GREEK

3 Course Finish at Home Meal Kit

MENU PREPPED BY SCS:

Spanokopita with Tzatziki

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Greek Chicken Flat Bread

~

Orzo pasta with pea,
mint, feta & grilled zucchini

~

Watermelon, yogurt, pistachio
cinnamon rosewater honey

FINISHED BY YOU:

Bake Spanokopita

~

Cook chicken / Assemble Sandwich

~

Mix Salad
Grill Zucchini

~

Assemble Dessert

Welcome to Stratford Chefs School Open Kitchen @ *Home*

Thank you for purchasing this finish at home meal-kit, and supporting our not-for-profit School, community, and culinary initiatives. Chef Eli has done most of the prep work, organization, and online demonstration, leaving a few finishing tasks for you to complete the process at home.

Follow along online as Chef Eli guides you with an instructional video playlist.

INCLUDED IN YOUR MEAL KIT:

- Pre-measured ingredients for three course ***GREEK meal kit***
- All recipes and instructions with your *At Home* tasks highlighted!
- Access to video tutorial with instructions and necessary finishing tasks
- A streamlined ingredient check list and instructional "cheat sheet" to help you complete the meal at home (*chart immediately below*)

COURSE	ITEMIZED MENU CONTENTS:	REQUIRED OF YOU TO COMPLETE THE MEAL
APPETIZER	☐ Assembled Spanokopita ☐ Pre-made Tzatziki	**1.** Bake Spanokopita - frozen = 375F 15-18 mins - fresh = 385F 10-12 mins **2.** Serve Tzatziki
MAIN	☐ House made flat bread ☐ Cucumber, lettuce, tomato, onion ☐ Marinated / par cooked chicken breast ☐ Tzatziki ☐ Feta Cheese	**1.** Finish cooking/heat chicken breast through (grill or oven) **2.** Grill flatbread (just to heat/soften) **3.** Make wraps by spreading tzatziki, vegetables, chicken & feta
SALAD	☐ Cooked orzo ☐ Cooked peas ☐ Fresh cucumber & mint ☐ Greek Vinaigrette dressing ☐ Feta ☐ Sliced green zucchini	**1.** Dress orzo with mixed vinaigrette **2.** Chop/chiffonade mint **3.** Mix veg into dressed orzo **4.** Garnish with fresh mint & feta **5.** Brush/grill zucchini (served as a side item vs in the salad)
DESSERT	☐ Prepared / compressed watermelon ☐ Fresh Strawberries ☐ Greek yogurt ☐ Cinnamon, honey, rosewater glaze ☐ Pistachio	**1.** Wash/chop strawberries **2.** Arrange / plate as per recipe

HOW TO FINISH AT HOME

1. Unpack meal kit – organize by course
   - preheat oven to 375F (convection) – 400F if still oven
   - preheat grill/BBQ if available
2. Place pre-made spanokopita on to a parchment lined tray (spay with non-stick)
   -- bake approx 8-12 minutes till browned
3. Serve with tzatziki on the side

IF YOU WANT TO EAT THE APPETIZER FIRST – STOP HERE
– BEFORE CONTINUING WITH THE FINISHING OF THE ENTRÉE

4. Grill chicken (to heat) – grill flat bread to warm/loosen
   -- both could just as easily be heated briefly in the oven
5. Assemble sandwich with tzatziki. chicken, feta, lettuce, tomato, onion
6. Toss salad – taste – add additional dressing at discretion
   - plate salad cold alongside finished pita sandwich

IF YOU WANT TO EAT THE ENTRÉE BEFORE FINISHING DESSERT PREP
- DO SO NOW-

7. Unpack kit – slice strawberries / chiffonade mint
8. Plate dessert as per video
   -- fruit down 1st – then yogurt & honey – then pistachio and fresh mint

