

**Boston University
Presents**



Ancient Greece

Chef Dwayne Minier

Pita Bread (Makes 6-10 pitas)

3 cups all-purpose or bread flour

3 tablespoons olive oil

2 teaspoons instant active dry yeast

2 teaspoons kosher salt

1/2 teaspoon sugar

1 cup warm water

Combine the flour, olive oil, yeast, salt, and sugar into a food processor. Turn the machine on and add the warm water through the feed tube.

Process for about 30 seconds, adding more water a little at a time until the mixture forms a ball and is slightly sticky to touch. If dry, add a little more water – if too wet, add a little bit more flour.

Remove the dough from the food processor bowl and knead it on a surface to form a smooth, round ball. Lay it on a clean spot on a table, rub the top of the dough with a little olive oil, and loosely cover the dough ball with a piece of plastic wrap. Let the dough rise for 1-2 hours or until double in size.

Preheat the oven to 500 degrees. When the dough is ready, punch it down (use your fingers to deflate the dough); cut it into 6-8 equally sized pieces, and form each piece into a ball. Sit them on a baking sheet, loosely cover with plastic wrap, and allow them to rest for 20 minutes.

Roll each ball out into a 1/4 inch thick disk. Allow the disks to rest for 15 minutes. Place them on a lightly oiled baking sheet and bake for 5-10 minutes or slightly golden on the edges. Remove from the oven...you can brush the tops with butter and sprinkle sesame seeds or serve plain with feta cheese and olives.

Adapted from *The Best Recipe in the World* by Mark Bittman

Chicken Skewers (Serves 4)

1 cup olive oil
1/2 cup lemon juice
1/4 cup red or white wine vinegar
2 teaspoons of lemon zest
1 tablespoons of dried oregano
4 cloves of garlic, minced
1/2 teaspoon salt
1/2 teaspoon ground black pepper
4 boneless, skinless chicken breasts, cut half lengthwise
wooden skewers

Soak the wooden skewers in water at least 30 minutes before using.

In a bowl or large ziplock bag, combine the oil with the next 7 ingredients. Place the chicken into the bowl or bag; cover/close and refrigerator for a least 30 minutes to an hour. Remove the chicken and thread each piece of chicken on a skewer. Grill or broil for approximately 5-7 minutes per side.

Roasted Apples and Leeks (Serves 4)

2 tablespoons olive oil
2 tablespoons chicken or vegetable stock
1 tablespoon honey
1 teaspoon dried marjoram
3 large leeks, white & tender green parts, washed and dried
1 crisp apple, such as Granny Smith or Fuji, cored & sliced
Salt and pepper

Preheat the oven to 400 degrees.

Whisk together the oil, chicken stock, and marjoram in a medium baking pan until combined. Quarter the leeks and slice into 2-inch pieces. Add the leeks and apple to the dressing, season to taste with salt and pepper, and toss to coat.

Bake for 30 minutes, stirring gently about every 10 minutes, until the leeks are golden and the apple is soft. Serve immediately.

Adapted from Nancy Gaifyllia

Zomon (Soup) Serves 6

1 tablespoon olive oil
1 small onion, chopped
1 parsnip, peeled and chopped
1 celery stalk with leaves, chopped
2 sprigs fresh thyme
2 sprigs flat-leaf parsley
1 cup lentils
6 cups beef or chicken stock
1 teaspoon ground coriander seed
salt and pepper

In a medium stockpot or large saucepan, heat the olive oil over medium heat and add the onion, parsnip, and celery. Cook for 3-5 minutes or until the onions are translucent. Add the thyme, parsley, lentils, and 1 cup of stock. Cover, reduce the heat, and cook for 15 minutes. Add the remaining stock, turn up the heat and bring the soup to a boil. Cover and reduce to simmer and cook until the lentils are soft. Add the coriander, salt and pepper and serve.

Adapted from *Art, Culture, and Cuisine* by Phyllis Pray Bober

