



Spring Greek Feast

- Menu -

Avgolemono Soup
Spanakopita
Creamy Greek Salad

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Shopping List

Dairy

- 7 large eggs
- 2 ½ cups feta cheese
- 2 sticks unsalted butter

Frozen

- 16 ounces, frozen chopped spinach
- 1 (16 ounce) package filo dough

Pantry

- 1 cup plus 1 TB olive oil
- 4 ½ cups chicken broth
- ½ cup orzo pasta
- 4 TB white wine vinegar
- ¼ cup Kalamata olives

Produce

- 3 cups chopped sweet onion
- 1 large yellow onion
- ¼ red onion
- 9 cloves fresh garlic
- 6 - 7 lemons
- ¼ cup plus 1 TB fresh dill
- 2 bunches Italian parsley
- 1 TB fresh thyme
- 3 plum tomatoes
- ½ English cucumber

Protein

- 2 boneless skinless chicken breasts

Spices

- Kosher salt and pepper
- 5 bay leaf
- 1 TSP Greek seasoning (I usually buy Cavender's Brand)

Equipment

Baking

- 9" x 13" baking dish

Pans

- Large Dutch oven
- Large skillet
- Medium saucepan

Tools/Utensils

- Chef's Knife Cutting Board
- Measuring cups and spoons
- Mixing bowls, various
- Ladle
- Pastry brush
- 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.

- **I recommend you read through the recipes before class.**
- **Collect all the ingredients and organize them by recipe**
- **I encourage you to prep your ingredients so that you will have more time to watch the instruction.**
- **Thaw the filo (phyllo) dough and keep chilled in the refrigerator.**

Greek Lemon, Orzo and Chicken Soup “Avgolemono”

Serves 6 for first course or 4 for a main course

3 TB olive oil
3 cups chopped sweet onion
3 cloves garlic, minced
4 ½ cups chicken broth
1 bay leaf
2 boneless skinless chicken breasts, each cut in half
½ cup orzo pasta
¼ cup fresh squeezed lemon juice
1 TSP Kosher salt
¼ TSP freshly ground pepper
3 large eggs
¼ cup fresh dill, chopped plus more for garnish

In a large Dutch oven heat the olive oil over medium-low heat. Add the chopped onions and cook until translucent, about 7 minutes. Next add the minced garlic and cook for an additional minute. Carefully pour in the chicken broth. Stir in the bay leaf, salt, pepper. Place the chicken breasts in the broth and bring to a rolling boil. Lower heat to low and cover. Simmer for 20 minutes until the chicken is cooked through. Remove the chicken from the pot and shred it with two forks into bite-sized pieces.

Return the chicken to the broth and add the orzo pasta. Cover the pot and simmer for 11 minutes. Test the orzo for doneness. In a separate bowl beat the three eggs and lemon juice until well combined. Remove the bay leaf from the soup.

While whisking the eggs, pour in two ladles of the heated broth. This tempers the eggs and prevents them from “scrambling”. Add the egg mixture to the large pot of soup while continually whisking. The soup will start to thicken immediately. Add the fresh dill and stir. Cook until heated through, about 5 -7 minutes. Garnish with additional dill and sliced lemon.

Spanakopita

12 Servings

For the filling

16 ounces, frozen chopped spinach, thawed and well drained
2 bunches of Italian parsley, stems removed and chopped fine
2 TB olive oil
1 large yellow onion, chopped fine
6 cloves of garlic, minced
1 TB fresh dill, chopped
1 TB fresh thyme, chopped
2 cups crumbled feta cheese
Juice and zest from 1 lemon
4 eggs, beaten

In a large skillet, heat 2 TB of olive oil over medium heat. Cook the onions until translucent, about 5 minutes. Add the garlic and cook until fragrant, about 30 seconds. Remove from heat, add the lemon juice and zest. Let cool slightly. In a large bowl, mix the spinach, Italian parsley, fresh dill, thyme and crumbled feta cheese. Stir in the beaten eggs. Once the onions are cool enough to not cook the eggs, add the onions/garlic/lemon zest and combine well.

For the crust

1 package (16 ounces) filo dough
2 sticks unsalted butter
¼ cup extra virgin olive oil
4 dried bay leaves

In a saucepan melt the butter over medium-low heat. Next add the oil and stir gently. Remove from the heat and place the bay leaves in the mixture. Steep for 5 – 10 minutes. Remove the leaves.

Preheat the oven to 325°.

Using the melted butter, generously cover the bottom and sides of a 9" x 13" baking dish. Remove the filo dough from the packaging and place it on a piece of parchment. Cover with a damp towel. Place two sheets of filo in the baking dish. The sheets should overlap and slightly go up the sides. Gently brush with the melted butter. Repeat until about two-thirds of the filo has been used. Spread the spinach mixture over the filo crust, making sure to get it in the corners and even. Cover the top with two sheets of filo dough, then brush with butter. Continue this process until all the filo has been used. Finish with a generous layer of butter. Fold the excess filo towards the center of the dish. Then brush the folded sides with butter as well.

Place in the oven and bake about 1 hour, or until the dough is browned. Remove, cut into squares and serve immediately.

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 (optional: peel, remove seeds and cut in ½ rounds)
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.