

A MODERN MEDITERRANEAN KITCHEN

The Golden Table

42 luminous recipes · 6 complete menus
technique, timing & the art of generous food

VAYTEK EDITIONS · FIRST EDITION

GT

THE GOLDEN TABLE

Cook with warmth.
Season with clarity.
Gather generously.

42 modern Mediterranean recipes
for weeknights, long tables, and everything between.

FIRST EDITION

Publication notes

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Recipes were developed as original editorial material for this edition. Before commercial release, every recipe should be independently kitchen-tested, copyedited, and reviewed for dietary and allergen accuracy.

Food-safety guidance changes. Follow current USDA/FDA guidance, product labeling, and local health advice. Times are estimates; ovens and ingredients vary. Allergens are not exhaustively labeled.

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“Good food is not complicated.
It is attentive.”

Build contrast.

Hot and cool. Crisp and creamy. Rich and sharp.

Use acid deliberately.

Lemon, vinegar, yogurt, and fruit are seasoning—not decoration.

Finish with life.

Fresh herbs, excellent oil, and texture arrive at the very end.

Contents

01 **Signatures**

2 RECIPES

Sumac-Roasted Salmon & Lemony Freekeh · Harissa-Honey Carrots on Whipped Feta

02 **Small Plates**

8 RECIPES

Silken Hummus with Brown-Butter Pine Nuts · Charred Eggplant, Green Tahini & Date Relish · Crisp Halloumi with Apricot-Lime Glaze · Tomato-Peach Fattoush · Za'atar Mushrooms with Garlic Labneh · Saffron Shrimp with Preserved-Lemon Butter · Cucumber, Melon & Feta with Lime Oil · Warm Olives with Orange, Fennel & Rosemary

03 **Vegetables**

8 RECIPES

Crisp Cauliflower with Tahini-Lime · Braised Leeks with Mustard, Dates & Hazelnuts · Smoky Butter Beans with Roasted Tomatoes · Zucchini Ribbons with Pistachio Chermoula · Miso-Pomegranate Glazed Eggplant · Green Beans with Sesame, Lemon & Crispy Shallots · Roasted Cabbage with Cumin Butter · Beets with Blackberry Vinegar & Goat Cheese

Every recipe occupies one two-page spread.

Contents, continued

04	Grains & Pasta	<i>Saffron Rice with Crispy Onions & Herbs · Lemon Orzo with Peas, Feta & Dill · Roasted-Tomato Bulgur with Mint · Crispy Couscous with Dates & Almonds · Caramelized-Fennel Pasta with Orange · Green Tahini Noodles with Crunchy Chickpeas · Mushroom Barley with Preserved Lemon · Pomegranate Lentil Pilaf</i>
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8 RECIPES

05	Sea & Flame	<i>Saffron Cod with Tomato–Olive Broth · Charred Shrimp with Green Harissa · Crisp-Skin Sea Bass with Grape Relish · Roasted Mussels with Fennel & Chermoula · Paprika Tuna with White-Bean Salad · Lemon–Garlic Calamari with Chickpeas · Sesame Trout with Cucumber–Herb Salad · Grilled Swordfish with Olive–Lemon Salsa</i>
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8 RECIPES

06	Roasts & Sweets	<i>Golden Roast Chicken with Saffron Pan Juices · Pomegranate-Braised Short Ribs · Yogurt-Marinaded Chicken with Burnt Lemons · Apricot–Coriander Lamb Shoulder · Olive-Oil Citrus Cake · Tahini Brownies with Sesame Crunch · Cardamom–Date Pots de Crème · Roasted Grapes with Rose, Yogurt & Pistachio</i>
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8 RECIPES

Menus

Six complete gatherings

Indexes

Season, speed & recipe finder

How to use this book

Read the cue

Every recipe includes a sensory signal—the visual, sound, or texture that matters more than a timer.

Prep once

Measure, wash, and cut before heat enters the equation. The cooking then becomes calm.

Taste in layers

Season the ingredient, the cooking liquid, and the final plate. Small adjustments beat one dramatic correction.

