



## Mediterranean Dinner

- Menu -

Oven Baked Chicken Shawarma - Homemade Tzatziki - Homemade Hummus - Marinated Cucumber Ribbons Salad - Pita Bread

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# Shopping List

## Bread/Bakery

- Pita bread (if you chose not to make it with me)

## Canned Goods

- 1, 15-ounce can garbanzo beans (chickpeas)

## Dairy/Freezer

- 2 cups Greek yogurt

## Pantry

- Kosher salt and pepper
- ½ cup olive oil plus 1 TB
- 3 cups all-purpose flour
- 1/3 cup rice vinegar
- 2 TB granulated sugar

## Produce

- 3 lemons
- Head of fresh garlic
- 1 yellow onion
- 3 English cucumbers

## Protein

- 4 boneless, skinless chicken breasts

## Specialty

- 1 TB tahini (sesame paste)
- 1 package active dry yeast (2 ¼ TSP)
- 1 TB sesame oil

## Spices

- 3 TSP cumin
- 2 TSP smoked paprika
- 1 TSP turmeric
- 1 ¼ TSP red pepper flakes
- 1 TSP cinnamon
- ½ TSP dill
- 1 TSP sumac

## Equipment

### Baking

- 9" x 13" baking dish

### Electric

- Blender or food processor
- Stand mixer with dough hook

### Pots and Pans

- 12" cast iron skillet (or heavy bottom skillet)

### Utensils

- Chef's knife
- Cheese grater (large holes)
- Cutting board
- Measuring cups and spoons
- Mixing bowls, various sizes
- Rolling pin
- Vegetable peeler
- Whisk

## Mis en Place

### The French culinary term for “everything in its place”

In order to have a smooth cooking experience, I recommend that you retrieve all the equipment you will need for the class before we begin. In addition, if you have time, group your ingredients by recipe. Most chefs place their components on sheet pans – this is ideal if you have the room.

Measuring things in advance is optional, but I find if I measure things in advance I am less likely to get lost... such as “did I put in the baking powder?”

- **Marinate the chicken – I suggest 1 hour prior to the start of class but up to 4 hours in advance**
- **Bring chicken to room temperature**
- **You can prepare the pita dough in advance, but we will be preparing this together at the start of class. It takes approximately one hour for the dough to rise after you make it.**

## Chicken Shawarma with Yogurt Sauce

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### Serves 4

#### Chicken Marinade:

Zest and juice from one lemon

¼ cup olive oil

1 TSP sumac

1 TSP Kosher salt

2 TSP cumin

1 TSP black pepper

2 TSP smoked paprika

1 TSP turmeric

1 TSP red pepper flakes

1 TSP cinnamon

4 cloves of garlic, minced

4 boneless, skinless chicken breasts

1 yellow onion, sliced

In a large bowl, prepare the chicken marinade combining all the ingredients with a whisk. Add the chicken breasts and turn to coat. Cover the bowl with plastic wrap and marinate at least one hour, but up to four hours in advance.

When ready to bake, remove the chicken and add the sliced yellow onion, tossing to coat.

Preheat the oven to 425° F.

Once the chicken is at room temperature (about 30 minutes) place the onion/chicken mixture in an even layer in a 9" x 13" baking dish coated in cooking spray. Bake uncovered for 35 – 40 minutes, or until a digital thermometer reads about 165° F. Remove from the oven and let rest for 5 minutes. Serve with sauce.

While the chicken bakes, prepare the sauce:

1 cup Greek yogurt

1 TB tahini

Juice of 1 lemon

1 garlic clove, minced

½ TSP Kosher salt

Combine the ingredients in a small bowl and set aside.

## Hummus

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### **Makes 2 cups**

2 cups (one 15-ounce can) garbanzo beans, drained  
2 TB warm water  
¼ cup olive oil  
Juice of 1 lemon  
1-2 cloves of garlic, minced  
½ TSP Kosher salt  
1 tsp ground cumin  
Freshly ground pepper to taste

First, I remove the skins from the garbanzo beans to have a smoother texture. (You can skip this step if you desire.)

In a blender or food processor, combine the beans, warm water, olive oil and lemon juice. Pulse until smooth. Add the garlic, salt, cumin and pepper until well combined. Place in a small container and chill until ready to serve.

To serve, spread evenly on a plate and drizzle with olive oil and sprinkle with pine nuts if desired.

## Traditional Pita Bread

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### Makes 8 – 9 pitas

1 cup hot water  
1 package active dry yeast  
2 ½ - 3 cups of flour  
2 Tsp salt  
1 TB olive oil

Mix the water and yeast together in the bowl of a stand mixer and let it sit approximately 5 minutes. Once the yeast is totally dissolved add 2 ½ cups of flour to the mixture, the salt and the olive oil. Using the dough hook, knead the dough on medium speed until it is smooth and elastic. Turn the dough out onto a well-floured surface. Continue to knead the dough by hand until about 5 minutes, adding more flour if necessary to keep it from sticking. Place the dough in a clean bowl that has been coated with a small amount of olive oil. Turn the dough over until it has been coated with the oil. Cover with plastic wrap and let the dough rise for 1 hour, until it is doubled in size.

(At this point you can store the dough in the refrigerator for up to one week.)

Turn the dough out onto a lightly floured surface. Cut the dough into 8 equal pieces. Taking one piece at a time, using your hands, flatten the dough into a small disk then start rolling it out with a floured rolling pin.

Turn the dough frequently while rolling it out into an 8-9” disk about ¼” thick. If the dough starts to spring back set it aside and let it rest for a few minutes, then finish rolling it out.

Heat a cast-iron skillet over medium-high heat. Place a small amount of oil in the pan and wipe out the excess. Place one pita in the pan at a time. Cook the first side about 30 seconds until small bubbles form. Flip it over and cook for an additional 1-2 minutes. Flip again and finish cooking for 1-2 minutes on the first side.

\*\* Be careful to watch the temperature as you continue to cook the pita, too hot and there will be burnt bits.

Place the cooked pita on a plate and cover with a clean dishtowel while you complete the rest.

They are best to eat immediately, although you can keep them in a Ziploc bag in the refrigerator for a few days.

## Tzatziki

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### **Makes 1 cup**

1 English cucumber, peeled and deseeded  
8 ounces Greek yogurt  
1 clove garlic, minced  
½ tsp dried dill (1 TSP fresh)  
½ tsp salt

Grate the cucumber and place in a fine mesh sieve over a bowl. Press the solids to extract most of the liquid. Remove and place on paper towels and squeeze out any remaining juices.

Combine the dried cucumber and the rest of the ingredients in a medium bowl. Cover and refrigerate until ready to serve. Can store up to 2 days.



## Marinated Cucumber Ribbons

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2 large English cucumbers  
1/3 cup rice vinegar  
2 TB granulated sugar  
Pinch red pepper flakes  
1 TB sesame oil  
Salt to taste

Combine the vinegar, sugar, pepper flakes, oil and salt in a small bowl and set aside.

To prepare the cucumbers, first cut off the ends. With a vegetable peeler, slice the cucumber lengthwise in long, thin ribbons. Repeat until you come to the seeds, then rotate and continue on the other side. Discard the core.

(Alternatively you can peel and slice the cucumber into 1/4" slices.)

Place in a medium bowl. Pour the dressing over the cucumbers. Toss to coat. Cover and refrigerate.

(Note: The longer they sit in the dressing the softer they become.)