



Creamy Greek "Skordalia" Garlic Mashed Potato Dip+Lentil Chips+Great Greek Lion Libation

By Dylan Sabuco

Prep Time 20 / Cook Time 20 / Serves 4 - 6

Shopping List

☐ FRESH

☐ 2 to 3 garlic cloves OR 1/2 tsp garlic powder

☐ 1 lemon

☐ 2 green onions

☐ DAIRY

☐ 1/2 C plain Greek yogurt ****(see allergy subs below)****

☐ PANTRY

☐ 2 C instant potato flakes ****(see allergy subs below)****

☐ 2 1/4 tsp salt

☐ 1/2 tsp ground black pepper

☐ 1 15-oz can lentils ****(see allergy subs below)****

☐ 1 1/3 C all-purpose flour ****(see allergy subs below)****

☐ 1/3 C olive oil

☐ 1 T nutritional yeast, optional

☐ 3 C white grape juice

☐ 1 tsp anise seed OR 2 whole star anise

☐ 1/4 C granulated sugar

☐ HAVE ON HAND

☐ 2 1/2 C water

☐ ice

Fun-Da-Mentals Kitchen Skills

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

boil: to cook a food in liquid heated to the point of gas bubbles and steam forming (boiling point is 212 F at sea level).

whisk: to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

bake: to cook food with dry heat, as in an oven.

stir: to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

shape: to form food into a specific shape by hand or with a cutting tool—examples are cutting cookie dough into shapes with cookie cutters, forming bread dough into a roll or crescent shape, and rolling ground meat into a meatball.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

pour: to cause liquid, granules, or powder to stream from one container into another.

simmer: to cook a food gently, usually in a liquid, until softened.

Equipment

☐ Medium pot

☐ Liquid measuring cup

☐ Dry measuring cups

☐ Measuring spoons

☐ Whisk

☐ Cutting board

☐ Kid-safe knife

- ☐ Large mixing bowl
- ☐ Skillet
- ☐ Can opener
- ☐ Wooden spoon
- ☐ Rolling pin (optional)
- ☐ Cookie cutter, jar lid, or similar circular cutter
- ☐ Heat-resistant spatula
- ☐ Medium saucepan
- ☐ Pitcher
- ☐ Strainer

Ingredients

Creamy Greek "Skordalia" Garlic Mashed Potato Dip

- ☐ 1 1/2 C water
- ☐ 1/2 C plain Greek yogurt ****(for DAIRY ALLERGY sub dairy-free/nut-free plain Greek yogurt)****
- ☐ 2 to 3 garlic cloves OR 1/2 tsp garlic powder
- ☐ 1 T olive oil
- ☐ 1 tsp salt
- ☐ 1/2 tsp black pepper
- ☐ 1 lemon, juiced
- ☐ 2 C instant potato flakes ****(for NIGHTSHADE ALLERGY sub 1 can of white beans, drained)****
- ☐ 2 green onions

Easy Lentil Chips

- ☐ 1 15-oz can lentils ****(for LEGUME ALLERGY sub 1 1/4 C cottage cheese)****
- ☐ 1 1/4 C all-purpose flour + more for sprinkling ****(for GLUTEN ALLERGY sub 1 1/2 C gluten-free/nut-free all-purpose flour)****
- ☐ 1/4 C olive oil
- ☐ 1 1/4 tsp salt

☐ 1 T nutritional yeast, optional

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☐ 1 C water

☐ 1/4 C sugar

☐ 1 tsp anise seed OR 2 whole star anise

☐ 3 C white grape juice

☐ ice

Food Allergen Substitutions

Creamy Greek "Skordalia" Garlic Mashed Potato Dip

Dairy: Substitute dairy-free/nut-free plain Greek yogurt.

Nightshade: For 2 C instant potato flakes, substitute 1 can of drained white beans.

Easy Lentil Chips

Legume: For 1 15-oz can of lentils, substitute 1 1/4 C cottage cheese (unless there is a dairy allergy).

Gluten/Wheat: For 1 1/4 C all-purpose flour, substitute 1 1/2 C gluten-free/nut-free all-purpose flour + more if needed for sticky dough.