SPANOKOPITA FILLING

Amt	Ingredient	Prep
2lb	*Spinach*	Wilted
½ bu	*Dill*	Pick/chop
1bu	*Mint*	Pick/chop
2bu	*Scallion*	Slice/green
300g	*Feta*	crumbled
1-2 pc	*Lemon*	Zest only
1 tsp	*Garlic*	rasped
1	*Egg*	
t/t	*Salt & Pepper*	
SPANOKOPITA ASSEMBLY		
1pk	*Medium Phyllo*	2" strips
~ 1 cup	*EVOO*	

TOOLS REQUIRED

Frying Pan	Tongs
Cutting board	Knife
Rasp	Bowl
Spatula	Tea spoon
Pastry brush	Template
Pastry cutter	Parchment
Rasp	Bake sheet
Oven weights	

NOTES:

- spinach must be broken down by cooking so we can squeeze out it's moisture before cooking in the phyllo
-- after cooking and squeezing – dehydrate or oven bake on low temp to remove as much residual moisture as possible.
-- can be made well in advance and cooked from frozen making a great party hors d'oeuvre

METHODOLOGY

STEP 1 – Wilt the spinach

- Wilt spinach in stages in a frying pan with slight amount of water
  -- objective here is a medium high heat
  --- too high a heat and all the moisture evaporates too quickly – and spinach burns
  --- too low a heat and the moisture doesn't evaporate, pools, and we boil vs. "steam" spinach
- Start with approximately 2 Tbs of water in pan
  -- the pan should be warm enough to witness ***LEIDENFROST EFFECT***
- ADD water to pan, then add spinach and salt – stir with tongs
  -- have temperature so that water steams away without either pooling or turning completely dry
- After cooking approx 1 minute the spinach should:
  1. Soften.
  2. appear darker green
  3. have similar amount of water left in the pan, as when you started cooking
- Once this first batch of spinach is cooked / wilted
  -- remove from pan and allow to cool; keep residual water in pan for next batch of spinach
  -- continue wilting the remaining spinach in similar "as much as you can fit in the pan" stages.

STEP 2 – Strain / Dehydrate your spinach

- Once cool, strain the spinach of excess moisture using your hands (discarding the spent water)
  -- once strained manually with hands – press between paper towel or cloth towel to wick out even more moisture
  -- finally dehydrate the spinach by spreading in a single layer and dehydrating (if you have one) or baking at a low temperature (175^{o}F) approx 45-60 minutes until drier
  -- stir the spinach periodically during this baking/dehydrating to even out the process

STEP 3 – PREPARING THE "OTHER" FILLING INGREDIENTS

- Finely chop mint using the chiffonade technique
- Finely shred the scallion as thinly as possible
- Wash lemon – then zest with minimal pressure using a rasp
- Rasp garlic
- Lightly crumble feta
- Lightly whisk egg

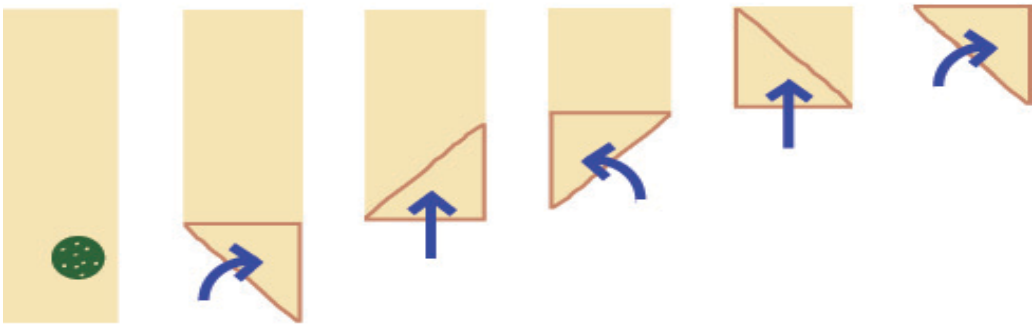
STEP 4 – COMBINE THE FILLING INGREDIENTS

