

DSAT Virtual Dinner
Monday, June 8, 2026
Chicken Souvlaki, TzaTziki, Greek Salad

Tools:

Cutting Board
Medium Sized Bowl
Butcher Knife
Pairing Knife
cookie sheet
parchment paper/silicone mat
pastry brush
small bowl
medium sized bowl
tall glass
grater
small bowls for ingredients

Preparation Before Class:

if not using Greek Yogurt (high fat), drain 1 large tub of Balkan Yogurt: Place a few layers of paper towel over a sieve. Dump yogurt onto paper towel. Place the sieve over a bowl. Put in fridge and allow to drain for at least 4 hours
rinse potatoes and tomatoes, assemble ingredients

Sequence:

1. **Make tzatziki**
2. **Cut ingredients for Greek Salad.**
3. **Preheat oven**
4. **Make salad.**
5. **Cook Potatoes.**
6. **Cook skewers.**

Chicken Souvlaki:

Ingredients:

Makes 4 Souvlaki Skewers

- 1 pound of boneless skinless chicken breast cut into 1" cubes
- 3 cloves of garlic finely minced
- 1 teaspoon of kosher salt
- juice of 1 lemon
- 1-2 teaspoons of dried oregano
- 1/2 teaspoon of pepper
- 4 tablespoons of olive oil

Directions:

Place cubed chicken into a shallow bowl. **Never cut vegetables/fruit on the same board that you have cut raw chicken unless you have washed it really well. Same goes for knives!*

Fill a glass with water and place bamboo skewers in water. This prevents them from burning while you are cooking your souvlaki.

Make the Marinade. Combine garlic, oregano, lemon juice, salt, pepper and olive oil into a small bowl and whisk. Pour 2/3 of the marinade over the chicken. Stir thoroughly so the chicken pieces are completely coated.

Leave the remaining 1/3 marinade to brush on to the skewers after they cook. Allow chicken to rest for 30 minutes. If you want it to marinate longer, place in the fridge.

Preheat oven to 400 degrees.

Divide the marinated chicken evenly and place on 4 skewers.

Line your cookie sheet with parchment paper or a silicone mat. Place the chicken on the mat and put in the oven.

Bake for 10 minutes. Remove from oven and brush with marinade and return to oven to bake for another 10 minutes.

Remove the chicken from the oven and brush with the remaining marinade. Serve.

Tzatziki

Tzatziki is great with souvlaki and also excellent on it's own as a dip for both bread and vegetables. At the heart of any great tzatziki is great yogurt. You want your tzatziki, rich and thick and the only way you get this is with high fat yogurt. You have two options. If you are in a hurry, get a 10% milk fat plain yogurt. You will never see water floating around in this yogurt. It is solid and creamy and ready to use. If you have more time and want to experiment get a Plain Balkan yogurt with at least 3% milk fat. You need to drain the water from this yogurt and you need at least 2-3 hours to do this. I like to do it overnight. To drain your water, the easiest system is to line a colander with a big basket coffee filter. Put this over a pot or bowl so it can drain. Pour all the yogurt in and put it in the fridge. After a few hours or overnight, you will have a thick cake of yogurt that has the consistency of ricotta cheese.

Ingredients:

1 500 gram container of 10% Greek Yogurt

or:

1 750 gram container of Balkan yogurt drained

1 English cucumber, peeled, seeded, grated and all excess water squeezed out

2 tablespoons olive oil

1/2 lemon, juiced

salt and pepper to taste

1 tablespoon chopped fresh dill

3 cloves garlic, peeled

Directions:

Put lemon juice, garlic, dill, olive oil, cucumber, salt and pepper in a small bowl and set aside. For ideal results, allow this to marinate for at least an hour. If you are draining your yogurt, put in a covered container and allow to marinate over night.

When your yogurt is ready, stir the thick yogurt into the cucumber mixture and voila! Delicious Tzatziki!

Greek Salad

Ingredients:

2 cups of cherry tomatoes
1 English cucumber cut into chunks
1 cup of feta cheese cubed
Optional: ¼ purple onion sliced into rings

Dressing:

1 teaspoon of oregano
¼ cup of olive oil
1 tablespoon of cider vinegar/wine vinegar/white vinegar
1 tablespoon of fresh lemon juice
salt and fresh ground pepper to taste

Directions:

Place tomatoes, cucumber and feta in bowl. Stir to mix. Whisk dressing in a small bowl or glass measuring cup. Taste the dressing. Adjust with more oil/vinegar/lemon/salt/pepper/oregano to suit your tastes.

Pour dressing over vegetables and cheese. Gently stir and serve.