

GREEK MEAL

EASY PITA BREAD (FOR FOUR)

Ingredients:

150 mL	hot water
5 mL	sugar
5 mL	yeast
15 mL	oil
390 mL	flour (1 big one, 1 medium one, 15 ml spoon)
3 mL	salt

Method:

1. **Preheat** oven to 500°F. Adjust oven rack to 2nd rack from the bottom.
2. In a **small bowl** measure out the flour and salt.
3. In a glass liquid measure stir together the hot water and sugar till dissolved. Sprinkle the yeast over the top and stir once. Yeast is done when a layer of foam forms on top.
4. In your medium bowl add the oil. When it's done growing, pour in the yeast and stir.
5. Using a wooden spoon stir in the flour in two batches till a ball of dough forms. When all of the flour has been absorbed, transfer the dough to the counter.
6. Knead the dough gently on the counter until smooth adding extra flour in little amounts if dough is sticky.
7. Place the dough in a lightly greased (5 mL oil) **small bowl** and cover with a tea towel. Let it rise on top of the warm oven for 10 minutes.
8. Divide the dough into 9 equal sized pieces with your plastic cutter. **PLACE YOUR BAKING PAN INTO THE OVEN NOW TO PREHEAT!!!**
9. Dust each piece lightly with flour and press it into a small circle. Then on a lightly floured surface, roll each piece out into a 4" inch circle.
10. Transfer 3 pita rounds at a time to the hot baking sheet. Bake for 2 minutes on one side or until puffed and then turn them over to cook the other side for 1 min. Remove from oven.
11. Rub a little butter on top of them after they are cooked. Be careful about the hot steam inside.
12. **CHANGE BOTH OVEN TEMPERATURE SETTINGS TO BROIL for cooking the chicken.**

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CHICKEN SOUVLAKI (FOR FOUR)

Ingredients:

1 ½	boneless chicken breasts
2 cloves	minced garlic
3 mL	salt
2 mL	pepper
30 mL	olive oil
5 mL	lemon juice
5 mL	balsamic vinegar
5 mL	oregano or Greek seasoning

Method:

1. Slice chicken into 1 inch sized pieces. Place in the white casserole dish.
2. Remove the skin and place the garlic in the garlic press. Add it to the chicken as well as the salt, pepper and oregano.
3. Add the olive oil, lemon juice and balsamic vinegar and toss all together until chicken pieces are well coated. Place in fridge to marinate till next class.
4. Thread chicken pieces onto metal skewers, dividing it equally between the 2 skewers.
5. Place the skewers on your broiler pan and broil the chicken for 5 mins on each side.
6. Meat should be white throughout with no pink. Remove meat from skewers and serve hot with Greek salad, pita bread, and tzatziki sauce.

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TZATZIKI SAUCE (FOR FOUR)

Ingredients:

125 mL	plain yogurt , full fat (11%)
80 mL	cucumber, grated
1 clove	minced garlic
1 mL	dill
5 mL	white wine vinegar
10 mL	olive oil
1-2 mL	salt
½ mL	pepper

Method

1. Grate cucumber onto your small cutting board and chop into smaller pieces.
2. Combine garlic, dill, vinegar, cucumber, and yogurt in the small white soup bowl.
3. Add the cucumber and then stir in the olive oil until well blended
4. Season with salt and pepper. Store in fridge and then serve in white soup bowl.

GREEK SALAD (FOR FOUR)

Ingredients for Salad:

½	large field tomato
1/6	English cucumber
25 mL	white onion, chopped
1 oz.	feta cheese
1/4	large green pepper, chopped

Ingredients for Dressing

30 mL	olive oil
10 mL	white vinegar
2 mL	dried oregano
½ mL	salt and pepper

Method:

1. Cut tomato into equal bite size chunks. Place in your small mixing bowl
2. Wash cucumber, cut into thick slices and then cut into quarters. Add to tomato.
3. Chop the onion and add it to the tomato and cucumber.
4. Wash the peppers and remove the inner white pulp and seeds. Cut pepper into chunks and add it to the tomato mixture.
5. Mix together the dressing ingredients and toss together with the vegetables. Garnish with feta cheese crumbled over the top. One quick toss and serve with chicken and pita.