- Combine the ingredients – add additional lemon, mint, feta, salt to taste – reserve cold

STEP 5 – SPANOKOPITA ASSEMBLY

- Using a template or mold. slice spanokopita into uniform sized strips using a pastry cutter
  -- Cover the phyllo not in use to prevent it from drying out
- Brush sliced strip of phyllo with EVOO; then place another strip of phyllo on top
- Scoop approx 1-2 tsp of filling near the base of strip – but leaving some room from the edge
  -- roll turning 90 degrees at each rotation (see demo)
  -- ensure final flap is brushed with oil and that they are stored with this "seam side" down

BE SURE TO COVER ANY PHYLLO DOUGH OR ASSEMBLED SPANOKOPITA NOT IN USE TO PREVENT DRYING OUT.



Spanakopita folding technique, fig. 1

- at this point (after assembly) they can be baked, or frozen and later baked from frozen.

STEP 6 – BAKING THE SPANOKOPITA

- Bake 385°F approx. 10-12mins (flipping half way)
  -- if baking from frozen – do 365°F approx. 15-18mins
- Cook until browned exterior and warm interior (only reheating spinach – "cooking" egg)

TZATZIKI SAUCE

Amt	Ingredient	Prep
750ml	*Yogurt*	Strained
1	*Cucumber*	Shredded
3 clove	*Garlic*	Rasp
1/3 bu	*Dill*	Pick/chop
~100g	*Feta*	Crumbled
t/t	*Lemon*	Juice only

TOOLS REQUIRED

Cutting Board	Knife
Strainer	Cheesecloth
Grater	Rasp
Bowl	Spatula
Towel	

NOTES:

- straining yogurt is an optional step to both thicken and isolate whey
  -- thicker Greek yogurt can be used while skipping this straining step
- grating and salting cucumber removes excess moisture and brines at same time

METHODOLOGY

STEP 1 – straining the yogurt

- Using a cheese cloth and strainer, strain the yogurt the day before to thicken up and remove excess whey. (Catch this whey to repurpose in the kitchen elsewhere)

STEP 2 – processing the vegetables

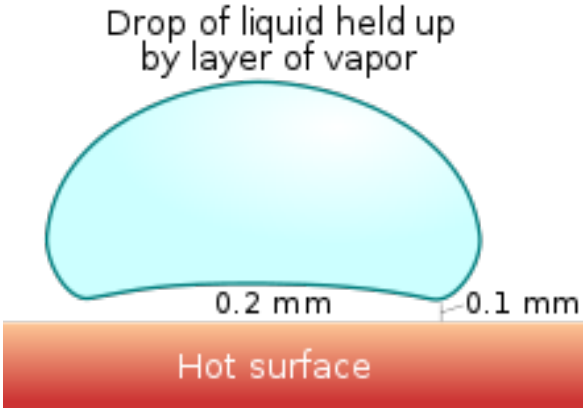
- Wash cucumber – then shred on a 45^{o} bias / angle using a cheese grater
  -- lightly salt the cucumber – then rest on an angled cutting board to remove excess moisture(while salting the cucumber at the same time)
  -- once drained naturally 10 mins - Lightly wring excess moisture out using a towel
- Rasped garlic, pick and chop dill, juice lemon (zest in spanokopita filling)

STEP 3 – mixing the tzatziki

- Mix all ingredients thoroughly – allow flavours to meld together 2 hours to overnight

A NOTE ON COOKING METHODOLOGY
FOOD SCIENCE / TEMPERATURES
And the importance of preheating a pan when sautéing

The **Leidenfrost effect** is a physical phenomenon in which a liquid, close to a surface that is significantly hotter than the liquids boiling point [212°F]; thus producing an insulating vapor layer that prevents the liquid from boiling rapidly.