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Instructions

Creamy Greek "Skordalia" Garlic Mashed Potato Dip

intro

"Geiá sou" (YAH soo) or "Hello" in Greek! Skordalia (Skor-dahl-ee-ah) is a Greek dip made from mashed potatoes with Mediterranean staples such as garlic, lemon, and olive oil. This Sticky Fingers Cooking version takes a quick shortcut using instant potatoes instead of fresh. This simple change makes this recipe an easy, peasy, 5-minute appetizer.

peel + mince

Crush **2 to 3 garlic cloves** and remove the skins, then chop finely and set aside (or use 1/2 teaspoon

garlic powder instead).

measure + boil

In a medium pot, add the **minced garlic cloves** and measure and pour in **1 1/2 cups water, 1/2 cup Greek yogurt, 1 tablespoon olive oil, 1 teaspoon salt, and 1/2 teaspoon black pepper**. Then, slice **1 lemon** in half and squeeze the juice into the mixture. Turn the heat to medium and gently stir to combine.

whisk + garnish

In a large bowl, measure **2 cups of instant potato flakes**. Then, carefully pour the hot water and yogurt mixture into the bowl of potatoes. Whisk until a thick mashed potato mixture is formed. While that cools, slice **2 green onions** for garnish. This dip is meant to be thick and garlicky. Spread heaps of the dip on **Easy Lentil Chips**. "Kalí órexi" or "Enjoy" (or good appetite) in Greek!

Easy Lentil Chips

measure + drain

Open **1 can of lentils** then drain and rinse them. Pour the lentils into a large mixing bowl. Then, measure and add **1 1/4 cup flour, 1/4 cup olive oil, 1 T nutritional yeast** (optional), and **1 1/4 teaspoon salt** to the lentils.

stir + roll

Stir with a wooden spoon until the mixture has turned into a large ball of dough. If the dough is sticky at all, add a sprinkle of flour until it is no longer sticky.

shape + bake

Start shaping the dough into chip shapes. The easiest way to do this is to roll the dough flat and then use a cookie cutter or similar circular cutter to punch out the chip. You can also use a rolling pin to flatten the dough to the perfect consistency. Add all the chips to a skillet on medium heat.

dip + crunch

Cook the chips for at least 5 minutes. All of your chips will be different sizes, so instead of relying on cook time, look for brown edges on your chips. When you see the edges browning, the chips are ready to flip, then repeat for the next side. Once both sides are brown, place the chips on everyone's plates with their favorite dip, like **Creamy Greek "Skordalia" Garlic Mashed Potato Dip**, and dig in! Enjoy!

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measure + boil

Measure **1 cup water, 1/4 cup sugar, and 1 teaspoon anise seed OR 2 whole star anise** in a medium saucepan. Then, bring the mixture to a boil to create the anise-flavored simple syrup to flavor the drink. While it boils, go to the next step.

add + stir

Measure **3 cups white grape juice** and pour into a pitcher. Then, return to the simple syrup. After 5 minutes of the syrup boiling, remove it from the heat and cool for 5 minutes. Then, place a strainer over the pitcher and pour the syrup through the strainer. Stir to combine the two liquids.

measure + pour

Add **1 cup ice** to each cup. Then, pour the drink into each cup. Say a big “Stin ygeiá mas” (Stin ee-YAH mahs) or "Cheers" (literally, "to our health") in Greek!

Featured Ingredient: Potato!

Hi, my name is Spud! That's my nickname, though. I'm actually a Potato!

“I'm sometimes a bit dirty because I grow down in the soil, but I clean up just fine. You may notice I sometimes have 'eyes' on my skin. That's where I sprout so new potato plants can grow. You can use the end of a vegetable peeler or a knife to remove those sprouts unless you're going to plant me! We are versatile, starchy vegetables that you can leave whole, slice, dice, shred, or mash and bake, boil, fry, grill, or roast!”

History & Etymology

Potatoes are the foremost vegetable crop in the world! They are root vegetables native to the Americas. Scientists believe the first potatoes were cultivated about 8,000 years ago by hunters and gatherers near Lake Titicaca—high in the Andes mountains, on the border between Peru and Bolivia.

Those first farmers obtained the cultivated potato by domesticating wild potato plants that grew prolifically around the lake. Over the following millennia, people in the Andes developed potato varieties for growing at different altitudes and in other climates.

