



Live Stream Cooking Class
Greek Dinner
1.27.21
4 – 5:30pm EST

- Menu -

Greek Meatballs (Keftedes)
Homemade Hummus
Tomato and Cucumber Salad
Tzatkiki Sauce
Homemade Pita Bread

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Shopping List

Dairy/Freezer

- 1 egg
- ½ cup Feta cheese
- 8-ounces Greek yogurt

Pantry

- Salt and pepper
- ½ cup Italian-style Panko bread crumbs
- 4 TB white wine vinegar
- 8 TB extra virgin olive oil
- ¼ cup Kalamata olives
- 1, 15-ounce can garbanzo beans
- ¼ cup plus 1 TB olive oil
- 2 ½ - 3 cups of flour

Protein

- ½ pound ground lamb
- ¾ pound lean ground beef

Produce

- 1/3 cup finely minced red onion
- 3 cloves of garlic
- 2 lemons
- 3 plum tomatoes
- 1 ½ English cucumber
- ¼ red onion
- Italian parsley for garnish

Specialty

- 1 package active dry yeast

Spices

- 1 TB plus 1 TSP Greek seasoning
- 1 tsp ground cumin
- ½ tsp dill



This is the one I buy

Equipment

Baking

- Rimmed cookie sheet

Electric

- Stand mixer
- Food processor or blender

Pots and Pans

- Cast iron skillet
- Large skillet

Utensils

- Box grater
- Chef's knife
- Cutting board
- Fine mesh sieve
- Measuring spoons and cups
- Mixing bowls, various
- Rolling pin

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?”

- Grate 1 peeled English cucumber and place in fine mesh sieve
- Bring meats to room temperature
- Mince 1/3 cup red onion
- I suggest making the pita dough in advance, however, I will be demonstrating making it as well. The dough needs a full hour to rise, so we will be starting with this recipe at 4pm!
- I suggest prepping the vegetables for the salad in advance.

Greek Meatballs (Keftedes)

½ pound ground lamb (you may do all beef if you prefer)
¾ pound lean ground beef
1 egg, beaten
½ cup Italian-style Panko bread crumbs
1 TB Greek seasoning
1/3 cup finely minced red onion
1 clove garlic, minced
½ TSP Kosher salt
A few grinds of fresh black pepper
Italian parsley, for garnish

In the bowl of a stand mixer, using the paddle attachment, combine all the ingredients until well mixed. (You can mix by hand if necessary using a large bowl and wooden spoon.) Shape the meat into 1-ounce balls and place on a cookie sheet. Repeat. You should have about 28 meatballs. At this point you can cover and refrigerate them to cook later.

Place ¼ cup all-purpose flour in a shallow bowl. Gently coat each meatball in flour, shaking off the excess.

In a large skillet, heat about 2 TB olive oil over medium-low heat. The oil should cover the bottom of the pan. Fry the meatballs in 2 – 3 batches. Rotate the meatballs every 2 – 3 minutes to evenly cook. Cooking should take about 10 minutes. Check the internal temperature with a meat thermometer. The temperature should be 160°F. Set aside and repeat with the remaining meatballs.

Garnish with chopped parsley. Serve with Greek yogurt/tzatziki and salad.

Greek Salad

Dressing

4 TB white wine vinegar
8 TB extra virgin olive oil
1 TSP Greek seasoning
Juice from one lemon
Salt and pepper to taste

Combine all the ingredients in a jar. Shake to combine.

Salad

3 plum tomatoes, seeded and cut into cubes
½ English cucumber, cut into cubes
¼ red onion sliced
¼ cup Kalamata olives, sliced
½ cup feta cheese, cubed

Combine the salad with dressing and chill for 30 minutes to combine flavors.

Hummus

Makes 2 cups

2 cups (1, 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.

Tzatziki

1 English cucumber, peeled and deseeded
8 ounces Greek yogurt
1 clove garlic, minced
½ tsp dill
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.

Traditional Pita Bread

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 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.