***TASTEMADE***

***Spice It Up with Deb***

***A Live Cooking Experience***

***Sunday, February 6, 2022***

***Prep Time: 4:00pm – 4:20pm PDT***

***The Cooking Begins: 4:20pm - 5:30pm PDT***

*Hi! I’m Deb and I am so excited to be doing a Spice It Up with Deb Cooking Class with you! This is going to be a really fun class and I look forward to being together with all of you. This document include: your Zoom link, Shopping List, & Recipes.*

*If you plan to cook with me, you will want to have your items out on the counter. It is recommended that you cut the following items in advance: onions, tomatoes, cucumbers, & sweet peppers in advance. If you would like to cut your chicken in advance, that is great, but I will leave some time so we can do that prep together. Having prep done in advance will help ensure you stay in time during the cooking process. If you would like to purchase spices from* [*SPICE + LEAF*](http://www.spiceandleaf.com/shop)*, they are available on* [*Amazon*](https://www.amazon.com/stores/node/20435793011?_encoding=UTF8&field-lbr_brands_browse-bin=SPICE%20%2B%20LEAF&ref_=bl_dp_s_web_20435793011) *prime. See shopping list for details. If you have questions about the recipes or want to know how to adjust the recipes to meet your dietary need, just text or call me*

*at 858 967-1364. ☺ Debbie*

**Zoom Login:**

**https://us02web.zoom.us/j/87580204038?pwd=dUg0QWZZQmpHSkpIdUdRSWhFa2JRQT09**

**Meeting ID:** 875 8020 4038

**Passcode:** 219501

***MENU***

***Za’atar Spiced Flatbread***

***Shawarma Spiced Chicken with Tahini Sauce***

*(Vegetarian Option: Shawarma Spiced Cauliflower with Tahini Sauce)*

***Pistachio Rice with Sautéed Onions, Almonds & Dill***

***Israeli Salad***

**This is your prep document to get all of your fixings ready for our cooking class.**

**Use this sheet as your check off list.**

**SHOPPING LIST**

**Produce / Refrigerated Items**

2 Onions, medium

2 Lemons

Garlic cloves

1 English Cucumber or 4 – 5 Persian cucumbers

20 – 30 Cherry tomatoes

1 Red bell Pepper

1 Green Bell Pepper

1 Bunch of Fresh Dill

\*Vegetarian Option 1 whole cauliflower or 1 bag cauliflower florets

**Kitchen items you will need:**

1 - 2 Cutting board

1 - 2 Knives

1 Large sauté pan (chicken)

1 Medium sauté pan (almonds, onions)

1 Medium size pot or Rice Maker (rice)

Measuring cups & measuring spoons

Basting brush

1 - 2 Wooden spoon

2 Large bowls (rice & salad)

3 Medium bowls (chicken, onions, tahini)

Forks & Spoons

Food processor (or blender) (tahini)

1 - 2 Baking sheet or pan (flatbread & cauliflower)

Parchment paper (cauliflower, pita)

3 - 4 Serving dishes

**Pantry Items:**

**[SPICE + LEAF Shawarma Blend; available on Amazon](https://www.amazon.com/stores/node/20435793011?_encoding=UTF8&field-lbr_brands_browse-bin=SPICE%20%2B%20LEAF&ref_=bl_dp_s_web_20435793011)**

[**SPICE + LEAF Authentic Za’atar Blend**](https://www.amazon.com/stores/node/20435793011?_encoding=UTF8&field-lbr_brands_browse-bin=SPICE%20%2B%20LEAF&ref_=bl_dp_s_web_20435793011)**; available on Amazon**

Olive oil

Paprika

White Basmati rice

Slivered almonds

Pistachios, toasted & shelled

Dried cranberries

Tahini paste

Flatbread (Pita, Na’an or your favorite flatbread)

Sea salt

Black Pepper if desired

**Protein:**

1.5 lbs. Boneless chicken breast\*

\*Vegetarian alternative: Vegetarian “Chicken” or Cauliflower florets.

**Dairy:** N/A

**Specialty Items:** N/A

**Optional Items:**

[***SPICE + LEAF Galili Olive Oil***](http://www.spiceandleaf.com/shop)

***See Next Page for more details!***

****

**Za’atar Spiced Flatbread**

**by Debbie Kornberg**

**Ingredients:**

Olive oil

**2 Tbsp. [SPICE + LEAF Authentic Za’atar (Available on Amazon)](https://www.amazon.com/stores/SPICELEAF/page/75E73F4E-AF81-4E75-BF6F-BC89B4F591FE?ref_=ast_bln)**

1 tsp. Paprika

4 Flatbread (Can use, Pita Bread, Na’an or your favorite kind of flatbread)

**Instructions:**

1. Preheat oven to 375 degrees. Place flatbread on a baking sheet lined with parchment paper.
2. Using a basting brush, brush oil on top of pita bread and then sprinkle spices on top of bread.
3. Place in oven and bake for about 5 - 7 minutes.
4. Remove from oven and leave whole or cut into quarters.

Enjoy with Hummus, Labne or Tahini. Delicious!!



