

## VEGGIE KEBABS

Ingredient	Students Per Class		
	10	15	20
Zucchini	1	1 1/2	2
Broccoli head	1	1 1/2	2
Bell peppers	2	3	4
Cocktail skewers	10	15	20
Choose one:			
Cherry tomatoes	10	15	20
Large tomatoes	2	3	4
Marinade:			
Olive oil	1/4 cup	1/3 cup	1/2 cup
Garlic clove	1	1 1/2	2
Lemon	1/2 lemon	3/4 lemon	1 lemon
Salt	1/4 tsp	1/3 tsp	1/2 tsp
Pepper	1/4 tsp	1/3 tsp	1/2 tsp

### PREP BEFORE CLASS:

Wash the vegetables. Cut vegetables into equal pieces, one per student. Preheat oven to 350°F.

### Directions:

1. Have students cut zucchini and bell peppers into big chunks, and break broccoli florets into smaller pieces.
2. Pass a skewer to each student and have them carefully arrange veggie pieces one by one in the order that they desire.
3. Place kebabs in oven to bake for 10-15 minutes.
4. Meanwhile, mince garlic clove. Add to a small bowl.
5. Demonstrate how to juice lemon with your hands and have a student add juice to small bowl with garlic.
6. Have students measure olive oil, salt, and pepper into the bowl with lemon juice and garlic.
7. Whisk all the ingredients together.
8. Have student drizzle marinade over veggie kebabs.





### DID YOU KNOW?

Greek yogurt actually originates in Turkey!

### DID YOU KNOW?

Olive oil is high in healthy fats. The Mediterranean diet focuses on healthy fats and proteins, like legumes, nuts, fish.

## CACIK (JAH-JUCK) DIP

Ingredient	Students Per Class		
	10	15	20
Medium cucumbers	2	3	4
Garlic clove	2	3	4
Greek yogurt, 16 oz	1	1 1/2	2
Fresh mint or dill	1 tbsp	1 1/2 tbsp	2 tbsp
Cold water	2 tbsp	3 tbsp	4 tbsp
Olive oil	1 tbsp	1 1/2 tbsp	2 tbsp
Bag of pita chips (optional) 	1/2	3/4	1
Other: Salt to taste.			
 : <b>Make sure it is PEANUT, NUT, and SESAME FREE</b>			

### PREP BEFORE CLASS:

Wash cucumber and mint or dill.

### Directions:

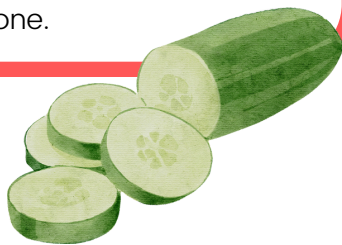
1. Have students chop the cucumber into very small pieces.
2. Have students finely chop garlic.
3. In a large mixing bowl, whisk yogurt, salt and mint/dill together.
4. Pour cold water into the bowl gradually and mix well.
5. Add in cucumbers and garlic.
6. Mix well, top with olive oil and serve. Enjoy!

## OBJECTIVES

- ☑ List two foods that are unique to Turkish cuisine
- ☑ Name a health benefit of cucumbers
- ☑ Describe the process of skewering

## STAR INGREDIENT: CUCUMBER

- Cucumbers are a type of gourd, and they are part of the same family as pumpkins, squash, and melons.
- Why are cucumbers good for us? Cucumbers are a great source of B vitamins, folic acid, and vitamin C.
- They're also 95 percent water.
- Why do we need folic acid? Our bodies use it to make
- new cells. Think about the skin, hair, and nails!
- These—and other parts of the body – make new cells
- each day.
- Did you know? Cucumbers get rid of bad breath. Just put a slice of cucumber on the roof of your mouth for about 30 seconds and your bad breath will be gone.



