lightly with honey and serve chilled.

Wine pairing

Kaiken Ultra Malbec Red Wine — Its ripe fruit and full-bodied character pair well with the savory, warmly spiced ribs, while standing up to their rich flavor.