-- Because of this 'repulsive force', a water droplet hovers over the surface rather than making physical contact with the hot pan; and evaporates slower at a hotter temperature than it would if the water were able to spread out in a cooler pan (ie not pre-heated or ONLY at or around the boiling temperature of 212°F vs. 379°F)



This ***LEIDENFROST effect*** is especially important when it comes to ***sautéing*** in a kitchen (ie wilted spinach)

- If the pan is ***preheated*** to at or above the ***Leidenfrost point, [193°C/379°F***]; and maintains at that temp during cooking, any water added or expelled from a commodity instead of "boiling" instantly vaporizes, changes physical states, and skitters across the pan. As a result it takes longer to evaporate water droplets in a hot pan; then had they been sprinkled into a cooler pan to start.

- it is for this reason we preheat our pans when sautéing
- It's also why we often have water on the ready to test pans temperature / causative effect.

(Wikipedia)

NAAN BREAD

Amt	Ingredient	Prep
4 tsp	*Dry Active Yeast*	
2 tsp	*Sugar*	
1 cup	*Warm water*	~100F
½ cup	*Ghee*	Tepid
2/3 cup	*Yogurt*	Temper
2	*Eggs*	Temper
3 cup	*AP Flour*	
2 tsp	*Salt*	
~ 1-3 cup	*AP Flour*	

TOOLS REQUIRED

Thermometer	Bowl X2
whisk	Saran
Rolling pin	Towels
Spatula	Cast iron X2
Resting rack	Plastic bag

NOTES:

- Dry Active yeast must be bloomed before using
- clarified or whole butter can be used in substitution of GHEE
- have butter liquid but not so hot it will cook eggs
- do not overwork dough in the kneading stage – just till "springy"

METHODOLOGY

STEP 1 - BLOOMING THE YEAST

- Heat large amount of water to 100°F – then measure off 1 cup of warm water
- Mix sugar in measured warm water to dissolve, then stir in dry active yeast
- Allow this to bloom at room temp, approx. 6-10 mins – (will approximately triple in size)

STEP 2 - MIXING THE WET

- Once the yeast is bloomed, combine the yeasty-water with the fluid but not hot butter, the room temperature yogurt, and the room temperature eggs
  – Whisk lightly to combine

STEP 3 - KNEADING IN BOWL

- In a large bowl, using hand, loosely combine 3 cups flour with 2 tsp of salt
- Add the bloomed liquid ingredients all at once – then knead bringing together into a shaggy like dough while still in the bowl; once incorporated transfer out of bowl onto a lightly floured counter

STEP 4 - KNEADING ON COUNTER

- Spread all of the remaining 3 cups of flour on the table
  -- but only use/ incorporate it into the naan dough as necessary .
- Have enough flour on table so that you can knead lightly in front of it with minimal flour – but easily add more flour to prevent sticking as you knead the dough together.
- Continuing the kneading process, work bread until you have a light spring back (ie forearm test)
- The objective is to work this bread "just enough" to develop gluten before resting/relaxing/allowing to proof at room temperature
  -- we may need up to 3 cups additional flour to do this, but probably not.
  -- add only enough flour as necessary to get the gluten network developed

STEP 5 - RESTING/PROOFING

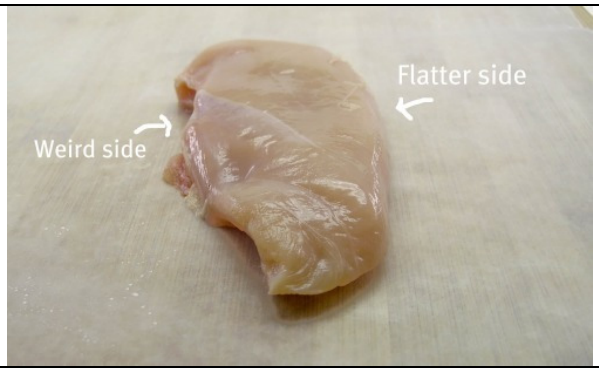
- Once we have the spring/gluten network developed proof the bread allowing the yeast to do its thing and nearly double in size – approx. 45 mins
  -- the warmer the environment the quicker this will take place

