



BASIC HOUMOUS RECIPE



Serves 5

INGREDIENTS

- 600g of chickpeas
- juice of 1 $\frac{1}{2}$ lemons
- 125ml of olive oil

EQUIPMENT

- tin opener
- sieve
- knife
- chopping board
- bowl
- measuring jug
- hand held blender

METHOD

1. Open the tin of chickpeas and drain them over a sink.
2. Put the chickpeas into a bowl.
3. Cut the ends off of the clove of garlic and then crush the garlic.
4. Add the crushed garlic to the bowl.
5. Squeeze the juice from the lemons into the bowl.
6. Pour the olive oil into the bowl.
7. Blend all of the ingredients together until smooth.

Serve with pitta bread or vegetable crudités.



BASIC GREEK SALAD RECIPE



Serves 5

INGREDIENTS

- 4 tomatoes
- 1 red onion
- 150g feta cheese
- 50g olives
- 1 cucumber

EQUIPMENT

- large bowl
- chopping board
- knife
- scales

METHOD

1. Cut the tomatoes in half and remove the seeds.
2. Cut the tomatoes into small chunks and put in the bowl.
3. Slice the red onion into thin slices and add to the bowl.
4. Cut the cucumber length ways into quarters. Then slice into small cubes and add to the bowl.
5. Cut the feta cheese into small cubes and add to the bowl along with the olives.

Serve with a salad dressing of your choice.



BASIC TZATZIKI RECIPE



Serves 5

INGREDIENTS

- $\frac{1}{4}$ cucumber
- 100g Greek yoghurt
- a handful of mint leaves
- salt

EQUIPMENT

- bowl
- knife
- chopping board
- grater
- kitchen towel

METHOD

1. Slice the cucumber in half, length ways and remove the seeds.
2. Grate the cucumber into a bowl and sprinkle with a pinch of salt.
3. Place the grated cucumber onto kitchen towel and squeeze out the liquid from the cucumber. Place back into the bowl.
4. Chop the mint leaves and add to the bowl.
5. Add the Greek yoghurt to the bowl and mix well.

Serve with pitta bread or vegetable crudités.



BASIC PITTA BREAD RECIPE



Serves 5

INGREDIENTS

- 1 tsp fast-action dried yeast
- 250g strong white bread flour, plus extra for dusting
- 1 tsp salt
- olive oil

EQUIPMENT

- large bowl
- measuring jug
- measuring spoons
- tea towel
- large baking tray

METHOD

1. Mix the yeast with 300ml of warm water in a large bowl and leave for 5 minutes until the yeast is very bubbly.
2. Add the flour, salt and $\frac{1}{2}$ tbsp olive oil to the bowl. Mix together until it forms a soft dough.
3. Sprinkle a work surface with flour. Tip the dough onto the work surface and knead for 5 - 10 minutes. Your dough should now be smooth and elastic.
4. Clean the bowl and then lightly oil it to prevent the dough from sticking. Place the dough in the bowl and cover with a tea towel.
5. Leave until the dough has doubled in size (approximately 1 hour).
6. Heat the oven as high as it will go and put a large baking tray in the oven so it gets hot.
7. Divide the dough into four balls and then flatten each into a disc with the palm of your hand until it is approximately 20cm long, 15cm wide and 3-5mm thick.
8. **An adult will carefully remove the hot tray from the oven and place the pittas on the tray. Cook the pittas in the oven for 4-5 minutes, or until the pittas have puffed up and are a pale golden colour.**

Allow to cool until warm and serve with salad or a dip.