



Welcome to the Virtual Cooking Class!

Hello everyone and thank you for joining this virtual cooking class! I am so excited to be cooking with you, hanging out with you and teaching you about these recipes (and more)! Feel free to cook alongside me whether you want to make all the recipes or just one. Or if you prefer, you can pour yourself a beverage and just watch and have fun!

This class is meant for all levels of cooks! I'll provide options for homemade elements or store-bought substitutes. Also if you have any dietary restrictions I'll make the best substitutions to accommodate those needs.

What to do before class?

1. **Read all the recipes from start to finish!** Yes you read that correctly. This will give you an idea about the amount of ingredients, time of preparation and level of difficulty. It will also help you decide if you want to make all or some of the recipes.
2. Once you have decided what you want to make, **prepare a grocery list and go shopping.**
3. **Read through the prep list and equipment list.**
4. On the day of the class or day prior, **complete all prep work listed on the prep sheet and pull out all the equipment you will need.** You will probably need some smaller bowls to measure out spices, containers to store chopped veggies and if you make the naan dough, a place to keep it in your fridge.
5. **Write down any questions you may have!**
6. **Get excited!**

****Note: salt, black pepper, extra virgin olive oil and a high-heat cooking oil are used throughout the recipes. Not needed but cooking oil spray will also come in handy!*

Prep List

This can be done the day beforehand or on the day of class beforehand

For Chicken Shawarma

- measure out spices for chicken shawarma

For Tzatziki

- shred cucumber and squeeze out moisture in a towel
- chop dill and mint
- measure garlic, lemon juice and olive oil

For Israeli Chopped Salad

- *optional*: cut all the vegetable ahead of time or feel free to cut them during class

For Naan:

- make dough ahead of time, follow steps 1-4
- make garlic butter

Equipment List

Use whatever equipment you have available - no need to purchase anything new

- cutting board
- chef's knife or whatever knife you like to use
- large bowl or container to marinate chicken
- grill pan, cast-iron pan or stainless steel pan for cooking chicken
- grater or food processor with shredding disc
- bowl for tzatziki
- bowl for Israeli chopped salad
- stand mixer with dough hook (if making naan)
- rolling pin
- additional cast-iron pan or nonstick saute pan

CHICKEN SHAWARMA

Recipe by Morgan Berrington

Makes 4 servings

Ingredients

- 2 tbsp olive oil
- 2 tbsp lemon juice
- 1 tbsp turmeric
- 2 tsp paprika
- 2 tsp cumin
- 2 tsp garlic powder
- 2 tsp onion powder
- 1 tsp ground coriander
- 1 tsp cayenne
- 1/2 tsp ground cinnamon
- 2 pounds chicken thighs, boneless and skinless
- salt
- freshly ground black pepper
- Avocado oil spray or cooking spray

Directions

1. In a large bowl combine olive and spices from turmeric through cayenne.
2. Next add the chicken and mix thoroughly. Add salt and freshly ground black pepper. Mix again.
3. Let the chicken marinate for 20 minutes and up to overnight. If chicken is coming out of the refrigerator, remove it out 30 minutes before cooking to take the chill off.
4. Preheat the grill pan over medium-high heat. Spray with avocado oil spray.
5. Once the grill is preheated, add your chicken thighs to the grill. Grill on one side for 3 minutes, flip and cook for another 3 minutes, or until cooked through. If you don't have a grill you can use a grill pan or cast-iron pan
6. Allow the chicken to cool for at least 5 minutes and then cut into chunks or slices.

Notes

- You can substitute boneless, skinless chicken breast instead of using thighs. I would recommend pounding them for equal thickness
- If you don't have a grill pan, you can use a cast-iron pan or stainless steel pan
- If you don't have cooking spray you can use a high heat oil like avocado oil, vegetable oil, canola, grapeseed, safflower, etc

TZATZIKI

Recipe by Morgan Berrington

Makes 4 servings

Ingredients

- ½ English cucumber, seeded and shredded
- 12oz plain greek yogurt (can use fat-free, low-fat or full fat)
- ⅓ cup chopped dill
- 2 tbsp chopped mint
- 1 garlic clove, grated
- 2 tbsp fresh lemon juice
- 1 tbsp extra virgin olive oil

Directions

1. Using a kitchen towel, squeeze the shredded cucumbers to release as much liquid as possible
2. Combine cucumbers, greek yogurt, chopped dill, chopped mint, garlic, lemon juice and extra virgin olive oil. Season with salt and pepper.
3. Let this chill in the refrigerator for at least 15 minutes.