STEP 6 - SHAPING THE NAAN / COOKING OF NAAN

- Pre-heat 2 cast iron pans on stove top dry – no oil
- Roll the dough into a long log – then using bench scraper - cut 12 pieces (a bit bigger than an egg)
- Using the tiger claw method lightly shape these into balls/boules – then cover in towel
- Using a rolling pin with only enough flour to prevent sticking roll the dough in a circular pattern to match roughly in size the cast iron pan you are cooking in (10-12") – or less for a thicker naan
- ***AS SOON AS IT IS ROLLED OUT*** – shake off excess flour then transfer to HOT dry cast iron pan
  -- reduce heat to medium high – cook without shaking…
  -- at ***30 seconds –*** small bubbles should appear – rotate/turn naan in pan but don't flip
  -- at ***1 min*** – noticeable bubbles on top – check bottom for some browning – flip if necessary
  -- at ***1.5 min mark*** – flip naan – rotate similar as you did on first addition - done @ 3 min mark

HOW TO BUTTERFLY A CHICKEN BREAST

Step 1 - identify the "Sides"





Step 2 – cut into "Weirder" side
- keep knife level
- do not cut all the way through

Step 3 – open chicken breast up
- ensure do not cut all the way through
-- if desired cut all the way through at "spine" of the chicken





Step 4 – lightly pound
- using saran causes less damage to meat
- alo prevents mess as well
- use a mallet or a light flat pan to flatten

HOW TO PROPERLY GRILL A CHICKEN BREAST:



Step 1 – maintain your grill

-- keep grill free of debris; don't carry over from last cook

-- apply a high-smoke point neutral flavoured oil

-- allow oil to burn off as you preheat your grill

STEP 2 – Preheat your grill

-- both the grill and the barbeque must be pre-heated in order to function properly (without sticking)

-- if you don't pre-heat your grill, expect your commodity to stick to it.





Step 3 – season your commodity

- the grill has been seasoned in advance; your meats should be too

-- lean meats such as chicken should be marinated in advance to maximize flavour and further promote tenderness

-- for items like steak salt aggressively as
> seasoning cannot penetrate into the food
> salt works to counteract the bitterness of charred foods

Step 4 – Start hot then reduce temp

- it's imporatant to start very hot to build up the grill temp and create a radiant heat within a closed lid… but cooking at high temperatures on a BBQ easily leads to burning
--- this is especially true with lean meats and those with sugary marinades

For best results start hot; then reduce heat and rely on minimal movement (but always flip as necessary to prevent burning)





Step 5 – Be Patient

- in order to prevent food from sticking to the grill, allow it to stay on the grill longer without moving
-- this will allow the proteins to coagulate and release on their own without you forcing or tearing them

-- this requires approriate heat control;

-- warm enougn that it doesn't stick initially
-- not so hot that you have to move the chicken in the first 30 seconds or so – resulting in the skin tear

Step 6 – School of thought regarding flipping

- when it comes to grilling each grill is unique and has its own quirks, hot spots, variances, etc.
- flip as often as is necessary to cook without burning
- don't be afraid to utilize upper rack; thus using the less efficient and indirect radiant heat of the air and BBQ walls; vs the more efficient and conductive heat of the grill



EASY ORZO SALAD

Amt	Ingredient	Prep
8oz	*Orzo*	Boiled
2 cup	*Frozen Peas*	Boiled
½ cup	*Cucumber*	Diced
¼ cup	*Mint Leaves*	Chiffonade
1 Tbs	*Oregano*	Fine Chop
3oz	*Feta*	Crumbled
	SALAD VINAIGRETTE	
1 tsp	*Dijon*	
1 clove	*Garlic*	Rasped
2 tsp	*Red Wine Vin*	
2 tsp	*Lemon juice*	Strained
¼ cup	*EVOO*	