Make it yours

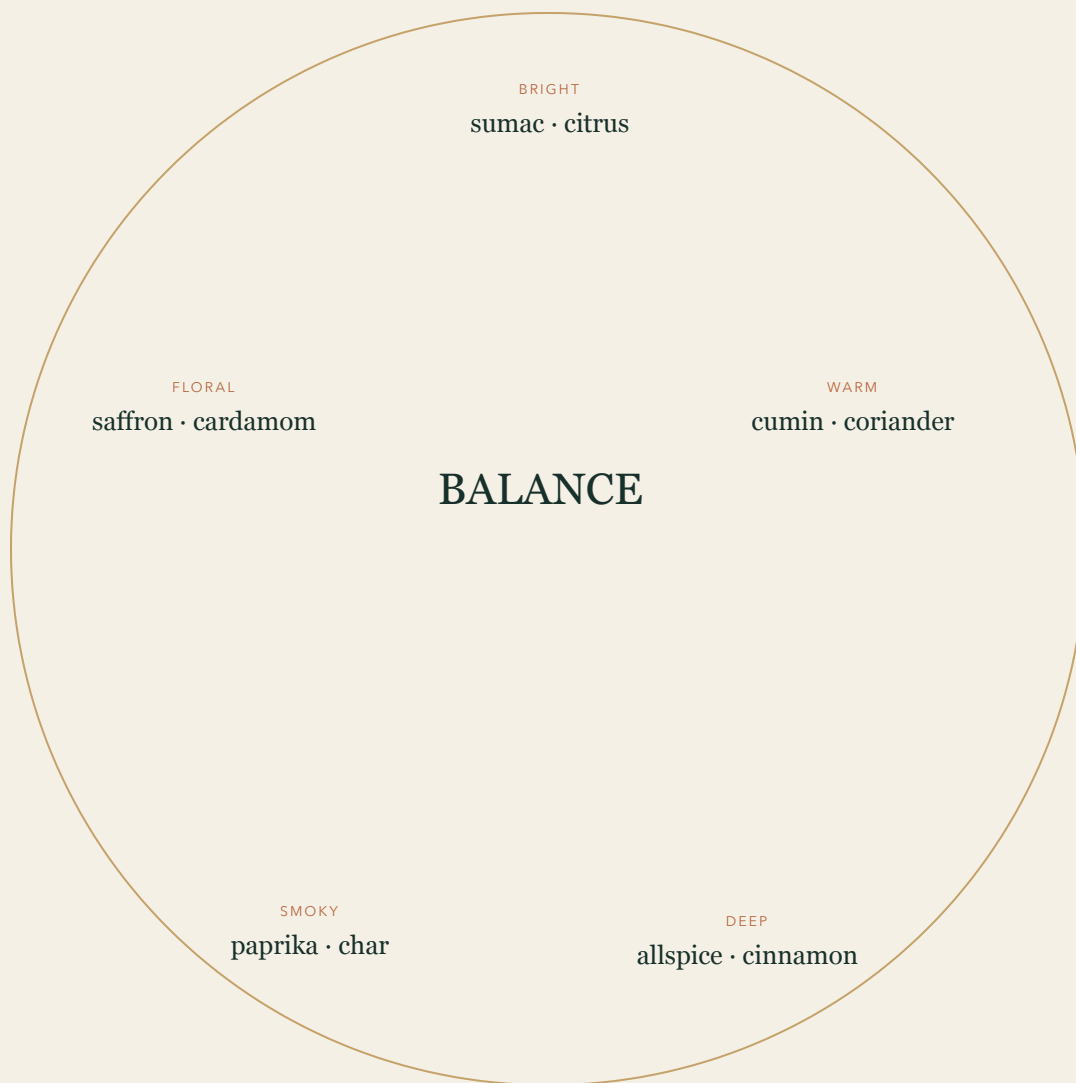
The swap is a tested direction of travel, not an invitation to replace every ingredient at once.

Two systems, one result. US volume appears first; metric follows. For baking, use metric weights whenever possible.

Flavor builders

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- | | | |
|----|--------|---|
| 01 | Tahini | Body, toast, and a creamy base without cream. |
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|----|-------|---|
| 02 | Sumac | A dry, wine-red acidity for fish, onions, and yogurt. |
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| 03 | Pomegranate
molasses | Tart fruit and lacquer; use in teaspoons, not floods. |
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| 04 | Harissa | Chile, garlic, and spice. Choose mild or hot and label it. |
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| 05 | Preserved lemon | Salty, fermented brightness. Use the rind; rinse if needed. |
|----|-----------------|---|
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|----|------------------------|---|
| 06 | Extra-virgin olive oil | Cook with a dependable bottle; finish with your best. |
|----|------------------------|---|

Spice architecture



Toast whole spices until fragrant, cool, then crush. Ground spices bloom in fat for 20–30 seconds—long enough to wake up, not burn.

Ten useful tools

01 Heavy sheet pans

02 10–12 inch skillet

03 5–7 quart Dutch oven

04 Instant-read thermometer

05 Fine rasp grater

06 Sharp chef's knife

07 Digital scale

08 Blender or processor

09 Fine-mesh sieve

10 Large serving platter

The platter is a tool. Choose one with negative space; food looks more generous when it can breathe.