Notes

- If you can't find English cucumbers, you can use a regular cucumber just make sure to peel it before you shred it
- To make this dairy free, try a nut or plant based plain yogurt
- Feel free to mix up the herbs and add cilantro instead of mint



ISRAELI CHOPPED SALAD

Recipe by Morgan Berrington

Makes 4 servings

Ingredients

- 1 medium tomato, small dice
- ½ english cucumber, small dice
- ¼ cup chopped flat-leaf parsley
- Salt and freshly ground black pepper
- Extra virgin olive oil
- ½ lemon

Directions

1. Combine all ingredients and season with salt and freshly ground black pepper.

Notes

- If you can't find an English Cucumber, you can substitute with a regular cucumber, just make sure to peel it
- Feel free to substitute parsley for cilantro

HOMEMADE NAAN

Recipe by Gimme Some Oven

Makes 4 servings

Ingredients

Naan

- 1 cup warm water (about 110 degree F)
- 2 tbsp honey
- 1 (0.25oz) package of active dry yeast (2 ¼ tsp)
- 3 ½ cup all purpose flour
- ¼ cup plain yogurt
- 2 tsp salt
- ½ tsp baking powder
- 1 egg

Garlic Butter

- ¼ cup butter or ghee
- 2 garlic cloves, grated or minced
- Finely chopped cilantro or parsley
- Salt

Directions

1. **Activate the yeast.** Briefly stir together the warm water and honey in the bowl of a stand mixer. (Or see notes below about how to make the dough by hand.) Sprinkle the yeast on top of the water and give it a quick stir, then let the mixture rest for 5-10 minutes until the yeast is foamy.
2. **Mix the dough:** Add the flour, yogurt, salt, baking powder, and egg. Using the dough attachment, mix the dough on medium-low speed for 2-3 minutes until smooth. (The dough will still be slightly sticky, but should form into a ball that pulls away from the sides of the mixing bowl. If it's too sticky, add a bit more flour.)
3. **Let the dough rise.** Remove dough from the mixing bowl and use your hands to shape it into a ball. Grease the mixing bowl (or a separate bowl) lightly with cooking spray, then place the dough ball back in the bowl and cover it with a damp towel. Place the bowl in a warm location (I set mine by a sunny window) and let it rise for 1 hour until the dough has nearly doubled in size.
4. **If making the dough ahead of time,** pour a thin layer of oil on top of the dough after proofing and cover with plastic wrap. Place it in the fridge and store it. On the day of cooking, remove the dough 2 hours before cook time then follow the next steps.

- **5. (Optional) Make the garlic butter:** During the last 10 minutes of the dough's rise time, heat the butter in a small sauté pan over medium heat until melted. Add the garlic and cook for 1-2 minutes until fragrant. Remove the pan from heat and stir in some chopped herbs, if desired. (You can also strain out the garlic chunks if you prefer the garlic butter to be completely smooth--this can be done in advance).
- **6. Roll out the dough.** Once the dough is ready to go, transfer it to a floured work surface and shape it into an even(ish) circle. Cut the dough into 8 equally-sized wedges and roll each wedge into a ball with your hands. Then use a rolling pin to roll out the dough ball until it forms an oval about 1/4-inch thick. (I recommend multi-tasking this process – rolling out the next dough ball while you cook one on the stove.)
- **7. Cook the dough.** Heat a large cast-iron skillet or non-stick sauté pan over medium-high heat until it is nice and hot. Add a piece of the rolled-out dough to the pan and cook for 1 minute, or until the top of the dough begins to bubble and the bottom turns lightly golden. Flip the dough and cook on the second side for 30-60 seconds, or until the bottom is golden as well, then transfer the dough to a clean plate. (If you are making garlic naan, brush one or both side(s) of the dough with the garlic butter once the naan has cooked.) Sprinkle the naan with a pinch of flaky sea salt, if desired. Then lightly cover the naan with a clean towel so that it stays warm. Repeat with remaining dough until all of the naan pieces are cooked, adjusting the heat of the pan if needed to keep it hot (but not overly-hot so that it burns the bread).
- **8. Serve.** Serve warm and enjoy!

Notes

- To make the dough by hand: Instead of using a stand mixer, complete step 1 in a large mixing bowl. Add the flour, yogurt, salt, baking powder, egg, and stir the mixture until combined. Then turn the dough out onto a floured surface and knead by hand for 3 to 4 minutes, until smooth. (The dough will still be slightly sticky, but should form into a ball that pulls away from the sides of the mixing bowl. If it's too sticky, add a bit more flour as you knead.)
- If you are gluten free, I would make basmati rice or another long grain rice. I have not tested this recipe with gluten free flour
- If you are dairy free, I would substitute the yogurt with plain plant-based yogurt
- If making dough isn't your thing, buy some store bought naan and brush with the homemade garlic butter