TOOLS REQUIRED

Pot X2	Strainer
Cut board	Knife
Rasp	Blender
Bowl	Spoon

NOTES:

- any number of different pastas could be used for this "cold pasta" application
- apply vinaigrette in advance – then add some of the other ingredients
- BLANCHING PEAS by boiling and shocking separately is done for colour and texture – for "home cooking" simply add to pasta for last 3 mins or so of cooking

METHODOLOGY

COOKING THE ORZO

- Bring a pot of water to a boil – salt till the point of being able to taste
- Cook orzo as per package
- When orzo is al dente (ie soft with some residual texture in center) drain the orzo

COOKING THE PEAS

- Bring a second pot of water to a boil – salt liberally
- Cook approx 3 minutes – then shock peas in an ice bath to stop cooking process; drain well

MAKING THE VINAIGRETTE

- Pre-rasp the garlic; add all ingredients except oil to a small blender
- Turn blender on – then add oil with the motor running to emulsify
- Reserve in a squeeze or like bottle until ready to use

FINISHING THE PREP TASKS / CHOPPING THE HERBS – CRUMBLING FETA

- Seed / dice cucumber (using a knife or melon baller)
- Pick / chiffonade mint
- Pick and finely mince the oregano (leaves are often too small to attempt chiffonade)
- Lightly / loosely crumble feta

ASSEMBLING THE SALAD

- Combine chilled pasta with vinaigrette
  -- then add cooked peas, chopped cucumber, herbs to taste
- Serve immediately garnishing with crumbled feta and reserved herbs

GRILLED ZUCCHINI

Amt	Ingredient	Prep
1 pc	*Zucchini*	Bias ¼" cut
2-3 Tbs	*EVOO*	
t/t	*Salt & Pepper*	

TOOLS REQUIRED	
Cut board	Knife
Oil/brush	Tongs

NOTES:

- Use high heat to promote charring, but avoid flare ups which will cause discoloration and acrid flavours to develop

METHODOLOGY

- Slice zucchini on a 45o bias approx 1 cm thick – lay on a single layer – brush lightly with EVOO using a brush or finger dipped in oil
- Season lightly with salt and pepper then place on grill so they run perpendicular to the lines
- Grill 2-4 min each side [flipping after 1-2 min] getting a hard char (versus trying to cook through)