## SHOPPING LIST

Please see recipe for amounts, varies by class size

### Ingredients to buy:

- Zucchini
- Broccoli head
- Bell peppers (yellow, red, or orange)
- Cherry tomatoes or large tomatoes
- Cocktail skewers
- Garlic clove
- Juice of lemon
- Medium cucumbers
- Plain Greek yogurt
- Fresh mint or dill
- Pita chips for serving (optional)  
(NUT & SESAME FREE)

### Ingredients in the bin:

- Olive oil
- Salt
- Pepper

## INTRODUCTION

🕒 2-3 min

- Complete Start of Class Checklist (see beginning of the curriculum): arrive early, set up for the class, take attendance, review allergies.
- Ask the students to identify the ingredients from both recipes, guess what we are making, and which cuisine the recipes belong to.
- Today, we will embark on a culinary adventure to explore the delicious flavors and rich cultural heritage of Turkey. Turkish cuisine is known for its vibrant colors, aromatic spices, and mouthwatering dishes. Let's dive into the world of Turkish cuisine by discovering some common ingredients and spices.
  - Yogurt: Yogurt is a staple in Turkish cuisine and is used in both savory and sweet dishes. It adds a creamy and tangy element to meals, and its versatility makes it a beloved ingredient in various recipes.
  - Olive Oil: Turkey is renowned for its high-quality olive oil, which is used generously in Turkish cooking. Olive oil is not only used for cooking but also as a dressing for salads, drizzled over vegetables, and as a flavor enhancer in many dishes.
  - Herbs and Spices: Turkish cuisine is renowned for its aromatic spices and herbs. Some popular spices include cumin, paprika, cinnamon, and sumac, which add depth of flavor to dishes. Herbs like parsley, dill, mint, and oregano are used abundantly, bringing freshness and vibrancy to meals



## STAR TECHNIQUE: SKEWERING

- Skewering is a cooking technique that involves threading pieces of food onto a skewer before grilling, roasting, or barbecuing. It is a fun and versatile method that children can enjoy in their cooking adventures.
- Skewering allows you to be creative with the ingredients you choose. You can skewer a variety of foods, including meat (such as chicken, beef, or shrimp), vegetables (such as bell peppers, onions, or cherry tomatoes), and even fruits for a sweet twist. The choice of ingredients is endless, and children can have fun mixing and matching their favorites.
- Once the skewers are assembled, they can be cooked using various methods such as grilling, roasting in the oven, or even using a stovetop grill pan.

## DEVELOPMENT

🕒 5-7 min

- Explain that Turkish cuisine is a fusion of Middle Eastern, Mediterranean, and Central Asian flavors. It is known for its rich spices, use of fresh ingredients, and diverse culinary traditions.
- Discuss a few popular Turkish dishes in more detail, describing their ingredients and preparation methods.
  - Kebabs: Kebabs are an important part of Turkish cuisine. They consist of skewered and grilled meat, often marinated in a blend of spices and olive oil. Popular varieties include shish kebab (grilled chunks of meat), döner kebab (rotisserie-cooked meat), and köfte (grilled meatballs).
  - Baklava: Baklava is a sweet and rich pastry made with layers of phyllo dough, filled with a mixture of nuts (such as pistachios, walnuts, or almonds), and sweetened with a syrup made from honey or sugar. The layers are baked until golden and crispy and then soaked in the sweet syrup. Baklava is a beloved Turkish dessert enjoyed for its delicate layers and the combination of crunchy nuts and sweet syrup.
  - Börek: Börek is a savory pastry made with thin layers of phyllo dough filled with various ingredients, such as cheese, spinach, or minced meat. It is typically baked until golden and flaky. Börek is a versatile dish that can be enjoyed as a snack, appetizer, or even a main course.
  - Turkish Tea: Tea holds a special place in Turkish culture. Turkish tea is a black tea brewed in a double teapot called a "çaydanlık" and served in small tulip-shaped glasses. It is often consumed throughout the day and is an important part of social gatherings and hospitality in Turkey.
  - Mezze: Mezze refers to a variety of small dishes and appetizers that are typically served as part of a meal or during social gatherings. Mezze can include a wide range of dishes like hummus, tzatziki, dolmas (stuffed grape leaves), tabbouleh, and various savory pastries. Mezze offers a chance to sample a diverse array of flavors and textures.
- Encourage students to ask questions and share any experiences they may have had with Turkish food.



## END OF CLASS CHECKLIST

🕒 10 min

- Follow End of Class Checklist (see beginning of the curriculum) and complete Taste Test, Thumbs Up Test, Clean Up & Dismissal