In 1532, the Spaniards invaded Peru searching for gold, but they took a different treasure back to Europe: the potato! Over the next 300 years, the potato became a staple crop in Europe and soon found its way to India, China, and Japan. China now grows the most potatoes worldwide.

The potato has been a staple ingredient in the German diet since the 17th century when King Frederick was known to give seeds to citizens and demonstrate how to plant them for food.

Famines occurred in the mid-1700s, and people in Germany realized the importance of potatoes because they could be grown in harsh environments.

Where are most of the potatoes produced in the United States? In Idaho! Approximately one-third of all potatoes in the US are grown there.

The potato was the first vegetable grown in outer space!

President Thomas Jefferson was the first person to serve french fries in the United States (in 1802 in the White House).

Potatoes are so popular that a plastic toy called "Mr. Potato Head" has been sold by Hasbro since 1952.

Initially, they sold it as separate parts, like eyes, ears, mouth, hats, etc., that could be attached to an

actual potato with pushpins. Due to too many ruined potatoes and new safety rules, in 1964, Hasbro added a plastic potato body with holes to insert the plastic body parts and clothing. The toy was the first to be advertised on television.

The English word "potato" comes from the mid-16th century from the Spanish "patata," which may have been a hybrid of "batata" (sweet potato) from the extinct Taíno language and "papa" (potato) from the Quechua language.

Anatomy

Potatoes are tubers and are members of the Nightshade family, which also includes tomatoes, eggplants, peppers, and tobacco.

The potato plant has a relatively short lifespan of anywhere from 80 to 150 days, determined by the variety of the potato. Furthermore, according to the International Potato Center in Peru, there are more than 4,000 varieties, with most found in the Andes Mountains!

Potatoes do not grow from seeds like other vegetables and fruits. Instead, they grow from "seed potatoes," which sprout and form roots underground.

During its first stages of life, sprouts form from the eyes of the primary tuber. First, farmers prepare the earth by tilling it in rows that form ridges. Next, they remove stones from the soil to help the potatoes grow in uniform, oval shapes. Then, the seed potatoes are planted and covered with dirt for protection.

Seed potatoes are planted in the Spring so that the warmth from the sun can stimulate the plants to grow. First, roots form from the seed potatoes, and new shoots reach up through the soil toward the warm sun. Soon, green leaves grow on the shoots, establishing the potato plants. Then roots spread underground in the earth, and the potatoes grow from these roots. Potatoes are relatively easy to grow, even in harsh environments.

How to Pick, Buy, & Eat

Choose potatoes that are smooth, plump, free from blemishes, cuts, and decay, and that don't give when you squeeze them.

Potatoes start getting soft when they go bad, so choose firm potatoes at the grocery store.

Smell potatoes before buying them: they should smell fresh and faintly of dirt since they grow in soil.

Waxy potatoes are best for boiling and steaming, as they contain less starch and won't absorb as much liquid. Examples of waxy potatoes are Yukon gold, fingerling, Carola, LaRette, and Austrian Crescent.

Medium-starch, all-purpose potatoes (red, purple, Onaway, and goldilocks varieties) work well when baked, roasted, fried, and used in soups and gratins.

Russet potatoes are best for frying (such as in hash browns and french fries), as they contain less starch and will get crisper.

Store potatoes in open or hole-punched paper bags (not plastic) to keep air circulating around the potatoes. Plastic bags can trap moisture and cause potatoes to rot quicker. Also, keep the bag in a dark,

dry space. Chlorophyll will develop and produce a tell-tale green tinge if you store potatoes in too bright a place. If this happens, a toxic compound called solanine also forms, and it is best to toss any green potato in the garbage.

Nutrition

Potatoes, with their skin, are rich in carbohydrates and a good source of energy. In addition, they have a high content of vitamin C and potassium, and protein that is well matched to human needs.

One cup of cooked potatoes contains 32 percent of the daily value of vitamin B6. This vitamin is a major antioxidant (antioxidants help clear the body of harmful substances). We need B6 for our brains and hearts, helping us learn and focus better, keep our moods up, and keep our brains sharp. Vitamin B6 is also required to make all new cells in the body, which happens every minute of our lives!