

GREEK SALAD



Kids Culinary School

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INGREDIENTS

- 1/4 cup olive oil
- 3 tablespoons red wine vinegar
- 1 garlic clove
- 1/2 teaspoon dried oregano
- 1/2 teaspoon Dijon mustard
- 1 English cucumber
- 1 green bell pepper
- 2 cups cherry tomatoes
- 5 ounces feta cheese
- 1/3 cup red onion
- 1/3 cup pitted Kalamata olives
- 1/3 cup fresh mint leaves
- 1/4 teaspoon sea salt
- Freshly ground black pepper

INSTRUCTIONS

- 01** In a small bowl, whisk together the olive oil, vinegar, diced garlic, oregano, mustard, salt, and several grinds of pepper.
- 02** Cut the cucumber lengthwise in half and slice in 1/4" thick pieces. Cut bell pepper in half, remove stem and seeds, cut each half in half again, now slice 1/4" thick pieces. Cut each cherry tomato in half.
On a separate plate crumble the feta cheese and drain the olives. Quarter the red onion and cut very thin slices.
- 03** On a large platter, arrange the prepared cucumber, green pepper, cherry tomatoes, feta cheese, red onions, and olives. Drizzle with the dressing and very gently toss. Sprinkle with a few generous pinches of oregano and top with the mint leaves. Season to taste and serve.

FALAFEL

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INGREDIENTS

- 1 (15-ounce) can chickpeas
- 1 tablespoon garlic
- 1 medium onion
- 2 tablespoons fresh parsley
- 1 teaspoon coriander
- 3/4 teaspoon cumin
- 1/2 teaspoon salt
- Pepper (to taste)
- 2 tablespoons flour
- olive oil

TZATZIKI INGREDIENTS

- 1 cucumber
- 1 1/2 cups plain Greek yogurt
- 2 Tbsp extra-virgin olive oil
- 2 Tbsp fresh mint and/or dill
- 1 tablespoon lemon juice
- 1 medium clove garlic,
- 1/2 teaspoon fine sea salt
- 1-2 tsp olive oil to drizzle

INSTRUCTIONS

01

Drain the chickpea liquid out of the can but save for later. Combine chickpeas, garlic, onion, parsley, coriander, cumin, salt, and pepper (to taste) in a medium bowl. Add flour and combine well.

02

Mash chickpea mixture, making sure to mix ingredients together. The best and easiest way to do this is to use a food processor, but please be careful with the blades. You want the result to be a thick paste.

03

Form the mixture into small round ping-pong ball sized shapes. Flatten slightly.

04

Cook in a frying pan with a little bit of oil until golden brown.

INSTRUCTIONS

01

Grate one cucumber into a bowl. Cucumbers hold a lot of water so we lightly squeeze the grated cucumber in a colander to remove excess moisture. Transfer the squeezed cucumber to a serving bowl.

02

Add the yogurt, olive oil, herbs, lemon juice, garlic, and salt to the bowl, and stir to blend. Let the mixture rest for 5 minutes to allow the flavors to meld. Taste and add additional chopped fresh herbs, lemon juice, and/or salt, if necessary. Drizzle a little olive oil over it. Chill for later.

PITA BREAD



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INGREDIENTS

- 1 1/4 cups all purpose or bread flour
- 1 teaspoon yeast
- 1/2 teaspoon salt
- 1/2 cup warm water
- 2 teaspoons olive oil

INSTRUCTIONS

- 01** Place flour, yeast, and salt into a mixing bowl. Add water and oil and beat for 1 minute.
- 02** Place dough (it will be sticky) on a floured surface and cover with a towel. Let rest for 10 minutes.
- 03** After 10 min., preheat a cast iron skillet to med-high. Divide dough into four and shape each piece into a ball. Roll each ball into a 6-inch circle.
- 04** Cook on ungreased hot pan about 1 minute per side. You want the breads to puff up and have brown spots on them.

Notes: To make whole wheat flatbread use 1/2 whole wheat and half all-purpose flour.