

## Mezze Spread

Tuesday, June 7, 2022

6:30-8:00pm CT

### What to expect in your cooking class:

My classes are a place where curious home chefs and their families can learn new cooking skills and grow confidence in the kitchen. I want to help you become the hero of your mealtime. I will verbally guide you through every step - starting from prepping ingredients, cooking steps until your dishes are complete and plated. I will be cooking alongside you, sharing instructions, tips and tricks throughout class.

*Your class is your time to ask me questions, ask for feedback, learn a little something and most importantly, have fun!*

### How to prepare for your class:

- For class, simply purchase your ingredients & gather your kitchen equipment from the following recipes. For a more relaxed class, prep your ingredients ahead of time (chopping, measuring). This is not required, however, as I will guide you through every step of preparation. Kitchen tools are **bolded** in each recipe.
- Shop for ingredients intuitively. If there are any ingredients featured in this recipe that aren't your favorite or not available in your local market, not to worry! Have the ingredients you enjoy or ingredients you were able to source available for class and let me know what you do have on hand for your dish. I will guide you through the preparation and cooking steps.
- Before your class starts, it's important that you have a solid internet connection, limited background noises and distractions, and are in a brightly-lit kitchen.
- You will be muted as they come in. The program will start promptly and be recorded. You can choose to be on camera or off camera.

## Flatbread

### Ingredients:

1¼ **cups** lukewarm water  
2½ **tsp** active-dry yeast  
1 **tbsp** sugar  
¾ cups plain yogurt  
2 tbsp olive oil  
1 tbsp salt  
½ tbsp dried basil  
½ tbsp dried oregano  
1 tsp garlic powder  
¾ cups all-purpose flour  
¼ cup chopped fresh parsley  
½ cup olive oil for **brushing**

### Directions:

1. In a **large mixing bowl** whisk together water, yeast, and sugar; set aside for 8 to 10 minutes, or until foamy. **Whisk** in the yogurt, olive oil, salt, basil, oregano, and garlic powder.
2. Add flour and parsley, and stir everything together with a **wooden spoon** until dough comes together.
3. Generously sprinkle flour over your kitchen counter or work-area and turn dough onto the floured surface; turn to coat and then knead for 4 minutes. Sprinkle more flour if the dough is sticky while kneading.
4. **Cut** dough into 10 equal pieces and form each piece into a small ball. I use a **kitchen scale** to weigh each dough ball so to make sure they are all equal. Lightly sprinkle each dough ball with flour; cover them with a **kitchen towel** and let stand for 15 minutes.
5. Preheat a **frying pan** over medium-low heat. Take one of the dough balls and, using a **rolling pin**, roll it out to about a 7-inch circle. Lightly **brush** the top of the rolled-out dough with olive oil.
6. When the pan is hot, pick up the rolled-out dough and place it in the pan, oiled side down, and cook for about 1 ½ minutes, or until the top surface is covered with bubbles. While frying, brush the opposite side of the flatbread with olive oil. **Flip** the flatbread and cook for 1 more minute, or until golden on the bottom. Remove from pan and transfer to a plate; keep cooked flatbreads covered with a kitchen towel while working with the rest of the dough. Repeat the process with the remaining balls of dough. Make sure to keep the other dough balls covered while working. Serve warm or cold.

## Hummus Topped with Dukkah and Grilled Veggies

### Ingredients:

1 medium eggplant, 1/4 inch rounds  
12 spears asparagus, **sliced** in half lengthwise  
1/4 cup minced mint leaves  
3 tbsp extra-virgin olive oil  
2 tbsp feta cheese

#### *Dukkah*

1/4 cups hazelnuts  
2 tbsp sesame seeds  
1 tbsp cumin seeds  
1 tbsp coriander seeds  
1 tbsp fennel seeds

1/2 tsp salt  
1/2 tsp pepper

#### *Hummus*

1 can chick peas (18 oz)  
3 cloves garlic, minced  
1/2 cup yogurt  
3 tbsp tahini  
4 tbsp fresh lemon juice  
1 tbsp fresh lemon zest  
1/2 tsp salt  
1/2 tsp black pepper  
3 tbsp extra-virgin olive oil

