

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 box 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
- ⅓ cup fresh mint leaves (optional)

Dressing:

- ¼ cup extra-virgin olive oil
- 3 tablespoons white vinegar
- 1 garlic clove, minced
- ½ teaspoon dried oregano, more for sprinkling
- ¼ teaspoon Dijon mustard
- ¼ teaspoon sea salt
- Freshly ground 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. Top with chopped mint, mix and enjoy!



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 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 FREE)/or grated chocolate (NUT FREE)

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!

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

LESSON 5:

KITCHEN MIXOLOGY: SCIENCE OF EMULSIFYING

OBJECTIVES

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

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

INTRODUCTION

🕒 3-5 min

- 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 farm land too 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

DEVELOPMENT

🕒 5-7 min

- Start with the Greek salad recipe, but before you are ready to prepare the dressing discuss with kids 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 they 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.

LESSON 5:

KITCHEN MIXOLOGY: SCIENCE OF EMULSIFYING

DEVELOPMENT

- “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 retreat 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 which are created to keep two substances that don’t mix well from separating. An emulsifier is a type of additive added to food to do a job. Normally, for 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?

5 SENSES

- Sight
- Smell
- Touch
- Taste
- Hearing

5 TASTES

- Salt
- Sweet
- Bitter
- Sour
- Umami

THUMBS UP TEST 2 min

- Carry out the Thumb Test: Thumbs up/thumbs to the side/thumbs down.
- If time permits students can share comments.
- Key Qs: How might you change the recipes, why do/don’t you like it, were there any strong flavors or textures?

TASTE TEST

 2-3 min

- As you are ready to taste food – complete The 30 Second Silent Taste Test: Students will engage in mindful eating by silently tasting the first recipe for 30 seconds.
- Remind the class while they are tasting to focus on their 5 senses (see sidebar on prior page for details)
- How would you describe the dish? Use 5 tastes to describe it and or adjectives (see Words to Describe Food Taste, Smell, or Texture page at the beginning of the instructor guide)
- Repeat this for the second recipe.

CLEAN UP & DIMISSAL

 5 min

- Clean up the classroom. Allocate roles such as putting scraps and left overs in the trash, creating a pile of all chopping boards and aprons, wiping down surfaces and checking the floor.
- Make sure you leave the classroom the same way you found it.
- Dismiss in an orderly line and collect signatures from parents.