



COOKING CLASSES
AT SUR LA TABLE

**CLASSIC COMFORTS:
VEGETABLE POT PIE**

WITH SUR LA TABLE CHEF

Ingredient Shopping List

Below is a list of ingredients you'll need to make the recipes in this packet. Please reach out for substitution suggestions.

Produce

- ☐ 4 medium Yukon Gold potatoes
- ☐ 1 medium sweet potato
- ☐ 3 carrots
- ☐ 1 small yellow onion
- ☐ 3 celery stalks
- ☐ Small bunch of thyme
- ☐ Small bunch of rosemary
- ☐ Small bunch of parsley
- ☐ Small bunch of chives or tarragon
- ☐ 1 shallot
- ☐ 1 head Bibb lettuce
- ☐ 2 medium apples
- ☐ 1/2 English cucumber

Dairy

- ☐ 2 sticks unsalted butter (chilled)
- ☐ 1 cup buttermilk
- ☐ 1 egg
- ☐ 1 cup whole milk

Frozen

- ☐ 1 cup frozen peas

Pantry Items

- ☐ All-purpose flour
- ☐ Baking powder
- ☐ Baking soda
- ☐ Kosher salt
- ☐ Granulated sugar
- ☐ Olive oil
- ☐ Freshly ground black pepper
- ☐ 1 1/2 cup vegetable broth
- ☐ 1/2 cup dry white wine
- ☐ Apple cider vinegar
- ☐ Maple syrup

Dry/Canned Goods

- ☐ 1/4 cup hazelnuts, walnuts, or pecans

Equipment Needed

Below is a list of tools you'll need to make the recipes in this packet.

Cutlery

- ☐ Chef's knife
- ☐ Cutting board

Hand Tools/Gadgets

- ☐ Mandoline or sharp knife
- ☐ Whisk
- ☐ Wooden spoon
- ☐ Measuring cups and spoons
- ☐ Liquid measuring cup
- ☐ Mixing bowls (various sizes)
- ☐ Spatula
- ☐ Pastry brush

Cookware

- ☐ Medium skillet or saucepan

Appliances

- ☐ Food processor

Bakeware

- ☐ 9" x 13" baking dish or 10-inch cast-iron skillet
- ☐ Baking sheet
- ☐ Parchment paper or Silpat

Tabletop

- ☐ Medium salad bowl

Pre-Class Mise en Place and Notes

- Please gather all ingredients prior to class if you will be cooking along.
- It is helpful to organize the ingredients by recipe on rimmed baking sheets.
- Feel free to pre-measure ingredients, but it is not necessary.
- We encourage you to prep all your ingredients before class as it will allow you to have more time to listen and watch the instructor.

Vegetable Pot Pie with Biscuit Topping

1. Preheat oven to 400°F.
2. Wash and dry all vegetables.
3. Chill butter for biscuits.

Green Salad with Cider Dressing

1. Wash and dry all vegetables.

VEGETABLE POT PIE WITH BISCUIT TOPPING

Yield: 8 servings

Comforting, creamy and delicious, this recipe is easy to make and freezer-friendly. Make a batch of the mixture, freeze and bake when you have guests over or for a mid-week meal.

Biscuit topping:

8 1/2 ounces (2 cups) unbleached all-purpose flour
1 tablespoon baking powder
1/4 teaspoon baking soda
1 teaspoon fine kosher salt
1 teaspoon granulated sugar
6 ounces (1 1/2 sticks) unsalted butter, cut into 1/2 pieces and chilled
1 cup cold buttermilk
1 large egg, beaten
1 tablespoon whole milk

Pot pie filling:

4 medium Yukon Gold potatoes cut into 1/2-inch cubes
1 medium sweet potato, cut into 1/2-inch cubes
2 tablespoons olive oil, divided
Kosher salt and freshly ground black pepper
3 carrots, chopped in 1/2-inch dice
1 small yellow onion, chopped in 1/2-inch dice
3 stalks celery, chopped in 1/2-inch dice
4 tablespoons unsalted butter
1/4 cup all-purpose flour, more for dusting
1 1/2 cups vegetable broth, low-sodium
1/2 cup dry white wine
1 cup whole milk
1/2 teaspoon thyme, finely chopped
1 teaspoon minced rosemary
1 cup frozen peas, thawed
3 tablespoons flat-leaf parsley, minced

Preheat the oven to 400°F and position an oven rack in the center.

