

BAKED FALAFEL

Ingredient	Students Per Class		
	10	15	20
Chickpeas, 15 oz can	1	1 1/2	2
Fresh parsley	1/2 cup	3/4 cup	1 cup
Garlic cloves	2	3	4
Flour	2 tbsp	3 tbsp	4 tbsp
Salt	1/4 tsp	1/3 tsp	1/2 tsp
Pepper	1/4 tsp	1/3 tsp	1/2 tsp
Cumin	1 tsp	1 1/2 tsp	2 tsp
Baking powder	2 tsp	3 tsp	4 tsp
Olive oil	2 tsp	3 tsp	4 tsp

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

PREP BEFORE CLASS:

Preheat the oven to 450°F. Rinse and drain the chickpeas, rinse herbs, line baking tray with foil, and grease with olive oil. Prepare the blender.

Directions:

1. Have student volunteers add the chickpeas, parsley, garlic, salt, pepper, cumin, baking powder, and flour into the large blender attachment.
2. Blend the mixture until well combined. Remember to do the blender dance!
3. Distribute 2 tbsp. of the mixture to each student. Demonstrate to the students how to roll the falafel into balls and then flatten them into discs.
4. Collect the falafels onto a greased baking tray, and bake them in the oven for 15 minutes.
5. Remove from the oven, let cool, and enjoy!

DID YOU KNOW?

Chickpeas are full of protein that our muscles strong, and give us fiber to keep our gut healthy!



DID YOU KNOW?

Limonana is a mint and lemon dish that is commonly enjoyed during summertime!

LIMONANA PUDDING

Ingredient	Students Per Class		
	10	15	20
Greek yogurt, 16 oz	1	1 1/2	2
Sweetened condensed milk, 7 oz can	1/2	3/4	1
Large lemon	1	1 1/2	2
Fresh mint leaves	1/2 cup	3/4 cup	1 cup

Other: Cups for serving.

PREP BEFORE CLASS:

Wash lemon, open canned chickpeas and drain.

Directions:

1. Distribute a few mint leaves to each student. Demonstrate how to chop the leaves into small pieces.
2. Have a student volunteer help zest the lemon into a small mixing bowl, and set aside.
3. In a large mixing bowl, have student volunteers juice the lemon. Add lemon zest to the bowl. Have another student volunteer pour the sweetened condensed milk into the bowl.
4. Whisk together the mixture until well combined.
5. To the large mixing bowl, add the container of plain Greek yogurt and mix to combine.
6. Distribute the pudding to each student, and instruct students to top with the chopped mint leaves.



MOROCCAN CUISINE: FALAFEL & LIMONANA PUDDING

SHOPPING LIST

Please see recipe for amounts, varies by class size

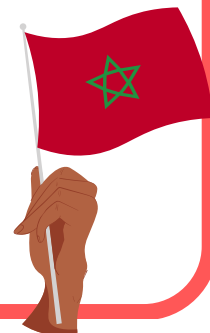
Ingredients to buy:

- Chickpeas, 15 oz can
- Fresh parsley
- Garlic cloves
- Flour (NUT & SESAME FREE)
- Cumin

- Baking powder
- Greek yogurt
- Sweetened condensed milk, 7 oz can
- Large lemon
- Mint leaves

Ingredients in the bin:

- Salt
- Pepper
- Olive oil
- Cups for serving



OBJECTIVES

- Describe common ingredients found in Moroccan cuisine
- Understand the process of blending
- Identify ingredients used in today's recipe

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. Have them guess what we might be making today.
- Today we are exploring cuisine from Morocco. Ask students if they can name any common Moroccan ingredients or dishes?
 - Ingredients: Couscous, chickpeas, dates, olives, preserved lemons, and an array of fresh herbs.
 - Spices: Cumin, turmeric, cinnamon, paprika, and ginger
 - Dishes: Tagine (slow-cooked stew), couscous, harira. (traditional soup), mechoui (whole lamb or sheep slow-roasted), and Shakshuka (egg and tomato sauce).

STAR INGREDIENT: CHICKPEAS



- Chickpeas, also known as garbanzo beans, are a type of legume that belongs to the Fabaceae family.
- There are two main varieties of chickpeas: the larger and creamier types are Kabuli chickpeas and the smaller, darker types are Desi chickpeas.
- Chickpeas are not only valued for their taste and culinary uses but also for their nutritional content. They are a good source of protein, fiber, vitamins, and minerals, making them a nutritious addition to a balanced diet.

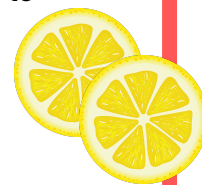
DEVELOPMENT

🕒 5-7 min

- As you are completing your first recipe, Falafel, discuss the Star Technique: Blending. What is blending? What tools are used when blending? What would happen if we did not mix ingredients in our falafel?
- Give the class a demonstration on how to use a can opener and drain/rinse chickpeas.
- Introduce the second recipe, Limonana Pudding. The dish originated in Israel. The name "Limonana" is a combination of the Hebrew word for lemon ("limon") and the Arabic word for mint ("nana"). Limonana has gained popularity beyond Israel and is now enjoyed in various Mediterranean countries and Middle Eastern regions.

EXPLORING COMMON MOROCCAN INGREDIENTS

- Couscous is a staple grain in Moroccan cuisine. Couscous has a light and fluffy texture and is typically steamed or cooked and then combined with flavorful meats, vegetables, and spices. It is a versatile ingredient that can be used in both savory and sweet preparations. Did you know that in Moroccan culture, couscous is often served as a symbol of hospitality and is traditionally shared among family and friends?
- Ras el Hanout is a fragrant spice blend commonly used in Moroccan cooking. The name translates to "top of the shop," indicating that it is a mix of the best spices a spice merchant has to offer. The blend typically includes a combination of spices such as cinnamon, cumin, ginger, coriander, turmeric, cardamom, nutmeg, and cloves. Ras el Hanout adds a complex and aromatic flavor to Moroccan dishes and is often used in tagines, stews, and rice dishes.
- Preserved Lemons: Preserved lemons are a unique ingredient in Moroccan cuisine. They are lemons that have been pickled in salt and lemon juice, resulting in a soft texture and a tangy, slightly salty flavor.
- Harissa is a spicy chili paste that adds heat and flavor to Moroccan dishes. It is made from a combination of roasted red peppers, chili peppers, garlic, and various spices like cumin, coriander, and caraway.
- Cumin is a widely used spice in Moroccan cooking. It has a warm, earthy, and slightly nutty flavor. In Moroccan folklore, cumin is believed to bring good luck and protect against evil spirits?
- Saffron is highly prized and often referred to as "red gold" due to its vibrant color and high value. It is derived from the stigma of the Crocus sativus flower and has a distinct golden color and a delicate floral aroma.



COOKING PRO

Mint is a delicious addition to both savory and sweet foods. Before using mint, gently wash the leaves under cool running water. Pat them dry with a clean kitchen towel or paper towel. This step helps remove any dirt or impurities.

STAR TECHNIQUE: BLENDING

- What is blending? Blending is simply the process of mixing or combining ingredients together!
- What are the benefits of blending? Blending is an excellent way to change the consistency of an ingredient. You can turn a chickpea into hummus, or a fruit into a smoothie!
- What tools do you need to blend? Just a blender!
- What do we usually blend? Sauces, dips, dressings, smoothies, purees, frozen desserts and more.



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