



GREEK WEDDING COOKIES

Ingredient	Students Per Class		
	10	15	20
Butter, room temperature	1/3 cup	1/2 cup	2/3 cup
Sugar	1/3 cup	1/2 cup	2/3 cup
Applesauce	2 tbsp	3 tbsp	4 tbsp
Vanilla extract	1/2 tsp	3/4 tsp	1 tsp
All-purpose flour 	1 cup	1 1/2 cup	2 cup
Powdered sugar	1/8 cup	1/8 cup	1/4 cup

: Make sure it is PEANUT, NUT, and SESAME FREE

PREP BEFORE CLASS:

Preheat oven to 375°F. Foil and grease baking tray. Blend sugar in food processor to make powdered sugar.

Directions:

1. Have the students whisk together the butter and sugar for about 5 minutes.
2. Add in the applesauce, vanilla extract, whisk to combine.
3. Add in the flour and mix until just combined.
4. Have the students measure out equal parts of the batter and roll them into round balls.
5. Bake for 12 - 14 minutes or until the dough is just set. These will remain a light color and will not brown much,
6. Once cooled, sprinkle powdered sugar on top
7. Enjoy!

DID YOU KNOW?

Greek wedding cookies are typically served at special occasions such as weddings and christenings.




DID YOU KNOW?


Most Ancient Greeks ate a diet that was almost vegetarian!



HUMMUS

Ingredient	Students Per Class		
	10	15	20
Chickpeas, 15 oz can	1	1 1/2	2
Garlic cloves	2	3	4
Lemon	1	1 1/2	2
Olive oil	4 tbsp	6 tbsp	8 tbsp
Ground cumin	1 tsp	1 1/2 tsp	2 tsp
Bag of pita chips 	1/2	1 1/2	2

Other: Salt to taste.

: Make sure it is PEANUT, NUT, and SESAME FREE

PREP BEFORE CLASS:

Open can of chickpeas, drain, and then rinse. Prepare food processor.

Directions:

1. Cut lemon in half, and have students squeeze it into a bowl to collect the juice. Remove seeds.
2. Have students measure and add chickpeas, garlic, lemon juice, and oil in a food processor.
3. Blend until smooth. Add oil, two tablespoons at a time, and blend to reach desired consistency.
4. Season with salt and cumin. Stir well. Serve with pita chips.
5. Enjoy!

SHOPPING LIST

Please see recipe for amounts, varies by class size

Ingredients to buy:

- Butter
- Applesauce
- All-purpose flour (NUT & SESAME FREE)
- Chickpeas, 15 oz can
- Garlic cloves
- Lemon

- Cumin
- Bag of pita chips for serving (NUT & SESAME FREE)


Ingredients in the bin:

- Sugar
- Vanilla extract
- Olive oil
- Salt
- Powdered sugar (blend regular sugar in a food processor)

OBJECTIVES

- Identify at least three staples in Greek cuisine
- Learn about the health benefits of garlic
- Understand the purpose of creaming butter and sugar

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 students to identify the ingredients from both recipes, guess what we are making, and which cuisine the recipes belong to.
- Let's explore some common ingredients and spices that play a starring role in Greek cooking: olive oil, herbs, citrus fruits, feta cheese, yogurt, and vegetables like eggplant, zucchini, and artichokes.
- There are many famous Greek dishes, such as souvlaki (skewers of marinated meat), dolmades (stuffed grape leaves), tzatziki (yogurt dip), and baklava (pastry with nuts and honey).

STAR INGREDIENT: GARLIC

- Garlic is a strong-flavored vegetable that is often used as an herb to season other foods.
- What kinds of foods are seasoned with garlic? Meats, veggies, Italian foods, garlic bread, etc.
- Garlic may boost the immune system to reduce colds and make symptoms shorter. If you feel a cold coming, eat more garlic. It also helps to clear up the skin.
- What family is garlic in? The onion family and an herb!



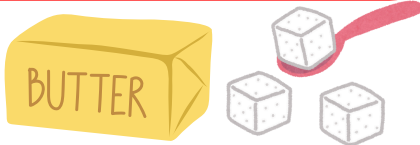
DEVELOPMENT

 5-7 min

- As you are completing the Greek Wedding Cookies recipe, discuss the Star Ingredient: Garlic
- As you are transitioning to the Hummus recipe discuss the following: What is Hummus? Hummus is a popular Mediterranean and Middle Eastern dip or spread made primarily from cooked and mashed chickpeas (also known as garbanzo beans) traditionally blended with tahini (a paste made from ground sesame seeds), lemon juice, garlic, and olive oil. It is a versatile and nutritious dish that has gained popularity worldwide.
- Hummus is incredibly versatile. It can be used as a dip for pita bread, crackers, or fresh vegetables, or spread on sandwiches or wraps.

STAR TECHNIQUE: CREAMING

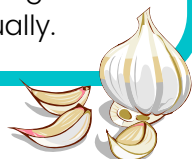
- Creaming means to mix together sugar into butter.
- This is a crucial step in baking as it dissolves the sugar. This eliminates any grittiness, resulting in a smooth texture for your batter or dough.
- During the creaming process, air pockets are incorporated into the mixture, which helps to lighten its structure. When baked in a hot oven, these air bubbles expand, helping baked goods to rise.



COOKING PRO

To easily peel garlic cloves, try this simple trick: Place the clove on a cutting board and gently press down on it using the flat side of a chef's knife or the heel of your hand. Applying slight pressure will loosen the skin, making it easier to remove.

Once the skin is loosened, simply peel it off and proceed with mincing or chopping the garlic as needed. This method saves time and frustration compared to peeling each clove individually.



GREEK CUISINE

- Discuss a few popular Greek dishes in more detail, describing their ingredients and preparation methods.
- Moussaka: Moussaka is a layered casserole dish made with eggplant, potatoes, and ground meat (typically beef or lamb).
- Souvlaki: Souvlaki refers to skewered and grilled meat, often served with pita bread and tzatziki sauce.
- Spanakopita: Spanakopita is a savory pastry filled with spinach, feta cheese, and herbs. The filling is wrapped in layers of phyllo dough, which becomes crisp and golden when baked. Spanakopita is a delicious and satisfying dish that showcases the combination of delicate phyllo pastry and the rich flavors of spinach and cheese.
- Tzatziki: Tzatziki is a refreshing and tangy yogurt-based sauce commonly served as a condiment in Greek cuisine. It is made with strained Greek yogurt, cucumber, garlic, lemon juice, and fresh herbs like dill or mint.
- Baklava: Baklava is a sweet and indulgent pastry made with layers of phyllo dough, nuts (typically walnuts or pistachios), and a sweet syrup made with honey or sugar. The layers are baked until golden and then soaked in the syrup, resulting in a rich and sticky dessert. Baklava is enjoyed for its delicate layers of pastry and the combination of crunchy nuts and sweet syrup.
- Encourage students to ask questions and share any experiences they may have had with Greek 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

