



Pita and Falafel

- Below you'll find a list of ingredients and equipment needed for your class. To ensure efficiency during class, please have all ingredients on hand before class begins. **Any prep work to be done before class is highlighted in yellow.**
- All recipes used in class will be an attachment in your confirmation email. Please scroll past the equipment list for the recipes.
- If you have any questions or concerns email us, bakingeducation@kingarthurbaking.com. All Zoom links are sent out on the day of class. If you have not received the link 1 hour before your class begins, please contact us at the email above.

INGREDIENTS (total amount needed for the class)

King Arthur Unbleached All-Purpose Flour: 150 grams (1 1/4 cups), plus more for dusting work surface

Whole Wheat Flour: 200 grams (1 3/4 cups)

Salt: 4 teaspoons, plus more for seasoning

Baking powder: 1 teaspoon

Instant yeast: 1/2 teaspoon

Ground cumin: 1 tablespoon

Ground coriander: 1 tablespoon

Cayenne pepper: 1/4-1 teaspoon

Greek yogurt: 280 grams (1 cup)

Dried chickpeas: 350 grams (1 1/2 cups), covered with water and soaked for 18-24 hours (canned chickpeas will not work in this recipe)

Parsley: 1 large bunch

Cilantro: 1 large bunch

Dill: 1 large bunch

Onion: 1 medium

Garlic: 4-6 cloves

Cucumber: 1 large

Tomato: 1 large



Lemon: 1 large

Greens (arugula or mixed greens): 4-5 ounce container

Olive oil: 1 1/2 teaspoons

Neutral oil: canola, vegetable or peanut are good options: 1/4-1/2 cup, for frying

Water: 237 grams (1 cup)

EQUIPMENT

Scale (preferred) or measuring cup set

Measuring spoons

Liquid measuring cup

Mixing bowls: various sizes

Bench scraper and bowl scraper

Food Processor

Large skillet

Spatula or tongs

Box grater

Chefs knife

Cutting board

Mixing spoon or rubber spatula

Rolling Pin

Pizza stone or steel or metal cookie sheet