THE GOLDEN FORMULA

5 parts of a complete plate

1 **ANCHOR** fish · grain · vegetable

2 **CREAM** yogurt · tahini · soft cheese

3 **ACID** lemon · vinegar · tart fruit

4 **LIFT** herbs · chile · citrus zest

5 **CRUNCH** nuts · seeds · crisp onions

Work backward



T - 24h	Dry-brine large meat. Chill drinks. Make dressings that improve overnight.
T - 3h	Set the table. Bake dessert. Wash herbs and store in a damp towel.
T - 60m	Begin the roast. Cook sturdy grains. Build sauces; hold herbs back.
T - 20m	Rewarm sides. Dress durable salads. Open the table with olives.
T - 5m	Cook fish. Add crunch. Tear herbs. Taste every final component.

A GUIDED BEGINNING

Two signature plates

Cook these first. The salmon teaches precise heat, a cool sauce, and a chewy grain. The carrots teach deep roasting, sweet heat, and creamy contrast. Together, they explain the whole book.

01 Sumac-Roasted Salmon

HEAT · ACID · TEXTURE

02 Harissa-Honey Carrots

CHAR · CREAM · CRUNCH

BEGIN HERE

Signatures

Two dishes that teach the book's central idea: contrast.

2 RECIPES



SIGNATURES • 01

Sumac-Roasted Salmon & Lemony Freekeh

A burnished centerpiece with cool cucumber and a bright tahini yogurt.

⌚ TIME
40 min

👤 SERVES
4

🔥 CHAPTER
Signatures

Sumac-Roasted Salmon & Lemony Freekeh

Ingredients

4 center-cut salmon fillets, 5–6 oz / 140–170 g each

1 tbsp ground sumac

1 tsp ground coriander

1 cup / 180 g cracked freekeh, rinsed

2 cups / 475 ml low-sodium vegetable stock

1 Persian cucumber, shaved into ribbons

1/2 cup / 120 g Greek yogurt

2 tbsp tahini

1 lemon

1/3 cup / 35 g toasted sliced almonds

1/2 cup mixed parsley and mint

Olive oil, kosher salt, black pepper

Method

- 01 Heat the oven to 425°F / 220°C. Pat the salmon dry. Rub with 1 tablespoon olive oil, sumac, coriander, 3/4 teaspoon salt, and pepper.
- 02 Simmer the freekeh in stock, covered, until tender but pleasantly chewy, 18–22 minutes. Drain any excess liquid and rest 5 minutes.
- 03 Roast salmon skin-side down until the center flakes at the edges but remains juicy, 9–12 minutes, depending on thickness.
- 04 Whisk yogurt, tahini, 1 tablespoon lemon juice, 2 tablespoons water, and a pinch of salt until pourable.
- 05 Fold lemon zest, almonds, herbs, and 1 tablespoon olive oil into the freekeh. Plate with salmon, cucumber ribbons, and tahini yogurt.

THE CUE

The salmon should read 125–130°F / 52–54°C at the thickest point for a moist center.

THE SWAP

Use farro or brown rice; cook to the package timing and drain well.

AT THE TABLE

Pair with the Harissa-Honey Carrots and a chilled mint tea.



SIGNATURES • 02

Harissa-Honey Carrots on Whipped Feta

Sweet heat, cool cheese, and pistachio crunch in one generous platter.

⌚ TIME
45 min

👥 SERVES
6

🔥 CHAPTER
Signatures

Harissa-Honey Carrots on Whipped Feta

Ingredients

2 lb / 900 g slender carrots, scrubbed and trimmed

2 tbsp extra-virgin olive oil

1 1/2 tbsp mild harissa paste

1 tbsp honey

1 tsp ground cumin

6 oz / 170 g feta

1/2 cup / 120 g Greek yogurt

1 tsp lemon zest plus 1 tbsp juice

1/3 cup / 40 g roasted pistachios, chopped

2 tbsp sesame seeds

1/2 tsp ground coriander

Mint, dill, salt, pomegranate seeds

Method

- 01 Heat the oven to 425°F / 220°C. Halve thick carrots lengthwise. Toss with oil, harissa, honey, cumin, and 3/4 teaspoon salt.
- 02 Roast on a large sheet pan, turning once, until deeply browned and tender at the core, 28–35 minutes.
- 03 Blend feta, yogurt, lemon zest, and lemon juice until airy. Add 1–2 tablespoons water if needed for a soft swoop.
- 04 Toast pistachios, sesame, and coriander in a dry skillet for 2 minutes; cool and crush lightly.
- 05 Spread whipped feta on a platter. Add hot carrots, pan juices, pistachio dukkah, herbs, and a restrained scatter of pomegranate.

THE CUE

A knife should meet no hard center, while the tapered ends are dark and caramelized.

THE SWAP

Use sweet potato wedges or halved delicata squash with the same glaze.

AT THE TABLE

Excellent beside roast chicken, grilled lamb, or as a vegetarian main with lentils.