### Directions:

1. Marinate the eggplant slices and asparagus spears with a good drizzling of olive oil and a healthy pinch of salt and pepper.
2. Toast the hazelnuts in a **dry pan** on high heat for 3-4 minutes, shaking the pan so that the nuts don't burn. Remove excess skins by rubbing the nuts in a clean **tea towel**, and place them in a **bowl** to cool. Toast the sesame seeds, cumin, coriander and fennel seeds for about 1 minute, again shaking the pan. Place them in the same bowl as the nuts. Once everything is cool, place in a **mortar and pestle** or **food processor** and grind until it has the texture of coarse sand.
3. **Drain** the chickpeas and remove the skins. Place the chickpeas in the food processor and add the garlic, tahini, lemon juice, lemon zest, and yogurt. Blend until smooth, about 45 seconds. Taste and season with the salt and pepper. **Scrape** the sides down and blend for an additional minute.
4. Grill the eggplant and asparagus in a **grill pan** until cooked through, about 5-10 minutes.
5. Scrape the hummus onto the center of a **large plate or platter**. Spread it out evenly and top with eggplant rounds and asparagus. Sprinkle about 3-4 tbsp of the dukkah and the mint evenly on top. Garnish with a sprinkling of feta or ricotta cheese.

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## Falafel with Pistachios

### Ingredients:

8 sprigs fresh mint  
8 sprigs fresh basil  
1 cup pistachios  
2 cups chickpeas  
2 cloves garlic, minced  
½ small onion, chopped  
3 tablespoon olive oil  
1 tsp cumin  
1 tbsp whole wheat flour  
1 tsp baking powder  
½ tsp salt

### Directions:

1. Preheat oven to 375°.
2. Toss the herbs in a **blender** and pulse for 10 seconds. Scrape down the sides, add pistachio nuts and pulse for another 30 seconds. You may need to **scrape** down the sides a couple times.
3. Add remaining ingredients and pulse for a minute or until all ingredients are blended together. Again, you will need to scrape the sides a few times. It should have a bit of a chunky texture.
4. Shape the falafel doughs to resemble golf balls. Lay on a parchment lined **baking sheet**. You can squish them slightly if you want them flat, otherwise just keep them in balls. Bake for 15 minutes flipping after 10 minutes.

## Tzatziki Sauce

### Ingredients:

$\frac{3}{4}$  English cucumber, partially peeled and sliced  
1 tsp kosher salt, divided  
4-5 garlic cloves, peeled, finely grated or minced  
1 tbsp olive oil  
2 cups Greek yogurt  
 $\frac{1}{4}$  tsp white pepper  
Pita bread and veggies for serving  
Optional mix-in: 1 tbsp of minced mint or dill

### Directions:

1. **Grate** the cucumbers. Toss with  $\frac{1}{2}$  tsp kosher salt. Transfer to a **fine mesh strainer** over a deep bowl to drain. Spoon the grated cucumber into a **cheese cloth** or a double thickness napkin and squeeze dry. Set aside briefly.
2. In one **large mixing bowl**, place the garlic with remaining  $\frac{1}{2}$  tsp salt, and extra virgin olive oil. Mix to combine.
3. Add the grated cucumber to the large bowl with the garlic mixture. **Stir** in the yogurt and white pepper. Combine thoroughly. Cover tightly and refrigerate for a couple of hours.

## Tabouli Salad

### Ingredients:

½ cup extra fine bulgur wheat or quinoa or couscous  
4 Roma tomatoes, finely chopped  
1 English cucumber, finely chopped  
2 bunches parsley, part of stems removed, wash and well-dried, finely chopped  
12-15 fresh mint leaves, stems removed, washed, well-dried, finely chopped  
4 green onions  
salt  
3-4 tbsp lime juice  
3-4 tbsp olive oil

### Directions:

1. Prepare the bulgur wheat, quinoa, or couscous.
2. Very finely **chop** the vegetables, herbs and green onions as indicated above. Be sure to place the tomatoes in a **colander** to drain excess juice.
3. Place the chopped vegetables, herbs and green onions in a **mixing bowl** or dish. Add the bulgur and season with salt. Mix gently.
4. Now add the lime juice and olive oil and **mix** again.
5. For best results, cover the tabouli and refrigerate for 30 minutes.

## Other Elements for Mezze Board

Sweet peppers cut into strips  
Feta Cheese  
Stuffed grape leaves  
Various olives  
Roasted artichokes  
Grape tomatoes  
Roasted garlic cloves  
Caper berries  
Radishes  
Crackers