

Fall 2021

Hi City of Scottsdale Students,

Welcome to your Mediterranean Diet cooking class. Attached below you will find the recipes and supply lists you need for class:

- Roasted Chickpea Recipe
- Mediterranean Salad Recipe
- Italian Citrus Cake Recipe
- Grocery and Supply List

Please carefully read through the recipe, and print it out before we get in the kitchen together. Next, use the grocery list and go shopping. Then, check you have all the necessary supplies in your kitchen to whip up a feast.

If you have any dietary restrictions, kitchen equipment concerns, or questions, please reach out. I'm happy to answer your questions, and make accommodations before class.

See you soon,

Chef Amber Sampson
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Chef Amber Sampson's Roasted Chickpea Recipe

Prep time: 5 mins Cook and Rest time: 2.5 hours Total time: 3 hours
Makes 8-10 servings

Ingredients:

- 2 15 oz cans of chickpeas
- 4 TBS olive oil
- 2 teaspoon cumin
- 2 teaspoon paprika
- 2 TBS Zatar*
- Salt & pepper to taste

Directions:

- 1) Preheat oven to 425 degrees
- 2) Line a baking sheet with parchment paper and set aside.
- 3) Rinse the chickpeas in a colander until the water runs clear.
- 4) Using a towel, dab the chickpeas to dry them. It is important they are dry
- 5) Transfer chickpeas to the baking sheet, add olive oil, cumin, paprika, salt and pepper, and toss until the chickpeas are well coated.
- 6) Then spread the chickpeas out in a single layer over the baking sheet. Bake chickpeas in the preheated oven for 30-35 minutes, tossing halfway through.
- 7) Eat immediately while they're warm, or allow to cool, and store in an airtight container to enjoy later.

Chef tips:

1) Zaatar is a Middle Eastern spice. Each blend is slightly different. It really will transform this dish from average to fanatic, in terms of flavor profile, and give you a taste of the Levant. If you cannot find it, mix 1tsp of dried oregano, dried thyme, dried marjoram, sumac, and toasted sesame seeds to make your own.

Chef Amber Sampson's Mediterranean Salad Recipe

Prep time: 15 minutes Cook time if roasting chickpeas: 35 minutes Total time: 45 minutes
Makes 6-8 servings

Salad Ingredients:

- 30 ounces canned chickpeas, drained and rinsed and roasted
- 1 pint red grape or cherry tomatoes, halved or quartered
- 1 English cucumber, diced
- 1 bell pepper, diced
- 1 small red onion, thinly sliced
- ½ cup sliced kalamata olives
- ½ cup crumbled feta cheese
- 2 tablespoons freshly chopped basil
- 2 tablespoons freshly chopped mint
- 2 tablespoons freshly chopped parsley

Dressing Ingredients:

- 2 tablespoons honey
- 3 tablespoons extra virgin olive oil
- 2 tablespoons lemon juice
- 2 tablespoons white wine vinegar
- 1 clove freshly minced garlic
- ¼ teaspoon salt
- ¼ teaspoon black pepper

Directions:

- 1) Cut herbs and dice vegetables into bit size pieces
- 2) When chopping red onion, cut into very small dice and place in a strainer. Rinse under cold water for 5 minutes. This will create a less bitter acidic onion, which can be eaten, raw.
- 3) In a large mixing bowl, toss together chickpeas, tomato, cucumber, bell pepper, red onion, olives, feta, basil, and mint.
- 4) For the dressing, pour honey into a microwave-safe mixing bowl. Microwave 10-15 seconds to liquefy honey.
- 5) Crush Garlic and add to bowl. Whisk in olive oil, lemon juice, vinegar, salt, and pepper. Add dry herbs if needed at this point.
- 6) Pour dressing over chickpea salad. Toss to combine. Refrigerate until ready to serve.

