



## November 19th Cooking Class Chef Daniel Franck

### Ingredient and Utensil List

#### *Crispy Baked Chicken Thighs with Spicy Harissa Sauce*

##### Ingredients and Prep List:

8 Chicken Thighs (bone-in, skin on, or can also use boneless, skinless)  
1 tsp Granulated Garlic (can substitute with garlic powder)  
1 tsp Chili Powder  
1 tsp Salt  
1 tsp pepper  
Avocado/Canola/Vegetable Oil

##### Harissa Sauce:

2 red bell peppers  
2 medium red onions (approx. 250-300 grams, roughly chopped)  
5 cloves of garlic (roughly chopped)  
3-5 hot peppers (choose based on how spicy you want the sauce: ghost pepper (hottest), scotch bonnet, habanero, red Thai chile seeded and chopped)  
1/4 cup extra virgin olive oil  
1 teaspoon cumin seed  
1 teaspoon caraway seed  
1 teaspoon coriander seed  
1 teaspoon salt  
2 tablespoons tomato paste  
2 tablespoons lemon juice (reduce this to 1/2 tbsp lemon juice if using canned roasted red peppers)

##### Simple, Fragrant, Indian-style Rice (vegan/gluten free):

1 medium yellow onion, diced finely  
1 1/2 cups basmati rice  
1/2 teaspoon cumin seed  
2 cardamom pods  
1 cinnamon stick  
2 tablespoons extra virgin olive oil  
1/2 bunch fresh cilantro, chopped finely  
2 1/2 cups water  
1 tsp salt

##### Utensil List:

Baking Sheet  
Pastry Brush (optional)  
Small Frying pan  
Cutting board  
Large Frying pan or pot  
Blender or Food Processor  
Medium-sized pot with lid  
Cutting board for chopping cilantro

## *Onion Bhaji with Cucumber Mint Raita*

### **Onion Bhaji (vegan and gluten free):**

2 Yellow Onions (average size. Approx. 300 grams or 3 cups loosely packed finely sliced no longer than 2 inches)  
1 1/4 Cup Gram (Chickpea) Flour (loosely packed approx. 150g)  
1/4 cup Rice Flour (40g)  
3/4 cup water  
1 teaspoon salt  
1 teaspoon black pepper  
1 teaspoon turmeric  
1 teaspoon chili powder  
1/2 bunch fresh cilantro leaves, washed and finely chopped (about 1/4 cup)  
1 1/2 Cups Oil for pan-frying (Avocado oil/Canola oil/Other Vegetable oil)

### **Cucumber-Mint Raita (vegetarian and gluten free):**

1 container (500g/ml) Full Fat Pressed Yogurt (Labneh) or Low Fat Greek Yogurt  
1 English cucumber  
1/2 bunch fresh mint/1 store package size bunch fresh mint  
Juice of 1/2 lemon  
Zest of 1/2 lemon (optional)  
1/2 teaspoon salt  
1/2 teaspoon black pepper

### **Utensil List:**

3 mixing bowls  
1 frying pan  
1 Cutting board  
1 plate with paper towel for draining  
1 blender or mini-blender (optional)  
1 Cheese grater (to grate cucumber)  
1 zester (optional)

## *Borek with Onion, Spinach and Feta*

### **Onion, Feta and Spinach Borek (vegetarian):**

1 pack frozen phyllo pastry (available in most grocery store in the freezer section)  
1 medium yellow onion  
1 medium red onion  
2 cups baby spinach or approximately 1 large handful.  
1 250g package feta cheese  
1 stick of unsalted butter (1/4 pound or 113g)  
1 teaspoon salt  
1 teaspoon black pepper  
2 teaspoons rubbed oregano  
1 tablespoon olive oil  
1 egg

### **Utensil List:**

1 colander or paper towel for absorbing excess juice  
1 pastry brush  
1 small pot  
1 Baking sheet  
1 wooden spoon  
1 mixing bowl  
Damp cloth to cover phyllo (optional)  
Plastic wrap to wrap any unused phyllo pastry

### **Special Note from Chef Daniel:**

At least 1 day before making this recipe, transfer the phyllo from your freezer to your refrigerator. It will keep several days in the refrigerator. Whatever you do, DO NOT open the plastic packaging until you are ready to use it. This will cause the phyllo to dry out, fast.

Before you plan on using the phyllo, place the unopened package on the counter for 1-2 hours. This will prevent it from cracking and splitting. DO NOT place it near a source of heat. Doing this may cause the sheets to fuse together.