1. **To roast the vegetables:** In a large bowl, toss the potatoes and sweet potato with 1 tablespoon of the olive oil and salt and pepper; arrange in a single layer on a rimmed baking sheet lined with parchment paper or a Silpat mat and transfer to the oven to roast until the vegetables are soft and golden-brown, about 30 minutes. Set aside.

2. **To prepare biscuits:** To a food processor, add the flour, baking powder, baking soda, salt, and sugar. Pulse to combine. Add the chilled butter and pulse until the butter is the size of small peas. Turn the dough out into a large bowl and add the buttermilk. Use a fork to distribute the buttermilk throughout the dough. Knead the dough lightly until it just comes together. Turn the dough out onto a clean surface and pat into a 1-inch thick block. Cut the block into 4 pieces and layer those pieces on top of each other. Layer any dry pieces of dough in between the layer. Roll the dough into a 1-inch thick rectangle. Cut the biscuits into 8 even squares. Transfer the square to a parchment-lined sheet pan spaced 2 inches apart and chill the dough for 10 minutes.

3. **To prepare the filling:** Place a medium-size saucepan on the stove; add the remaining oil to the pan and heat over medium-high heat. Add the carrots, onions and celery, season with salt and pepper; and cook until tender, about 5 minutes. Add the roasted vegetables to the pan and gently cook the mixture for another 3 minutes. Transfer to a medium bowl and return pan to the stove.

4. Place the butter into the pan and heat over medium heat until foaming. When the foaming subsides, add the flour; cook for 1 minute. Whisk in the broth, wine, milk, thyme and rosemary. Bring to a simmer-and cook until the sauce thickens, about 5 minutes. Taste and season with salt and pepper. Pour the sauce over the vegetable mixture in the bowl; using a silicone spatula, stir in the peas and parsley. Taste and season with salt and pepper. Pour the mixture into a 9" x 13" baking dish.

5. In a small bowl, whisk the egg and milk until smooth. Carefully arrange the biscuits over the pot pie filling and brush with the egg wash using a silicone pastry brush.

6. Transfer the pot pie to the oven and bake until the biscuits are puffed and golden brown, and the filling is bubbly, about 20 to 25 minutes. Add 15 minutes to the cooking time if the pot pie is refrigerated before cooking. The pot pie can also be baked in individual dishes; reduce the cooking time by 10 minutes.

Baking dish variations:

- The pot pie filling can be prepared and baked in a 10-inch cast-iron skillet. Cut the biscuits into 3-inch rounds to top the filling in the cast iron skillet. Use the same baking instructions as listed above.

Chicken pot pie variation:

- Add 2 1/2 cups shredded rotisserie chicken to the warm filling before topping with biscuits. Use the same baking instructions as listed above.

GREEN SALAD WITH CIDER VINAIGRETTE

Yield: 4 servings

Use a mandoline to cut apples into thin, uniform slices.

2 tablespoons apple cider vinegar

2 tablespoons maple syrup

1/2 shallot, minced

2 tablespoons extra-virgin olive oil

Kosher salt and pepper

1 head Bibb lettuce, torn into bite-size pieces

2 medium apples, thinly sliced

1/2 English cucumber, cut lengthwise and into thin half-moons

1/4 cup fresh chopped herbs (such as flat-leaf parsley, tarragon or chives)

1/4 cup hazelnuts, walnuts or pecans, toasted and roughly chopped

1. ***To make the vinaigrette:*** To a small bowl, add vinegar, maple syrup and shallot; whisk together. While whisking constantly, slowly drizzle in the oil to form an emulsion. Taste and adjust seasoning with salt and pepper.

2. ***To assemble the salad:*** To a medium salad bowl, add lettuce, apples, cucumbers and herbs; gently toss with just enough vinaigrette to coat the leaves. Taste and adjust seasoning with salt and pepper.

3. ***To serve:*** Divide salad among chilled plates, neatly mounding the green leaves in the center of each plate. Sprinkle with chopped nuts. Serve immediately.