

Cooking Thyme with Stacie

SHARING THE JOY OF



COOKING & HOSPITALITY

Summer Supper
Friday, May 20
5:00 – 6:30 pm EST

- Menu -

Mediterranean Chicken Kabobs with Cucumber Sauce
Whipped Feta Dip
Israeli Couscous Salad
Summer Blood Orange Gin Cocktail

To access the class video, copy and paste the following link into your browser:

www.cookingthymewithstacie.com/video-class-purchase/ssup

www.cookingthymewithstacie.com

Shopping List

Dairy

- 2 TB unsalted butter
- 1, 5 oz Greek yogurt
- 2 oz cream cheese, softened
- 2/3 cup Greek yogurt
- 5 oz feta, use a block cheese, not the crumbles

Pantry

- 1 TSP tomato paste
- 1 ½ TB white wine vinegar
- 10 TB olive oil
- 1 ½ cups Israeli couscous
- 1 ¾ cups vegetable broth
- 2 TB white balsamic vinegar (you can also substitute with white wine vinegar)
- 2 TB honey
- ½ cup sliced black olives
- ½ cup granulated sugar

Produce

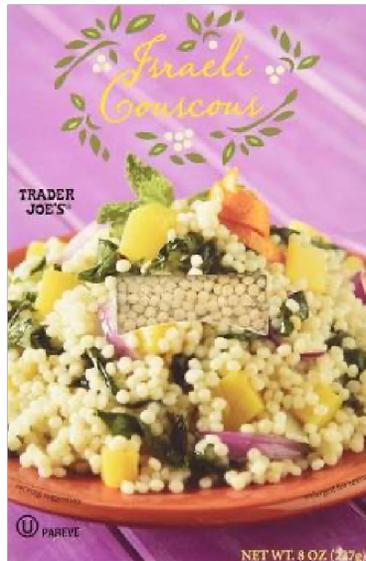
- 2 TB grated onion
- 1 jalapeño
- 1 bunch flat leaf parsley
- 1 bunch fresh mint
- 1 head garlic
- 1 English cucumber
- 1 bunch green onions
- 2 lemons
- 1-pint grape tomatoes
- 1 lime **Protein**
- 1 pound ground chicken

Spice

- Kosher salt and black pepper
- 1 TSP ground coriander
- 1 TSP cumin
- ½ TSP turmeric
- 1/8 TSP cayenne pepper
- Zaatar seasoning or paprika
- 1 cinnamon stick
- 1 TSP smoked paprika **Specialty**
- 1 or 2 shots (1.5 - 3 ounces) Malfy Blood Orange Gin (I do one shot myself.)
- 1-ounce simple syrup (recipe below)
- Dash of Triple Sec

- Club soda or sparkling water
- Sprig of mint for garnish

This is the Israeli couscous I buy. It is a pearled pasta.



Equipment

Baking

- Rimmed baking sheet

Electric

- Food processor

Pots and Pans

- Large pasta pot
- Small saucepan

Utensils

- Box grater
- Chef's knife
- Cutting Board
- Measuring cups and spoons
- Mixing bowls
- Pastry brush

Specialty

- Cocktail shaker (can substitute a jar with lid)

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.

- Soften the cream cheese
- Fill large pot of water and set it on to boil

Ground Chicken Kabobs

Makes 7 – 8 kabobs

- 1 pound ground chicken
- 2 TB grated onion
- 2 TB minced jalapeño
- 3 TB minced flat leaf parsley
- 1 TSP ground coriander
- 1 TSP cumin
- ½ TSP turmeric
- 1/8 TSP cayenne pepper
- 3 garlic cloves minced
- 1 TSP tomato paste

*2 TB melted unsalted butter (to brush on after they have baked)

Preheat oven to 400°

Combine the kabob ingredients in a large bowl, all but the melted butter!

Use about 1/4 cup mixture to form oval ball in your hands. Shape the mixture into a 5 – 6” long tube about ¾” wide. (TIP: you can form these around 6 – 8” bamboo skewers or you may form them just into tubes, your choice.)

Place the kabobs on a greased, rimmed baking sheet.

Bake at 400 for 15 min, flip, cook another 10 minutes. Remove from the oven.

* Optional- brush each kabob with the melted butter Serve with sauce.

Sauce

- 1, 5 oz Greek yogurt
- 1/4 cup shredded English cucumber, dried on paper towels
- 1 green onion chopped
- 1 garlic clove minced
- 2 tb chopped flat leaf parsley
- Juice from 1 lemon

Combine the ingredients in a medium bowl with a whisk and set

Stacie's Whipped Feta Dip

2 oz cream cheese, softened
2/3 cup Greek yogurt
5 oz feta, use a block cheese, not the crumbles
1 ½ TB white wine vinegar
2 TB olive oil, plus extra to drizzle
2 small garlic cloves
Zaatar seasoning or paprika
Serve with: pita bread, cherry tomatoes and prosciutto

In the bowl of a food processor, pulse the feta until it is fine crumbles. Next add the rest of the ingredients and turn the food processor on until the mixture is very smooth and creamy.

Spread the feta dip on a large plate and sprinkle with zaatar seasoning or paprika. Drizzle with olive oil.

Serve with pita, prosciutto, cherry tomatoes or even chips!

**** I will be serving this under the chicken kabobs! But it also makes a great appetizer*

Israeli Couscous Salad

Couscous

2 TB olive oil
1 ½ cups Israeli couscous
1 ¾ cups vegetable broth
1 cinnamon stick
Salt and pepper to taste

In a medium saucepan, warm the olive oil over medium heat. Pour in the couscous and stir occasionally as it browns. It will have a “nutty” aroma and be slightly toasted. Add the broth and cinnamon stick to the pan and stir to combine. Bring the broth up to a boil, cover the saucepan and reduce the heat to low. Simmer 10 minutes or until the liquid is absorbed. Remove from the heat fluff with a fork and season with salt and pepper.

(Israeli couscous is a wheat pasta, so not gluten-free, but it is vegan and high in fiber. It makes a healthy substitute for rice.)

Dressing

6 TB olive oil

2 TB white balsamic vinegar (you can also substitute with white wine vinegar)

Juice from 1/2 lemon

2 TB honey

1 TSP smoked paprika

1 garlic clove, minced

Combine all the dressing ingredients in a jar and shake well.

Salad

1 ½ cups cooked Israeli couscous

1 box grape tomatoes, halved

½ English cucumber, peeled, deseeded and cubed

½ cup sliced black olives

¼ Italian parsley, chopped

¼ cup mint, chopped

Dressing

Combine all the ingredients of the salad in a large bowl and toss well. Pour on the dressing and toss again. Cover and chill until ready to serve.

Summer Blood Orange Gin cocktail

One serving

1 or 2 shots (1.5 - 3 ounces) Malfy Blood Orange Gin (I do one shot myself.)

1-ounce simple syrup (recipe below)

Dash of Triple Sec

Juice from one small lime

Ice

Club soda or sparkling water

Sprig of mint for garnish

In a large cocktail shaker, combine the gin, simple syrup, triple sec and lime juice. Add the ice and top with sparkling water!

Simple Syrup

Makes 3/4 cup

½ cup water

½ cup granulated sugar

Place 1/2 cup water and 1/2 cup granulated sugar in a small saucepan. Bring to a simmer over medium-low heat, stirring occasionally. Once the sugar has dissolved, remove the syrup from the stove and let cool. Store in a glass jar in the frig

