

## **Mediterranean Feast: Flavors of the Sun**

Wednesday, May 21, 2025

6:30pm CT

### **What to expect in your cooking class:**

My classes are a place where curious home chefs and their families can learn new cooking skills and grow confidence in the kitchen. I want to help you become the hero of your mealtime. I will verbally guide you through every step - starting from prepping ingredients, cooking steps until your dishes are complete and plated. I will be cooking alongside you, sharing instructions, tips and tricks throughout class.

*Your class is your time to ask me questions, ask for feedback, learn a little something and most importantly, have fun!*

### **How to prepare for your class:**

- For class, simply purchase your ingredients & gather your kitchen equipment from the following recipes. For a more relaxed class, prep your ingredients ahead of time (chopping, measuring). This is not required, however, as I will guide you through every step of preparation. Kitchen tools are **bolded** in each recipe.
- Shop for ingredients intuitively. If there are any ingredients featured in this recipe that aren't your favorite or not available in your local market, not to worry! Have the ingredients you enjoy or ingredients you were able to source available for class and let me know what you do have on hand for your dish. I will guide you through the preparation and cooking steps.
- Before your class starts, it's important that you have a solid internet connection, limited background noises and distractions, and are in a brightly-lit kitchen.
- I will want to see your work and cook stations as much as possible. Try to prop your device on a stack of cookbooks or use a tripod to give a good view to me.

## Chicken Shawarma

### Ingredients:

$\frac{3}{4}$  **tbsp** ground cumin  
 $\frac{3}{4}$  tbsp turmeric  
 $\frac{3}{4}$  tbsp coriander  
 $\frac{3}{4}$  tbsp garlic powder  
 $\frac{3}{4}$  tbsp paprika  
 $\frac{1}{2}$  **tsp** ground cloves  
 $\frac{1}{2}$  tsp cayenne  
salt

8 boneless, skinless chicken thighs  
1 large onion, thinly **sliced**  
Juice of 1 lemon  
 $\frac{1}{3}$  cup olive oil  
Pita pockets  
Greek Tzatziki sauce  
Baby Arugula  
Pickles or kalamata olives

### Directions:

In a **small bowl**, mix the cumin, turmeric, coriander, garlic powder, sweet paprika and cloves. Set aside the shawarma spice mix for now.

Pat the chicken thighs dry and season with salt on both sides, then thinly slice into small bite-sized pieces.

Place the chicken in a **large bowl**. Add the shawarma spices and toss to coat. Add the onions, lemon juice and olive oil. Toss everything together again. Cover and refrigerate for 3 hours or overnight (if you don't have time, you can cut or skip marinating time)

When ready, preheat the oven to 425 degrees F. Take the chicken out of the fridge and let it sit in room temperature for a few minutes.

Spread the marinated chicken with the onions in one layer on a large lightly-oiled **baking sheet** pan. Roast for 30 minutes in the 425 degrees F heated-oven. For a more browned, crispier chicken, move the pan to the top rack and broil very briefly (watch carefully). Remove from the oven.

While the chicken is roasting, prepare the pita pockets. To serve, open pita pockets up. Spread a little tahini sauce or Tzatziki sauce, add chicken shawarma, arugula, and pickles or olives.

## Tzatziki Sauce

### Ingredients:

$\frac{3}{4}$  English cucumber, partially **peeled** and sliced  
1 **tsp** kosher salt, divided  
4-5 garlic cloves, peeled, finely **grated** or minced

1 **tbsp** olive oil  
2 **cups** Greek yogurt  
 $\frac{1}{4}$  tsp white pepper  
Pita bread and veggies for serving  
Optional mix-in: **tbsp** of minced mint or dill

### Directions:

Prep the cucumber. **Grate** the cucumbers. Toss with  $\frac{1}{2}$  tsp kosher salt. Transfer to a **fine mesh strainer** over a deep bowl to drain. Spoon the grated cucumber into a cheese cloth or a double thickness napkin and squeeze dry. Set aside briefly.

In one **large mixing bowl**, place the garlic with remaining  $\frac{1}{2}$  tsp salt, white vinegar, and extra virgin olive oil. **Mix** to combine. Add the grated cucumber to the large bowl with the garlic mixture. Stir in the yogurt and white pepper. Combine thoroughly. Cover tightly and refrigerate for a couple of hours.

When ready to serve, stir the tzatziki sauce to refresh and transfer to serving bowl, drizzle with more extra virgin olive oil. Add a side of warm pita bread and your favorite vegetables.

## Tabouli Salad

### Ingredients:

$\frac{1}{2}$  **cup** extra-fine bulgur wheat or plain couscous  
4 Roma tomatoes, finely **chopped**  
1 English cucumber, finely chopped  
2 bunches parsley, part of stems removed, wash and well-dried, finely chopped

12-15 fresh mint leaves, stems removed, washed, well-dried, finely chopped  
4 green onions  
salt  
3-4 **tbsp** lime juice  
3-4 **tbsp** olive oil

### Directions:

Wash the bulgur wheat and soak it in water for 5-7 minute. Drain very well (squeeze the bulgur wheat by hand to get rid of any excess water). Set aside.

Very finely **chop** the vegetables, herbs and green onions as indicated above. Be sure to place the tomatoes in a **colander** to drain excess juice.

Place the chopped vegetables, herbs and green onions in a **mixing bowl** or dish. Add the bulgur and season with salt. Mix gently.

Now add the lime juice and olive oil and mix again. For best results, cover the tabouli and refrigerate for 30 minutes.

## Greek Orange Honey Cake with Pistachios

### Ingredients:

|   |  |
|---|--|
| 5 large eggs                              | 2 <b>tsp</b> baking powder                     |
| 1 <b>cup</b> low-fat Greek yogurt         | $\frac{3}{4}$ cup plus 1 <b>tbsp</b> olive oil |
| 2 cups sugar                              | Handful of shaved almonds for topping          |
| 5 <b>tbsp</b> ground almonds              | 1 $\frac{1}{4}$ cup shelled salted pistachios  |
| <b>Zest</b> of 1 lemon                    | 1 $\frac{1}{4}$ cup honey                      |
| Zest of 1 orange                          | Juice of 2 oranges                             |
| 1 $\frac{1}{4}$ cup flour                 | Juice of 1 lemon                               |
| 1 cup course semolina (or Cream of Wheat) |  |

### Directions:

Preheat the oven to 350 degrees F.

Grease a **9 x 13 baking pan** with butter and dust with flour (shake the pan a little to get an even coating of flour).

Make the cake batter. Place all the cake ingredients (except the shaved almonds) in a **large mixing bowl**. Mix with a **whisk** to combine.

Pour the batter into the prepared baking pan and spread evenly with a **spatula**.

Bake in heated oven for 25 to 30 minutes, until golden and well cooked-through. To be sure, insert a wooden skewer into the center of the cake, it should come out clean if the cake is done.

Remove from the oven and let the cake completely cool in the pan.

Once the cake has cooled, prepare the honey syrup. Toast the pistachio in a dry **non-stick pan** over low to medium heat (pan needs to be large enough for the remaining syrup ingredients). Once they start to smell, **stir** in the honey. Add the orange juice and lemon juice. Bring to a boil for 1 to 2 minutes, or until nice and syrupy.

Stab the cake all over with a **small knife or a skewer** to create holes. Pour the honey pistachio syrup all over the cake as evenly as possible. If you need to, use a spoon to distribute the pistachios across the top of the cake. Sprinkle shaved almonds, if using.