HOW TO CHIFFONADE HERBS

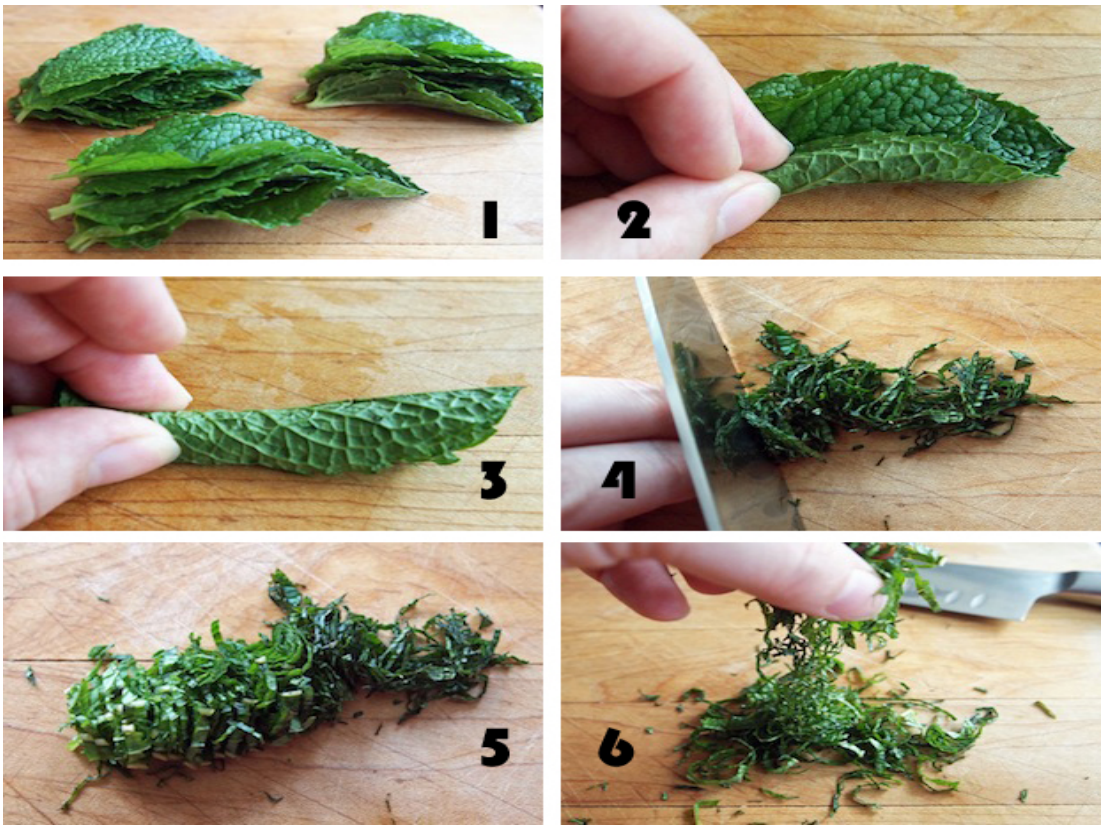


Image: *Canadian Living Magazine*

- Pick and collect leaves stacking them according to size from largest to smallest ***[image 1]***
- Once stacked roll these [from east to west] to form a firm multi-layered cylinder ***[Images 2-3]***
  - This roll is both more efficient to cut (doing many layers at once) while also providing tension while cutting thus promoting a clean cut with minimal bruising or abrasion
- Once rolled – slice firmly as thinly as possible to attain an "angel hair" like effect ***[images 4,5,6]*** -- use the sharpest thinnest knife that you have for this application

Cinnamon rosewater honey

Amt	Ingredient	Prep
4oz	*Honey*	
¼ oz	*Rosewater*	
¼ oz	*water*	
2 stick	*Cinnamon*	broken
2 tsp	*Anise seed*	
1 tsp	*Lavender*	
¼ tsp	*Cardamom*	

TOOLS REQUIRED

Pot	Strainer
whisk	

NOTES:

- make more than necessary and keep around for all kinds of uses in the kitchen/pantry
- solids should be removed before storing
- rosewater can be found in the pastry section of most "international" aisles

METHODOLOGY

- Combine ALL ingredients in a pot; gently heat to a bare simmer
- Steep like a tea for 10 minutes off heat
- Reheat to make honey fluid once again – strain to remove solids
- Reserve air tight up to 2 weeks.

WATERMELON DESSERT

Amt	Ingredient	Prep
12oz	*Watermelon*	Skinned
4oz	*Strawberries*	
4oz	*Greek Yogurt*	Strained
1oz	*Cinnamon Honey Rose water*	
2oz	*Pistachio*	Crumbled
1oz	*Mint*	Chiffonade
1oz	*White Chocolate*	Shaved

TOOLS REQUIRED

Cut board	Knife
Strainer	Mallet
Bowl	Whisk
Peeler	Rasp

NOTES:

- the plating for this is fairly rustic; or as we say in a professional kitchen "bonne femme"

-- follow video for suggested presentation

METHODOLOGY

HOW TO PLATE DESSERT – **In a chilled shallow bowl, or small plate**

-- place / plate the food in the following order:

- Nestle approx. 2/3 of the watermelon in base of the bowl
- Add approx. 4-6 small dollops of yogurt
- Then 1/3 of the pistachio, mint
- Then add all of the chopped strawberries
- Add remaining 1/3 of the watermelon
- Remaining 2/3 pistachio, min (larger amount on top)
- Finish garnishing with shaved white chocolate (applying w/ spoon vs. hand)