

The background of the slide features a close-up of an olive branch with dark green, elongated leaves and clusters of small, dark purple olives. The branch is positioned on the left side, extending towards the center. The right side of the image is a soft-focus sunset or sunrise scene with warm orange and yellow light filtering through the silhouettes of trees. The entire image is framed by a white, hand-drawn style border.

Greece

Pita and dips

Pita bread



Pita

Pan Size: Mixer w/ dough hook		Yield: 4
Temperature: 500°F		Portion Size: 1
Cooking Time: 20 minutes		
Ingredients	Quantity	Method
Dry yeast	1/4 oz or 1 package	Place water in mixer and add yeast. Let sit 5 minutes.
Water	6 oz.	
Bread Flour	1 lb.-1 1/4 lbs.	Add 1 lb. of flour, salt, oil, yogurt and cumin. Start on slow and mix until combined. If too wet, add more flour. It should be a slightly stiff dough. Knead in mixer until smooth and stretchy.
Salt	1 Tbsp.	
Olive Oil	1 oz	
Plain Yogurt	1/2 cup	
Cumin	1/4 tsp.	
Cover in a lightly oiled bowl and let rest 60 minutes in a warm place. Divide into 4 pieces and round the pieces. Cover and let rest 10 minutes. Roll out into oblong pieces about a 1/4 " thick.		
Heat a medium saute pan or a cast iron griddle over medium high heat. When smoking, place one piece of dough on the pan and cook 30-40 seconds. Flip over and cook another minute when bubbles start to form flip over again. Brown slightly on both sides. Remove when puffs. Repeat.		
Hold in a towel or covered dish to keep warm.		

Flatbread



Flatbread or Laganes

Pan Size: Saute pan, sheet pan or pizza pan		Yield: 2
Temperature: 500°F		
Baking Time: 8-10 minutes		
Ingredients	Quantity	Method
Onion, thinly sliced	1	Heat a saute pan, add oil and onions. Lower heat and sweat until soft. Turn heat up and cook until nicely caramelized. Set aside.
Olive oil	1 Tbsp.	
Pita, partially cooked		Start the pita in a cast iron pan, when ready to turn place on a sheet pan.
Garlic, minced	2	
Minced Chile pepper	1	Mix the garlic, chilies, spices and olive oil together. Spread evenly over the cooked side of the pita.
Ground coriander	1/ tsp.	
Sumac or Za'atar	TT	
Cumin	1/2 tsp.	
Fresh Pepper	TT	
Extra Virgin Olive Oil	1-2 Tbsp.	
Feta cheese, cumbled	1-2 oz.	
Oregano, chopped	1 Tbsp.	
Kalamata Olives	2-3 Tbsp.	
Sundried Tomatoes, julienned	3-4 each	
Optional: Top with Sumac or Za'atar before serving.		

Tzatziki





Hummus

Pan Size: Food processor		Yield: 2 cups
Temperature: room temperature or chilled		Portion Size: 1/2 cup
Prepping Time: 10 minutes		
Ingredients	Quantity	Method
Chick peas or Garbonzo beans	1 can, 15.5 oz.	Can cook your own Garbanzo beans, soak 8 oz. overnight in the refrigerator and then simmer in fresh water until tender with 1 tsp. baking soda, bay leaf and peppercorns. 2-3 hours. Season with salt when tender.
Garlic, smashed	2	
Optional: Minced Chile pepper	1	Place the garlic and chile if using in the processor with a little olive oil and make a paste.
Tahini Paste	1-2 oz.	
Salt	TT	Add the tahini and drained chick peas and begin processing.
Fresh Pepper	TT	
Extra Virgin Olive Oil	2-4 oz.	Season with salt and pepper.
Fresh Lemon juice	1-2 oz.	
Cumin	1/2 tsp.	
Sumac or Za'atar	1 tsp.	Add lemon juice and cumin. Add olive oil to smooth out and water if needed.
Parsley, chopped	1 tsp.	
To serve, spread on a flat dish or plate, sprinkle generously with Extra virgin olive oil and top with spices. Serve with pita, raw vegetables or use as a sandwich spread.		
Optional: Toasted pine nuts and whole chick peas to top before serving.		