

Lesson Plan: Making Cypriot Afelia

Subject: Culinary Arts / International Cuisine

Grade Level: High School Culinary Students

Duration: Approximately 2.5 - 3 hours (can be adjusted based on class schedule)

YouTube Video Link: Watch the [Cypriot Afelia](#)

Objectives

- **Knowledge:** Understand the cultural significance of Afelia in Cypriot cuisine.
- **Skills:** Learn marination techniques, proper meat handling, and simmering methods.
- **Attitudes:** Appreciate traditional cooking methods and the importance of planning ahead in culinary preparation.

Materials Needed

Ingredients

- **For Afelia:**
 - 500g pork shoulder or loin, cut into cubes
 - 250ml dry red wine
 - 2 tablespoons coriander seeds, crushed
 - Salt and pepper, to taste
 - 3-4 tablespoons olive oil

Optional Accompaniments:

- Pourgouri (bulgur pilaf) or boiled potatoes
- Fresh salad

Equipment

- Large bowl (for marinating)
- Plastic wrap or lid for covering the bowl
- Large frying pan with lid
- Measuring cups and spoons
- Cutting board and knife
- Mortar and pestle or spice grinder (for crushing coriander seeds)
- Stove or cooking range

- Serving plates
- Sanitized workspace and utensils

Lesson Outline

1. Introduction (15 minutes)

- **Discussion Starter:**
 - Ask students if they have experience with marinating meats or cooking dishes with wine.
 - Introduce Afelia as a traditional Cypriot pork dish marinated in red wine and coriander.
- **Cultural Context:**
 - Discuss the significance of Afelia in Cypriot cuisine and Mediterranean diets.
 - Highlight how marination enhances flavor and tenderizes meat.
- **Lesson Objectives:**
 - Outline the goals for the lesson, emphasizing culinary techniques and cultural appreciation.

2. Safety and Sanitation Briefing (10 minutes)

- **Key Points:**
 - Proper handling of raw pork to prevent cross-contamination.
 - Importance of washing hands and sanitizing surfaces after handling raw meat.
 - Safe knife practices when cutting meat.
- **Demonstration:**
 - Show how to properly sanitize the workspace and utensils.

3. Ingredient and Technique Overview (10 minutes)

- **Presentation:**
 - Review each ingredient and its role in the dish.
 - Discuss the process of marination and how time affects flavor infusion.
- **Culinary Terms:**
 - Define terms like "marinate," "simmer," and "brown."

4. Cooking Activity

a. Preparing the Marinade (10 minutes)

- **Instructions:**
 - In a large bowl, combine the pork cubes, 250ml dry red wine, crushed coriander seeds, salt, and pepper.
 - Ensure the pork is evenly coated with the marinade.
- **Activity:**
 - Students crush coriander seeds using a mortar and pestle or spice grinder.
 - Encourage proper measurement and mixing techniques.
- **Discussion:**
 - The role of red wine and coriander in flavor development.
 - How marinating affects the texture and taste of the meat.

b. Marinating the Pork (Passive Time: At least 4 hours, preferably overnight)

- **Instructions:**
 - Cover the bowl with plastic wrap or a lid.
 - Place the marinated pork in the refrigerator.
- **Note:**
 - Due to time constraints, the instructor should prepare marinated pork in advance for the class to cook.
 - Students can take their marinated pork home to cook later.
- **Discussion:**
 - Importance of marination time for flavor penetration.
 - Food safety considerations when marinating meat.

c. Cooking the Pork (45 minutes to 1 hour)

- **Instructions:**
 - Remove the pork from the marinade, reserving the marinade for later use.
 - Heat 3-4 tablespoons of olive oil in a large frying pan over medium-high heat.
 - Add the pork cubes and brown them on all sides.
- **Activity:**
 - Demonstrate proper browning techniques to enhance flavor.
 - Discuss the Maillard reaction and its impact on taste.

- **Safety Reminder:**
 - Caution students about hot oil splatters and proper use of heat.

d. Simmering with Marinade (45 minutes)

- **Instructions:**
 - After browning, reduce the heat to medium.
 - Pour the reserved marinade into the pan with the pork.
 - Cover the pan and allow it to simmer gently for about 45 minutes, or until the pork is tender and the sauce has thickened slightly.
- **Activity:**
 - Students monitor the simmering process, checking occasionally to prevent sticking.
- **Discussion:**
 - How simmering with the marinade further develops flavor.
 - The importance of cooking time in tenderizing meat.

e. Preparing Accompaniments (Optional, while pork is simmering)

- **Instructions:**
 - Prepareourgouri (bulgur pilaf), boiled potatoes, or a fresh salad to serve with the Afelia.
- **Activity:**
 - Assign students to teams to prepare side dishes.
- **Discussion:**
 - Complementary flavors and textures in a meal.
 - Nutritional balance in menu planning.

f. Serving and Tasting (15 minutes)

- **Instructions:**
 - Once the pork is tender, remove it from heat.
 - Plate the Afelia alongside the chosen accompaniments.
- **Activity:**
 - Encourage students to present their dishes attractively.
 - Taste and evaluate the dish as a class.
- **Discussion:**
 - Sensory evaluation: flavor, aroma, texture.

- Reflection on the cooking process and outcome.

Assessment

- **Observation:**
 - Monitor students' participation, technique, and adherence to safety protocols.
- **Questions and Answers:**
 - Ask students to explain the steps and their importance.
 - Discuss how marination and cooking methods affect the final product.
- **Reflection:**
 - Have students write a brief summary of what they learned, including any challenges faced and how they overcame them.

Closure (10 minutes)

- **Recap:**
 - Summarize key techniques and concepts learned during the lesson.
 - Reiterate the cultural significance of Afelia.
- **Student Sharing:**
 - Invite students to share their thoughts on the dish and the experience of making it.
- **Encouragement:**
 - Suggest trying the recipe at home and experimenting with different marinades or accompaniments.

Extensions

- **Culinary Exploration:**
 - Research other traditional Cypriot dishes that use similar ingredients or techniques.
- **Menu Planning Project:**
 - Create a full Cypriot-themed menu incorporating Afelia and complementary dishes.

Resources

- **Handouts:**
 - Detailed recipe with step-by-step instructions and images.
 - Information on the history and cultural context of Afelia.

- **Recommended Reading:**

- Articles on marination techniques and the science behind flavor infusion.
- Videos demonstrating traditional Cypriot cooking methods.

Notes for the Instructor

- **Preparation:**

- Marinate pork in advance for class use due to time constraints.
- Ensure all ingredients and equipment are prepared and sanitized before the lesson.

- **Safety Considerations:**

- Emphasize the importance of food safety when handling raw meat and marinating.
- Monitor students closely during the browning and simmering stages.

- **Adaptations:**

- For dietary restrictions, consider offering a substitute protein (e.g., chicken or tofu) and adjust marination and cooking times accordingly.
- If time allows, involve students in the preparation of accompaniments to enhance the meal experience.