Chef tips:

- 1) Roast your chickpeas ahead of time with my roasted chickpea recipe
- 2) If you do not have access to fresh herbs, use the dry herbs in the salad dressing and add extra oil and lemon
- 3) Salad can be made ahead and combine with grains, or fish for an easy meal

Chef Amber Sampson's Italian Citrus Cake Recipe

Prep time: 25 minutes Cook time: 35 minutes Total time: 40 minutes

Makes 6-8 servings

Ingredients:

- Finely grated zest and juice of 1 lemon
- Finely grated zest and juice of 1 Orange
- 3/4 cup ricotta cheese
- 1 1/2 finely ground almond flour
- 1 cup white sugar
- 1 cup fine yellow cornmeal
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon coarse salt
- 3/4 cup extra-virgin olive oil, plus more for pan
- 3 large eggs, room temperature
- 1 teaspoon pure almond extract
- 1 teaspoon pure vanilla extract
- Confectioners' sugar, for dusting

Directions:

- 1) Preheat oven to 325 degrees
- 2) Zest citrus and set zest aside
- 3) Juice Citrus and combine with ricotta cheese in a large bowl, and set aside to curdle.
- 4) In a food processor, combine zest, almond flour, and sugar. Pulse until finely ground.
- 5) Transfer mixture to a large bowl; stir in cornmeal, baking powder, baking soda, and salt.
- 6) In the bowl with ricotta, whisk in oil, eggs, vanilla and almond extract and whisk until combined.
- 7) Stir wet mixture into into cornmeal. Mix will feel thick and gritty, that is normal, be sure to mix out clumps
- 8) Brush a 9-inch springform pan with more olive oil. Pour batter into pan.
- 9) Bake, rotating pan halfway through, until cake is golden, about 55-60 minutes.
- 10) Let cool completely in pan on a wire rack. Unmold and dust with confectioners' sugar just before serving. Enjoy with a dust of pistachios and mascarpone cheese if you wish, for an afternoon pick me up!

Chef tips:

- 1) Use whatever citrus you have in season. Bump up the sugar if you are using only lemons or grapefruit.
- 2) For those of you who do not have a food processor, I have tested the recipe without one, and it still works. You will combine almond flour, zest, and sugar in a bowl and whisk for 2-3 minutes until mixture turns slightly more yellow from the zest. Then continue with the recipe. When you mix it by hand, the finished cake is slightly more textured, like nuts, and has less lemon flavor and more almond flavor. If you wish, zest one more lemon to compensate for mixing by hand.

Mediterranean Diet Grocery and Supply List:

Groceries:

- 3 lemons
- 1 Orange
- 1/2 cup ricotta cheese
- 1 1/2 cups raw almonds
- 1 cup natural cane sugar
- 1 cup fine yellow cornmeal
- baking powder
- baking soda
- 16oz extra-virgin olive oil
- 3 large eggs
- almond extract
- vanilla extract
- 2 tbs Confectioners' sugar for dusting
- 1 15 oz can chickpeas
- 1 teaspoon cumin
- 1 teaspoon paprika
- 3 teaspoon Zatar
- salt
- pepper
- 1 pint red grape or cherry tomatoes
- 1 English cucumber
- 1 bell pepper, diced
- 1 small red onion
- 1/2 cup sliced kalamata olives
- 1/2 cup crumbled feta cheese

- 2 tablespoons freshly chopped basil
- 2 tablespoons freshly chopped mint
- 2 tablespoons freshly chopped parsley
- 2 tablespoons honey
- 2 tablespoons white wine vinegar
- 1 garlic clove

Kitchen supplies:

- Several large bowls
- Food processors (for making nuts smaller)
- Whisk
- Spatula
- 9inch spring form pan
- Measuring cups and spoons
- Microplane for Zesting
- Can opener
- Baking tray
- Parchment paper
- Chef Knife
- Cutting Board
- Garlic crusher
- Colander
- Sieve or Sifter for dusting