

VEGGIE KEBABS

Serving Size: 12 servings, 1 skewer per student

Ingredients:

- 1 zucchini
- 1 broccoli head, small
- 2 bell peppers (yellow, red or orange)
- 12 cherry tomatoes or 2 large tomatoes
- 12 cocktail skewers

Marinade:

- 1/4 cup olive oil
- 1 garlic clove
- Juice of 1/2 lemon
- 1/4 tsp each salt and pepper

PREP BEFORE CLASS:

Wash the vegetables. Cut the vegetables into 12 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 kebab 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 a clove of garlic. Add to a small bowl.
5. Demonstrate how to juice a lemon half with your hands and have a student add juice to the 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 students drizzle marinade over veggie kebabs. Enjoy!



DID YOU KNOW?

Greek yogurt actually originates in Turkey!



DID YOU KNOW?

Olive oil is a great source of healthy fats. The Mediterranean diet focuses on healthy fats and proteins, like legumes, nuts and fish.

CACIK (JAH-JUCK) DIP

Serving Size: 12 servings

Ingredients:

- 2 medium cucumbers
- 2 garlic cloves
- Salt to taste
- 16 oz plain Greek yogurt
- 1 tbsp fresh mint or dill, finely chopped
- 2 tbsp cold water
- 1 tbsp olive oil
- Pita chips for serving (optional) (NUT & SESAME FREE)

PREP BEFORE CLASS:

Wash cucumber and mint or dill.

Directions:

1. Have students chop the cucumber into 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 in the bowl gradually and mix well.
5. Add in cucumbers and garlic.
6. Mix well, top with olive oil and serve with pita chips if desired. Enjoy!





STUFFED DATES

Serving Size: 12 servings

Ingredients:

- 24 large soft dates* (NUT & SESAME FREE)
- 8 oz cream cheese
- 24 fresh or frozen raspberries
- 1/3 cup chocolate chips (NUT & SESAME FREE)
- 1-inch piece of fresh ginger, peeled

*If you cannot find dates not processed in the same facilities as nuts, swap with dried apricots.

PREP BEFORE CLASS:

Wash berries. Soak dates or apricots if dry.

Directions:

1. Pass out 2 dates to each student. Have them open the dates, discard the pits, and place the dates on a plate.
2. Have students fill dates with approximately 1 tsp cream cheese per date. They can then add a raspberry and several chocolate chips to each date.
3. Use zester to grate the ginger over the plate, then sprinkle over each date to finish the dish.
4. Enjoy!



DID YOU KNOW?

Ginger has many health benefits and can protect you from diseases.

LESSON 3: TURKISH CUISINE

SHOPPING LIST

Ingredients to buy:

- 1 zucchini
- 1 broccoli head, small
- 1 bunch mint or dill
- 1-inch fresh ginger
- 2 bell peppers
- 12 cherry or 2 large tomatoes
- 24 fresh or frozen raspberries
- 3 garlic cloves
- 1 lemon
- 2 medium cucumbers
- 16 oz plain Greek yogurt

- 8 oz cream cheese
- Pita chips for serving (optional)
(NUT & SESAME FREE)
- 12 cocktail skewers
- 24 large soft dates* (NUT & SESAME FREE)
- 1/3 cup chocolate chips (NUT & SESAME FREE)

Ingredients in the bin:


- Olive oil
- Salt
- Pepper

*If you cannot find dates not processed in the same facilities as nuts, swap with dried apricots.

OBJECTIVES

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

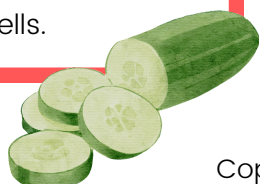
INTRODUCTION

 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.
 - Olive Oil: Turkey is renowned for its high-quality olive oil, which is used generously in Turkish cooking. It can be used as 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 INGREDIENT: CUCUMBER

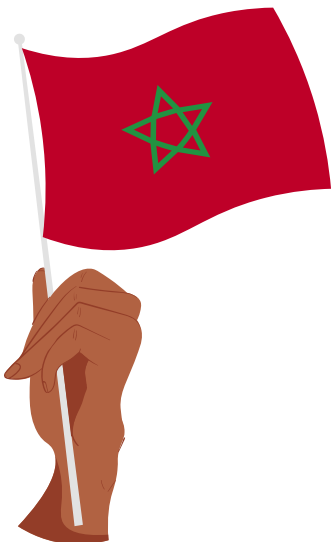
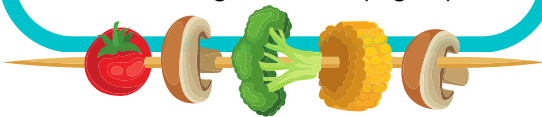
- Cucumbers are a type of gourd, and they are part of the same family as pumpkins, squash, and melons.
- Why are cucumbers good for us? Cucumbers are a great source of B vitamins, folic acid, and vitamin C.
- They're also 95% water.
- Why do we need folic acid? Our bodies use it to make DNA and form red blood cells.



LESSON 3: TURKISH CUISINE

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 kids 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 the 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