

Akis:

Alright then! Welcome to Kitchen Lab, the best online cooking show out there!

Today's theme is Star Wars, because the Force is with us!

We're going to make amazing Star Wars cookies — easy, healthy, and nutritious!

You already know this because we're here with Disney.

We'll make cookies that are so good and so healthy, and we're not going to use a single trace of sugar!

We'll use tahini and oats for lots of protein.

And of course, at the end we'll do a little trick... we'll add chocolate.

Now let's welcome our guest! I think he's about 30, 35 years old? No, maybe not quite, but he's very strong!

And since we have a live audience, I want a big round of applause from everyone.

Come on in, Sakis! Give me five!

Sakis:

I brought a friend, too.

Akis:

Great! Your friend is now my friend, because I like him.

Will you give him to me? I'll give you a Star Wars spatula in return.

Sakis:

Thank you very much!

Akis:

Thank you too!

Now let me explain the concept:

When I have a guest, I don't cook — the guests cook.

So, you'll do the entire recipe by yourself. How does that sound?

Sakis:

Sounds good.

Akis:

Great, let's get started! We're making Greek cookies — you can call them cookies or bars, whatever you prefer.

Very easy. Just put the ingredients into the bowl exactly as I tell you.

First pour in the honey, using a spoon.

That's what someone next to you would do — go ahead, take the bowl.

Let me show you an easier way. Yes, that's exactly how Darth Vader would do it!

Tilt the spoon straight in. See how sweet the honey is? How did that feel?

Sakis:

Very nice.

Akis:

Now do the same with the next ingredient.

What do you think this is?

Sakis:

Oats?

Akis:

Nope.

Sakis:

Really?

Akis:

Nope.

Sakis:

Walnuts?

Akis:

Still no. I think the Force is not with you today. Focus! Your chances are running low.

Want me to pull some out for you? I bet you don't know what it is, and that's why you're hesitating.

Do you know what tahini is?

Sakis:

Yes, I do.

Akis:

What is it?

Sakis:

Something very tasty.

Akis:

Yes! Tahini is basically sesame. We grind it into a paste.

It's super tasty, very nutritious, high in protein, amino acids, vitamins, and gives us great quality energy.

So what are you going to do?

Sakis:

Pour it in!

Akis:

Yes — but make sure it all goes in the bowl! Bravo! Use the spoon. Well done!

Now scoop out everything from the bowl. Let me show you a great kitchen tool for minimizing waste — do you know what this is? A rubber spatula.

We use it to clean the bowl completely — very economical.

Do you want to hold the spoon or the spatula?

Sakis:

The spatula.

Akis:

Great. Let's keep adding ingredients. Now add the cinnamon.

No need to be too delicate... just like that.

You did it! Cinnamon's in. Next up: orange zest.

Look at this zester I brought!

Wait — you're doing it totally wrong. Want me to show you how to do it right?

You hold the zester still, and move the orange, not the zester. Got it? We don't want the white part, just the orange part — that's where the flavor is.

There goes the orange zest!

Next ingredients: walnuts, chocolate, and oats. Start mixing these while I chop the walnuts and chocolate.

Do you want them finely or coarsely chopped?

Sakis:

However you prefer.

Akis:

Mix everything well. What ingredient haven't we added yet?

Sakis:

Walnuts and oats?

Akis:

No — I mean what's usually in cookies, but we haven't added?

Sakis:

Sugar.

Akis:

Exactly! Because we've used cinnamon and honey instead.

Let me show you — you need to mix everything well from the bottom of the bowl.

But don't overmix — if it gets too stiff, we won't be able to shape the cookies.

We stop as soon as the mixture thickens just enough.

Now it's time to add the chocolate.

Milk chocolate or dark chocolate?

Sakis:

Milk.

Akis:

Milk chocolate has sugar. Use dark, okay?

In general, we try to avoid too much sugar.

Do you like walnuts?

Sakis:

A lot!

Akis:

What's your favorite nut?

Sakis:

Walnuts.

Akis:

Anything else?

Sakis:

Peanuts.

Akis:

We could use peanuts, or even peanut butter instead.

Now the last thing to add is the oats.

You've added them — great!

Now carefully mix everything together.

Wait — one more thing — a pinch of salt.

How does it look?

Sakis:

Great!

Akis:

Let's try it!

We can taste it — there are no eggs or raw ingredients.

Give it a try. Isn't it good?

Sakis:

Very, very good!

Akis:

And very healthy.

I'll leave you here — let's see how well you mixed it.

Yep, looks great.

Just make sure to scrape the bottom — some has settled there.

Now that we're here, everything is much easier than you thought.

You thought it was hard, right?

Sakis:

No, not at all.

Akis:

Now we need a baking tray.

Today we have a star-shaped mold — it's Star Wars day after all.

Take a dough ball, press it into the star mold.

Once you've shaped it, what do you do?

Sakis:

Take it out!

Akis:

Exactly! It comes out perfectly. Keep doing that — you shape, I eat!

Sakis:

Phew! You're tiring me out, Akis!

Akis:

Oh come on! You only made ten cookies!

Now it's time to bake.

What temperature did we preheat the oven to?

Sakis:

180.

Akis:

Perfect — 180 degrees.

It's very important to preheat — why?

Sakis:

So they bake quickly?

Akis:

Exactly!

How long should we bake them for? Guess it right, and I'll give you this Stormtrooper here.

Quick!

Sakis:

20 minutes?

Akis:

We're doomed! Lower...

Sakis:

10?

Akis:

Lower...

Sakis:

5?

Akis:

5 to 8 minutes. You didn't win, but that's okay!

We bake the cookies for 5–8 minutes and then let them cool.

Because if we try them right away?

Sakis:

They'll be too soft.

Akis:

Exactly. Once they cool, they harden. Then we'll see how they turned out. Okay?

Give me five!

We've let the cookies cool for 15 minutes so they're not too soft.

Anything else we want to say? What do we tell them every episode?

Didn't I tell you to watch one episode before coming on?

Sakis:

Subscribe to our channel!

Akis:

Yes! Subscribe to our channel!

What else, Sakis?

Sakis:

Share it with your friends!

Akis:

Yes — share it, and try the recipe! That's the whole point!

Don't say goodbye yet — we have to taste the cookies.

We always end the episode this way — we each take a cookie and clink them together.

Clink clink!

We'll taste and say they're amazing. Don't say anything else. Got it?

Let's see!

Say it's good. Don't mind him — he's an actor!

Sakis:

Delicious!!!

Akis:

Right? They're amazing cookies — you have to make them.

Delicious, delicious. Bye!

Sakis:

Bye!!!