***Shawarma Chicken***

By Debbie Kornberg

(Serves 4-6)

**Ingredients:**

1.5 lbs. chicken breasts (cut into 1/2 inch cubes) \*

\*Vegetarian Alternative: Use Vegetarian “Chicken” or Cauliflower

2 -3 Tbsp.[***SPICE + LEAF Shawarma Blend***](https://www.amazon.com/stores/node/20435793011?_encoding=UTF8&field-lbr_brands_browse-bin=SPICE%20%2B%20LEAF&ref_=bl_dp_s_web_20435793011) ***(Available on Amazon)***

2-3 Tbsp.olive oil

1 medium onion, chopped

Salt to taste

**Cooking Instructions:**

1. In a bowl, place cut chicken and sprinkle shawarma blend over chicken until poultry is fully coated with spice blend. Set aside.
2. In a pan, add olive oil and sauté onions (and optional mushrooms). Once onions (and mushrooms) are cooked down, remove from pan place in bowl. Set aside.
3. Add 2 Tbsp. Olive Oil to sauté pan, place stove on high heat. Cook chicken ideally getting a nice sear on the outside of chicken and then turn down to slightly lower heat (medium to med-high) and cook chicken all the way through. (Do not cover pan, chicken will get soggy and rubbery.)
4. Once chicken is fully cooked, add onions and mushrooms, and mix together. Remove from heat and serve! Shawarma pairs well with roasted potatoes, rice, hummus, cucumber-tomato salad and tahini dressing. Enjoy!

\*Vegetarian Alternative: Use Cauliflower Florets. Pre-heat oven to 425 degrees. Coat cauliflower florets with olive oil and sprinkle Shawarma spice on top and roast for until crispy brown on top for about 18 minutes.

*Feel like grilling next time? Place cubed shawarma chicken on skewers and use olive oil cooking spray to coat chicken and cook on grill. Also really yummy!*

******

***Pistachio Rice with Sautéed Onions,***

***Toasted Almond & Dill***

By Debbie Kornberg

(Serves 4 – 6)

**Ingredients:**

1 cup Uncooked Basmati rice (will yield two cups cooked) (Any kind of white rice is fine, but I like Basmati best)

2 cups water in pot or 1 1/2 cup water in rice maker

1 tsp. [***SPICE + LEAF Shawarma Blend***](https://www.amazon.com/stores/node/20435793011?_encoding=UTF8&field-lbr_brands_browse-bin=SPICE%20%2B%20LEAF&ref_=bl_dp_s_web_20435793011) ***(Available on Amazon)***

2 Tbsp. + 2 Tbsp. Olive oil

1 Onion, finely diced

1/4 cup Slivered almonds, toast

1/4 cup Pistachios

1 Tbsp. Fresh dill

1/4 cup Dried cranberries

Pinch of sea salt according to your taste

**Instructions:**

1. Cook rice either in pot or in rice maker.
   1. **Rice in a pot:** Place 2 cups water in pot and bring to a boil. Add rice, 1 tsp. shawarma blend. Mix well. Covered and cook on simmer for about 18 minutes or until water is fully absorbed into rice.
   2. **Rice in a Rice Maker:** If using a rice maker, add 1.5 cups of water, 1 cup of rice, 1 tsp. Shawarma blend to rice maker. Mix everything well and set to cook white rice.)
2. In a dry sauté pan, no oil, toast almonds on a medium high heat. About 2 – 4 minutes until nice and toasty brown.
3. Then heat sauté pan with 2 Tbsp. olive oil. Add onions and sauté on medium low heat until onions turn a golden brown in color. Set aside once done.
4. Once rice is cooked, place in a large bowl and combine with onions, toasted almonds, and remaining ingredients. Mix well. Add remaining 1 - 2 Tbsp. of olive oil. Add salt to taste.

****

**Israeli Salad**

By Debbie Kornberg

(Serves 4-6 people)

**Ingredients:**

1 Cucumber, English or 4 -5 Persian cucumbers, diced

20-30 cherry tomatoes, diced

1 Red Bell Pepper, diced

1 Green Bell Pepper, diced

1/2 to a whole of 1 lemon, juiced

1 – 2 Tbsp. Olive Oil

Pinch of salt to taste

**Instructions:**

1. Chop all vegetables into small pieces, almost diced and place in bowl.
2. Squeeze lemon (half or whole depending on how lemony you like it.)
3. Add olive oil and a pinch of salt.
4. Toss well. Taste and adjust according to taste preferences.

A picture containing food, sandwich, slice, snack food

Description automatically generated

**Tahini Dressing**

By Debbie Kornberg

**Ingredients:**

3/4 cup Tahini paste  
Juice of 1 lemon  
1 Garlic clove, minced   
1/8 tsp. Paprika

Hot Water – Start with 1/3 cup to 3/4 cup depending for desired consistency – add more water as you go until you reach your desired consistency. Better to start with less water and add more as you go.

**Instructions:**

1. Using a food processor minced garlic. If you are using a bowl, mince garlic with knife and place in bowl.
2. Add tahini paste, lemon juice, paprika and 1/4 cup hot water to food processor or bowl. Mix all ingredients together. Add more water as you go until your desired consistency is reached. The more water you add, the thinner the tahini dressing. (The tahini will seize first but the more water you add, will release it and turn it into a sauce or dressing.)
3. Place tahini in desired serving bowl and garnish with olive oil and desired spice.

**Option:** Double Recipe to have leftovers! I love tahini on just about everything!