



COOKING CLASSES
AT SUR LA TABLE

GREEK NIGHT

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

Dairy

- 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

- 1/2 cup Kalamata olives, pitted

Other

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

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

Tabletop

- Serving platters and bowls

Pre-Class Mise en Place and Notes

- Please gather all ingredients prior to class if you will be cooking along.
- It is helpful to organize the ingredients by recipe on rimmed baking sheets.
- Feel free to pre-measure ingredients, but it is not necessary.
- We encourage you to prep all your ingredients before class as it will allow you to have more time to listen and watch the instructor.

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 as they do not require soaking and can be used again and again. If you are using wooden skewers, they need to be soaked 30 minutes in advance.

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 fresh oregano leaves, chopped
1 teaspoon fresh parsley leaves, chopped
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 (if wood)
Vegetable oil, for brushing grill

1 package of pita bread, for serving
Tzatziki Sauce, for serving (recipe included)

- 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.
- When ready to grill, remove chicken from marinade and discard marinade. Thread chicken pieces onto skewers, leaving 1/4-inch between pieces.
- 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. Cook until grill marked and cooked through, 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 baking sheet fitted with a wire rack 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.
- Optional: Serve with sliced tomatoes, red onion and hummus. Alternatively, serve with 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 fresh flat-leaf parsley, finely chopped
1 tablespoon fresh dill leaves, finely chopped
1 tablespoon fresh mint leaves, finely chopped
Freshly ground black pepper

1. Grate cucumber, transfer to a fine-mesh sieve set over a medium bowl and toss with 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? Fine dice or julienne cucumber with a knife.

GREEK VILLAGE SALAD (HORIATIKI SALATA)

Yield: 4 servings

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