

GREEK SALAD

Serving Size: 12 servings

Ingredients:

- 1 English cucumber, cut lengthwise, and sliced ¼-inch thick
- 1 green bell pepper, chopped into 1-inch pieces
- 1 12 oz box of cherry tomatoes or 2 medium tomatoes
- 5 ounces feta cheese, cut into ½ inch cubes*
- ⅓ cup green onions
- ⅓ cup pitted kalamata olives

Dressing:

- ¼ cup olive oil
- 3 tablespoons white vinegar
- 1 garlic clove, minced
- 1 teaspoon dried oregano
- ¼ teaspoon Dijon mustard
- ¼ teaspoon salt
- black pepper

PREP BEFORE CLASS:

Wash all veggies.

Directions:

1. Chop all ingredients as directed in the ingredient list. Remind students proper knife techniques.
2. Make the dressing by whisking all ingredients in a mixing bowl.
3. Drizzle the dressing over the salad generously.
4. Mix and enjoy!



DID YOU KNOW?

Greek yogurt is yogurt that has been strained to remove its whey, resulting in a thicker consistency.



DID YOU KNOW?

Greek Yogurt is actually Turkish and it is a superfood!

GREEK YOGURT CHOCOLATE "PUDDING"

Makes 12 servings, 1/4 cup per student

Ingredients:

- 3 cups Greek yogurt
- ¾ cup heavy cream
- ½ cup cocoa (NUT & SESAME FREE)
- 6 tbsp of honey (plus more to taste to drizzle)
- 1 tbsp vanilla extract
- pinch of salt
- 12 cups for serving

Toppings:

- banana, sliced
- chocolate chips (NUT & SESAME FREE) /or grated chocolate (NUT & SESAME FREE)

PREP BEFORE CLASS:

Prepare the blender.

Directions:

1. Measure all the ingredients in a blender and whip until fluffy and glossy.
2. Arrange in cups.
3. Top with sliced bananas and chocolate chips or grate chocolate on top.
4. Drizzle with more honey, if desired.
5. Enjoy!

LESSON 5:

KITCHEN MIXOLOGY: SCIENCE OF EMULSIFYING

OBJECTIVES

- Explain what emulsification is
- Name 3 Greek dishes
- Name 5 ingredients common in Greek cuisine

GREEK FLAG




SHOPPING LIST

Ingredients to buy:

- 1 banana
- 1 English cucumber
- 1 green bell pepper
- 2 medium tomatoes
- 1 garlic clove
- 1 bunch green onions
- 1 small jar pitted Kalamata olives
- 5 ounces feta cheese
- 3 cups Greek yogurt
- 3/4 cup heavy cream
- 1/2 cup cocoa (NUT & SESAME FREE)
- 1/2 cup chocolate chips (NUT & SESAME FREE)
- 3 tablespoons white vinegar
- 1 teaspoon dried oregano
- ¼ teaspoon Dijon mustard

Ingredients in the bin:

- olive oil
- salt
- pepper
- vanilla
- honey
- 12 cups

 3-5 min

INTRODUCTION

- 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. Have they previously had all of these ingredients, or is there a new item?
- Explain that the dishes we will be making today belong to Greek cuisine.
- Where is Greece located? What countries are its neighbors? Southern Europe, near the Mediterranean Sea; Albania to the west, Turkey to the east, and Macedonia and Bulgaria to the north.
- How do you think Greece's location near the sea influenced the cuisine? Greek cuisine features a lot of seafood, which is in part due to their location. The access to abundant farmland means that fresh vegetables and fruits play a big role in Greek cuisine.
- What foods/ingredients do the Greeks use most frequently in their cooking? Vegetables, Olives, olive oil, seafood, honey, feta cheese, lemons, garlic, and grapes
- The olive is very important in Greek culture. It isn't just a food staple, it is a part of Greek history. The Greeks believed that the goddess Athena gave the first olive tree to Athens. And today, Greeks eat more olives than any other country in the world!
- See sidebar for traditional Greek dishes.

LESSON 5:

KITCHEN MIXOLOGY: SCIENCE OF EMULSIFYING

GREEK DISHES

HUMMUS

A dip or spread made from cooked, mashed chickpeas or other beans, blended with tahini, olive oil, lemon juice, salt, and garlic.



SPANAKOPITA

A savory pastry filled with spinach, feta cheese, onions, and egg in filo (phyllo) dough.



FALAFEL

A deep-fried (or baked!) balls made of ground chickpeas, parsley, and cilantro.



TZATZIKI

A yogurt dip with cucumbers and dill.



TABBOULEH

A salad made of tomatoes, bulgur wheat, mint, parsley, and lemon.



KEBABS

Grilled pieces of meat and vegetables served on sticks.



TAPENADE

A spread made of olives



DEVELOPMENT

⌚ 5–7 min

Start with the Greek salad recipe, but before you are ready to prepare the dressing, discuss with students the science of emulsifying.

EXPERIMENT: MIXING OIL AND WATER (OR VINEGAR)

- Ask the students to mix two equal parts of oil and water (or vinegar) each into a container with a tight lid. Alternatively, can mix it in a bowl using a fork to mix
- Watch the oil and the water/vinegar separate into two distinct separate parts. Then shake.
- Set the container down and watch as the two liquids try to mix with each other, but then notice the oil droplets finding their way to each other to merge back into one substance.
- Have them play around with this and watch the process a few times.
- “Emulsion” is a scientific word for a combination of two liquids that don’t usually mix. But the emulsion we tried didn’t last long—the oil and vinegar retreated into two separate layers after just a few minutes. (An emulsion of oil and vinegar is called a vinaigrette, and it’s often used as a salad dressing or sauce.) Can you think of any other food substances that do not mix? Discuss.
- So how do you make a vinaigrette and keep the two liquids from separating? You need an emulsifier!
- Emulsifiers are molecules that are created to keep two substances that don’t mix well from separating. An emulsifier is a type of additive added to food to keep these liquids together. Normally, for the food we see in the grocery stores, emulsifiers have been made in a lab to do this job, but there are natural emulsifiers as well!
- Some examples of natural emulsifiers include honey, apple cider vinegar, gelatin, salt, and baking soda.
- What is an emulsifier in our recipe? Dijon mustard. Does the dressing mix differently with mustard in it?

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