

# MIDDLE EASTERN CUISINE

PRESENTED BY CAMBRIDGE FARM TO SCHOOL  
AND CHEF GENE GOWAN, CANELLA CULINARY

The Cambridge Elementary Third Graders got to participate in the popular Chef in the Classroom series today! This is the fourth event of the series this year. Each grade gets to experience and enjoy one Chef in the Classroom a year.

We hope to help students understand where food comes from, get them to taste new things, and get them comfortable and excited about cooking! Each event incorporates what they are learning in their classroom. The students learn a nutritious recipe created by our local chef Gene Gowan; followed up with a yummy tasting and many fun questions.



## Hummus

### Ingredients:



- 1 can (15.5-16 ounce) drained & rinsed chickpeas
- 2 cloves garlic
- 1 1/2 tsp cumin
- 1 tsp salt
- 3 Tbs tahini
- 1 Tbs lemon juice
- 2 Tbs water
- 4 Tbs Olive Oil

### Directions:

- Combine all ingredients except olive oil in food processor bowl. Blend until pasty.
- Drizzle olive oil in until gone and well combined.
- Garnish with paprika.

*Serve with pita bread, cut vegetables, as a sandwich spread. Makes a great snack between school and practice!*

## Falafel Recipe On Back!

## Tahini Sauce



### Ingredients:

- 1/2 cup tahini (sesame paste)  
*Be sure to stir well!*
- 2 cloves garlic
- 1/3 cup lemon juice
- 1/2 tsp salt
- 1/2 tsp cumin
- 1 Tbs chopped parsley
- 1 Tbs chopped cilantro
- 1/4 cup water
- 1/4 cup olive oil

### Directions:

- Put all ingredients except olive oil into bowl of a food processor or pitcher of a blender.
- Blend until smooth, then drizzle in olive oil until gone and well combined.

*Serve with falafel, on vegetables as a dressing, or with meats.*

Thanks to our local Chef, Gene Gowan, for his creativity and expertise, as well as, willingness to lead us in this month's Chef in the Classroom!



THE FARM TO SCHOOL PROGRAM MISSION IS TO PROMOTE HEALTHY NUTRITION, FOSTER CONNECTION TO REAL FOOD THROUGH EDUCATION AND PRACTICE WITH A FOCUS ON COMMUNITY AND THE ENVIRONMENT.



# Falafel



## Ingredients:

- 1 1/2 cups dried chickpeas (garbanzo beans)  
(soaked overnight in 2 quarts of water.)
- 1 medium onion, roughly chopped
- 1 stalk celery, evenly chopped
- 4-5 cloves garlic, roughly chopped
- 1 1/2 tsp salt
- 1 Tbs plus 1 tsp ground cumin
- 1/4 cup chopped & loosely packed flat leaf parsley
- 1/4 cup chopped & loosely packed cilantro
- 1 jalapeno pepper, seeds removed-optional
- Vegetable oil for frying (corn, peanut, canola, ect)

## Directions:

- Soak chickpeas in 2 qrts of water overnight.
- Drain and rinse chickpeas.
- Put all ingredients in bowl of food processor, occasionally stopping to scrape down sides.
- Continue processing until well blended and chopped, but not quite paste like. (just before it is paste-like)
- Heat nonstick saute pan over medium heat. Add enough oil to coat the bottom of the pan.
- Form the falafel mixture into small patties (2-3" diameter) one at a time and place in pan, being careful not to drop them in or splash.
- Repeat until the pan bottom is full of patties, but not overloaded (there should be space between the patties).
- Carefully turn patties when well browned and continue cooking until browned on the other side.

*Serve with pita bread, tahini sauce, tatziki sauce, hummus, your favorite chips and salsa. Great with lettuce, pickles, onions, tomatoes and feta!*