



COOKING CLASSES
AT SUR LA TABLE

GREEK COOKING

WITH SUR LA TABLE CHEF

Ingredient Shopping List

Below is a list of ingredients you'll need to make the recipes in this packet. Please reach out for substitution suggestions.

Proteins

- 1-pound boneless, skinless chicken breast

Produce

- 4 garlic cloves
- 1 lemon
- Oregano
- Parsley
- Dill
- Mint
- 1 English cucumber
- 2 large tomatoes
- 1 red or green bell pepper
- 1 small red onion

Diary

- 4 cups whole-milk Greek yogurt
- 4 ounces Feta cheese

Pantry Items

- Olive oil
- Red wine vinegar
- Sweet paprika
- Kosher or sea salt
- Black peppercorns in grinder or mill

Dry/Canned Goods

- ½ cup kalamata olives, pitted

Other

- 10-inch bamboo skewers (or metal)
- 1 package pita bread

Equipment Needed

Below is a list of tools you'll need to make the recipes in this packet.

Cutlery

- Chef's knife
- Paring knife
- 2 cutting boards

Hand Tools/Gadgets

- 3 medium mixing bowls
- Silicone brush
- Heat-safe tongs
- Fine-mesh strainer
- Wooden spoons or silicone spoons
- Whisks
- Box grater
- Bench scraper
- Microplane

Cookware

- Grill pan or cast-iron skillet

Other

- Serving platters and bowls

Pre-Class Mise en Place and Notes

Please gather all ingredients prior to class if you will be cooking along. Wash and dry all produce. It is helpful to organize the ingredients by recipe on rimmed baking sheets. Feel free to pre-measure ingredients, but it is not necessary.

Chicken Souvlaki

1. Soak bamboo skewers for 30 minutes prior to class.

LEMON CHICKEN SOUVLAKI

Yield: 4 servings

For skewered foods like Greek souvlaki, metal skewers work best because they don't require soaking and can be reused. If you are using wooden skewers for this recipe, soak them in water 30 minutes prior to using.

Chicken souvlaki marinade:

3 medium garlic cloves, minced

1/4 cup extra-virgin olive oil

3 tablespoons fresh lemon juice

1 teaspoon red wine vinegar

1 teaspoon sweet paprika

1 tablespoon chopped fresh oregano leaves

1 teaspoon chopped fresh parsley leaves

1 teaspoon sea salt

1 teaspoon freshly ground black pepper

Skewers:

1-pound boneless, skinless chicken breasts, trimmed and cut into 1 1/2-inch pieces

8 (10-inch) skewers, soaked in water for 30 minutes

Vegetable oil, for brushing grill

1 package of pita bread, for serving

Tzatziki Sauce, for serving (recipe follows)

1. **To prepare the marinade:** To a medium bowl, add all marinade ingredients; whisk to combine. Add chicken and toss to coat. Cover and transfer to the refrigerator to marinate for at least 30 minutes or up to 2 hours.

2. When ready to grill, remove chicken from marinade and discard marinade. Thread chicken pieces onto skewers, leaving 1/4 inch between pieces.

3. Preheat a grill or grill pan to medium-high heat. Using a silicone brush, coat the grill with oil and place skewers on the grill. Grill until cooked completely, 6 to 8 minutes, turning halfway through.

4. **To serve:** Transfer skewers to a medium platter and serve with sliced tomatoes, sliced red onion, tzatziki sauce and pita.

Chicken Souvlaki variations:

Souvlaki skewers can be cooked in the oven on a wire rack over a baking sheet if you do not have a grill or grill pan. Souvlaki marinade would also be delicious on chicken thighs, shrimp or any firm-fleshed fish, such as cod or salmon.

Can also be served with hummus. Alternatively, serve with the Greek Village Salad that is included in this packet.

TZATZIKI SAUCE

Yield: about 3 cups

Tzatziki is traditionally served as a dip or an accompaniment to various appetizers and grilled meat dishes.

1/2 English cucumber

1/2 teaspoon sea salt, plus more to taste

2 cups whole-milk Greek yogurt

1 garlic clove, minced

2 tablespoons extra-virgin olive oil

1 tablespoon fresh lemon juice

1 tablespoon finely chopped fresh flat-leaf parsley

1 tablespoon finely chopped fresh dill leaves

1 tablespoon finely chopped fresh mint leaves

Freshly ground black pepper

1. Grate cucumber and transfer to a fine-mesh sieve set over a medium bowl; toss with the 1/2 teaspoon salt. Let cucumber stand for 10 minutes and then press with the back of a spoon to expel liquid; discard any excess liquid.

2. Transfer cucumber to a medium bowl and add remaining ingredients; stir to combine. Taste and adjust seasoning with salt and pepper. Cover and refrigerate until needed; tzatziki will last 2 to 3 days stored this way.

Tzatziki variations:

No grater? Use a knife to cut the cucumber into a fine dice or julienne.

GREEK VILLAGE SALAD (HORIATIKI SALATA)

Yield: 4 servings

2 large ripe tomatoes, cut into 1-inch dice (about 1 cup)

1 red or green bell pepper, cored, seeded and cut into 1/2-inch dice

1/2 large English cucumber, peeled, cut into 1/2-inch dice

1/4 red onion, cut into thin slices

1/2 cup kalamata olives, pitted

4 ounces feta cheese, crumbled or cubed

1 tablespoon fresh oregano leaves, chopped

2 to 4 tablespoons red wine vinegar

1/2 cup extra-virgin olive oil

Sea salt and freshly ground black pepper

1. To a medium serving bowl add all ingredients; toss gently to coat. Taste and adjust seasoning with vinegar, salt and pepper.
2. Serve immediately or transfer to refrigerator in an airtight food storage container for up to 3 days.