

## Lesson Plan: Making Pourgouri Pilaf with Durum Wheat Semolina Pasta

**Subject:** Culinary Arts / International Cuisine

**Grade Level:** High School Culinary Students

**Duration:** Approximately 2 hours (can be adjusted based on class schedule)

**YouTube Video Link:** [Watch the Pourgouri Pilaf Recipe Demonstration](#)

### Objectives

- **Knowledge:** Understand the cultural significance of Pourgouri Pilaf in Cypriot cuisine.
- **Skills:** Learn how to prepare a traditional pilaf, including techniques for cooking bulgur wheat and pasta together.
- **Attitudes:** Develop appreciation for international dishes and the use of diverse ingredients in cooking.

### Materials Needed

#### Ingredients

- **Main Ingredients:**
  - 1 cup coarse bulgur wheat (pourgouri)
  - 1/2 cup durum wheat semolina pasta (such as penne or fusilli)
  - 2 cups vegetable or chicken broth
- **Flavorings:**
  - 2 tablespoons olive oil
  - 1 small onion, finely chopped
  - 2 cloves garlic, minced
  - 1 tablespoon tomato paste
  - Salt and pepper to taste
- **Garnish:**
  - 1/4 cup fresh parsley, chopped
  - 1 lemon, zest and juice

#### Equipment

- Large skillet or saucepan with lid
- Cutting board and knife
- Measuring cups and spoons

- Stirring spoon
- Grater or zester
- Stove or cooking range
- Serving bowls or plates
- Sanitized workspace and utensils

## Lesson Outline

### 1. Introduction (15 minutes)

- **Discussion Starter:**
  - Ask students if they have tried pilaf dishes before and share experiences.
  - Introduce Pourgouri Pilaf as a staple in Cypriot cuisine.
- **Cultural Context:**
  - Explain the significance of bulgur wheat in Mediterranean diets.
  - Discuss how combining grains and pasta creates a hearty and nutritious dish.
- **Lesson Objectives:**
  - Outline what students will learn and accomplish during the lesson.

### 2. Safety and Sanitation Briefing (10 minutes)

- **Key Points:**
  - Proper knife handling when chopping onions and garlic.
  - Safe practices when using the stove and handling hot cookware.
  - Importance of cleanliness to prevent cross-contamination.

### 3. Ingredient Overview (10 minutes)

- **Presentation:**
  - Review each ingredient, highlighting its role in the dish.
  - Discuss possible substitutions for dietary preferences (e.g., gluten-free pasta).
- **Culinary Terms:**
  - Define terms like "sauté," "simmer," and "fluffing."

### 4. Cooking Activity

#### a. Preparing the Ingredients (10 minutes)

- **Instructions:**
  - Rinse the bulgur wheat under cold water and drain well.

- Finely chop the onion and mince the garlic.
- Chop the fresh parsley and zest and juice the lemon; set aside for later.

- **Discussion:**

- The importance of mise en place (everything in its place) in cooking.
- Techniques for efficient and safe chopping.

#### **b. Sautéing Aromatics (10 minutes)**

- **Instructions:**

- Heat 2 tablespoons of olive oil in a large skillet over medium heat.
- Add the chopped onion and cook until translucent, about 3-4 minutes.
- Add the minced garlic and cook for another minute until fragrant.

- **Discussion:**

- How sautéing develops flavors.
- The role of aromatics in enhancing a dish.

#### **c. Incorporating Tomato Paste (5 minutes)**

- **Instructions:**

- Stir in 1 tablespoon of tomato paste and cook for an additional minute to deepen the flavor.

- **Explanation:**

- How cooking tomato paste can reduce acidity and enhance sweetness.

#### **d. Toasting the Grains and Pasta (5 minutes)**

- **Instructions:**

- Add the rinsed bulgur wheat and durum wheat semolina pasta to the skillet.
- Stir to coat them with the onion and tomato mixture.
- Cook for 1-2 minutes to lightly toast the grains and pasta.

- **Discussion:**

- Benefits of toasting grains and pasta for texture and flavor.

#### **e. Adding Liquid and Simmering (20 minutes)**

- **Instructions:**

- Pour in 2 cups of vegetable or chicken broth.
- Add a pinch of salt and pepper to taste.
- Bring the mixture to a boil.

- Reduce the heat to low, cover the skillet, and simmer for 15-20 minutes until the bulgur and pasta are cooked and the liquid is absorbed.
- **Activity:**
  - Students monitor their pilaf, ensuring it doesn't stick or burn.
- **Discussion:**
  - Importance of proper simmering temperature.
  - How grains absorb liquid during cooking.

#### **f. Final Touches (10 minutes)**

- **Instructions:**
  - Remove the skillet from heat and let it sit, covered, for 5 minutes.
  - Fluff the pilaf with a fork to separate the grains and pasta.
  - Stir in the chopped parsley, lemon zest, and lemon juice.
- **Activity:**
  - Students taste their pilaf and adjust seasoning with additional salt, pepper, or lemon juice if desired.
- **Discussion:**
  - How fresh herbs and citrus enhance the final dish.
  - The role of acid in balancing flavors.

#### **g. Serving and Presentation (10 minutes)**

- **Instructions:**
  - Plate the pilaf attractively on serving dishes.
  - Optionally garnish with extra parsley or lemon slices.
- **Activity:**
  - Encourage students to be creative with their presentation.
- **Discussion:**
  - The importance of visual appeal in food.
  - Ideas for pairing the pilaf with other dishes.

#### **Assessment**

- **Observation:**
  - Monitor students' participation and adherence to safety protocols.
  - Evaluate knife skills, sautéing technique, and ability to follow instructions.

- **Questions and Answers:**
  - Ask students to explain each step and its significance.
- **Reflection:**
  - Have students write a brief summary of what they learned and any challenges faced.

### Closure (10 minutes)

- **Recap:**
  - Summarize key techniques and concepts learned during the lesson.
  - Reiterate the cultural significance of the dish.
- **Student Sharing:**
  - Invite students to share their experiences and any variations they might try in the future.
- **Encouragement:**
  - Suggest experimenting with different grains or adding proteins like chickpeas or grilled chicken.

### Extensions

- **Culinary Exploration:**
    - Research other traditional Cypriot dishes and discuss common ingredients and techniques.
  - **Homework Assignment:**
    - Create a recipe that incorporates bulgur wheat in a new way.
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### Resources

- **Handouts:**
  - Detailed recipe with step-by-step instructions and images.
  - Glossary of culinary terms used in the lesson.
- **Recommended Reading:**
  - Articles on Mediterranean diets and the health benefits of whole grains.
  - Videos demonstrating similar pilaf recipes.

### Notes for the Instructor

- **Preparation:**

- Ensure all ingredients are measured and prepared before the lesson begins.
- Check for any dietary restrictions among students.
- **Safety Considerations:**
  - Emphasize caution when working with hot oil and pans.
  - Reinforce proper knife handling and cutting techniques.
- **Adaptations:**
  - For gluten-free options, substitute bulgur and pasta with quinoa and gluten-free pasta.
  - For a vegan version, use vegetable broth and omit any animal products.