



COOKING CLASSES
AT SUR LA TABLE

A TASTE OF GREECE

WITH SUR LA TABLE CHEF

Ingredient Shopping List

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

Proteins

- 1 pound boneless, skinless chicken breast

Produce

- 4 garlic cloves
- 2 lemons
- 1 bunch oregano
- 1 bunch parsley
- 1 bunch dill
- 1 bunch mint
- 1 English cucumber
- 2 large tomatoes
- 1 red or green bell pepper
- 1 small red onion

Dairy

- 2 cups whole-milk Greek yogurt
- 4 ounces feta cheese

Pantry Items

- Extra-virgin olive oil
- Red wine vinegar
- Sweet paprika
- Kosher or sea salt
- Black peppercorns in grinder or mill
- Vegetable oil

Dry/Canned Goods

- 1/2 cup kalamata olives, pitted

Other

- 10-inch bamboo or metal skewers
- 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

- Measuring spoons and cups
- Mixing bowls (various sizes)
- Silicone brush
- Tongs
- Fine-mesh strainer
- Wooden spoons or silicone spoons
- Whisk
- Box grater
- Bench scraper (optional)
- Microplane (optional)
- Citrus juicer or reamer
- Vegetable peeler

Cookware

- Grill pan or cast-iron skillet

Tabletop

- Serving platters and bowls

Pre-Class Mise en Place and Notes

- Please gather all ingredients before 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.

Lemon Chicken Souvlaki

1. 30 minutes before class soak bamboo skewers.
2. 30 minutes before class remove chicken from the refrigerator and allow to come to room temperature.
3. Wash and dry produce.

Tzatziki Sauce

1. 30 minutes before class transfer 2 cups of Greek yogurt to a fine-mesh strainer set over a bowl and drain of excess liquid.
2. Wash and dry produce.

Greek Village Salad

1. Wash and dry produce.

LEMON CHICKEN SOUVLAKI

Yield: 4 servings

For traditionally 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 kosher 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 included)

- 1. To prepare marinade:** To a medium bowl, add marinade ingredients; whisk to combine. Add chicken and toss to coat. Cover and transfer to 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" between pieces.
3. Preheat grill pan or cast-iron skillet over medium-high heat. Using a silicone brush, coat grill grates with oil. Place skewers on the pan, leaving 2" between each skewer. Continue to cook until grill marks develop on all sides and chicken is cooked through, 6 to 8 minutes. Remove chicken from pan and transfer to a platter.
- 4. To grill pita:** Using the hot grill pan set over medium heat, toast whole pita on both sides until warmed through, 1-2 minutes each side. Transfer hot pita to a cutting board and cut into

wedges.

4. **To serve:** Serve skewers with sliced tomatoes, sliced red onion, tzatziki sauce, and grilled pita.

Recipe variations:

- Souvlaki skewers can be cooked in a cast-iron skillet. Before cooking, make sure skewers are smaller than width of pan. You may also cook chicken without skewers.
- Souvlaki marinade would also be delicious on chicken thighs, shrimp, or any firm-fleshed fish, such as cod or salmon.
- Optional to 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 kosher salt, plus more to taste
2 cups whole-milk Greek yogurt, drained of excess liquid
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. Using a box grater, grate cucumber on the middle or largest holes, transfer to a fine-mesh strainer set over a medium bowl and toss with 1/2 teaspoon salt. Let cucumber stand for 10 minutes. Using the back of a spoon, press cucumber against strainer to extract liquid; discard 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 can be kept in refrigerator for up to 3 days.

Recipe variations:

- No grater? Finely 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
Kosher 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. The salad can be kept in refrigerator for up to 3 days.