



DID YOU KNOW?

During the 19th century, red gazpacho was created when tomatoes were added to the ingredients.



DID YOU KNOW?

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

GAZPACHO

Makes 12 student servings, 1/3 cup per student

Ingredients:

- 2 large tomatoes
- 1 large English cucumber
- 1 large bell pepper
- 2 garlic cloves
- 1/2 cup basil leaves
- 1 lemon
- 1 tbsp. olive oil
- Salt and pepper to taste
- 12 plastic cups

PREP BEFORE CLASS:

Wash tomatoes, cucumbers, and pepper. Cut veggies into 10 equal pieces.

Directions:

1. Pass out to each student 1 piece of cucumber, bell pepper and tomato. Instruct students to dice each vegetable into small cubes. Have a student collect all vegetables into 1 bowl.
2. Then, put half of all vegetables into a bowl of the large blender.
3. Have students pull basil leaves and add to the blender.
4. Peel and mince garlic. Add garlic to the blender.
5. Have students juice lemon into the blender, add salt and pepper.
6. Blend half of all veggies and herbs until mixture is smooth. Mix with remaining chopped veggies to add some texture.
7. Distribute 1/3 cup servings in plastic cups and enjoy!

LIMONANA PUDDING

Makes 12 servings

Ingredients:

- 1 16 oz container of plain Greek yogurt
- ½ can or 7 oz. can sweetened condensed milk
- 1 large lemon, juiced and zested
- ½ cup mint leaves, chopped

PREP BEFORE CLASS:

Wash lemon, open cans.

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.

SHOPPING LIST

Ingredients to buy:

- 2 large tomatoes
- 1 large English cucumber
- 1 large bell pepper
- 2 garlic cloves
- ½ cup mint leaves
- 1/2 cup basil leaves
- 2 lemons
- 1 16 oz container of plain Greek yogurt
- ½ can or 7 oz. can sweetened condensed milk

Ingredients in the bin:

- salt and pepper
- olive oil
- plastic cups (buy if low on supplies)

OBJECTIVES

- Describe common ingredients found in Mediterranean 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 the Middle East. Ask students if they can name any common Middle Eastern ingredients or dishes?
 - Ingredients: Chickpeas, olives, feta cheese, parsley, rice, za'atar.
 - Spices: Cumin, turmeric, nutmeg, cinnamon.
 - Dishes: Dawali, tabouleh, hummus and falafel.

STAR INGREDIENT: LEMONS



- Lemons belong to the Rutaceae family. The flowering plants in this family, sometimes referred to as the rue family, typically have a potent aroma.
- Lemons contain Vitamin C, iron, and potassium.
- Lemons also have health benefits including boosting the immune system, fighting cancer, and lowering risk of stroke.

DEVELOPMENT

🕒 5-7 min

- As you are completing your first recipe, 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 recipe?
- Introduce the second recipe, Limonana Pudding. The dish originated in Israel, where it has become an iconic drink. 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 MEDITERRANEAN INGREDIENTS

- The blazing desert temperature is ideal for growing any herbs, which adds savory accents to many cuisines. Common herbs growing in the Mediterranean region that are widely used to enhance the flavor of food include bay leaf, basil, fennel, oregano, parsley, rosemary, and sage. The famous Basil pesto and dried oregano that is sprinkled on pizzas and used in sauces are both examples of how important basil is to Italian cooking. Stews or soups frequently contain bay leaf.
- A dairy item that is common in Mediterranean cuisine is cheese. However, many of the traditional Mediterranean cheeses, such as feta, halloumi, manchego, and ricotta, are made from sheep or goat milk. Similar to the well-known Greek salad, which consists of a combination of tomatoes, olives, cucumbers, onion, and feta cheese, cheese is used in pasta, sauces, and crumbled over salads. Since it has a distinct rubbery feel and keeps its shape when grilled, baked, or fried, halloumi is a well-liked option.
- Mediterranean cuisine makes heavy use of olive oil, and the world's top three producers are Italy, Spain, and Greece. Healthy fats are part of the Mediterranean diet, and olive oil is abundant in monounsaturated fat, which lowers "bad" cholesterol levels. Olive oil comes in a variety of varieties, with each having a unique processing method.

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 towels. 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