

COOKING CLASSES

AT SUR LA TABLE

LEARNING SERIES: FUNDAMENTALS

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.

Proteins

- 6 slices thick-cut bacon
- 1 pound boneless, skinless chicken thighs

Produce

- 1 shallot
- 2 cups purple grapes
- 3 cups mixed greens (such as baby kale, chard or spinach)
- 1 medium yellow onion
- 3 ribs celery
- 2 medium sweet potatoes
- 1 small bunch fresh thyme
- 1 small bunch fresh chives
- 1 small bunch fresh parsley
- 2 ears of corn
- 1 lemon

Dairy

- 3 sticks unsalted butter
- 1 cup heavy cream
- 1 cup buttermilk
- 1 egg

Pantry Items

- Dijon mustard
- Fine kosher salt
- Freshly ground pepper
- Extra-virgin olive oil
- Walnut oil
- 1 cup walnuts
- 1 quart low sodium chicken broth
- All-purpose flour
- Baking powder
- Granulated sugar
- Maple syrup

Equipment Needed

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

Cutlery

- Chef's knife

Hand Tools/Gadgets

- Cutting board
- Measuring cups and spoons
- Mixing bowls (various sizes)
- Whisk
- Tongs
- Silicone spatula
- Wooden spoons
- Lemon juicer or citrus reamer
- Box grater or cheese grater
- Rolling pin
- Fork
- Silicone pastry brush
- 4-inch round cookie cutter or drinking glass

Cookware

- Dutch oven or large saucepan

Appliances

- Immersion blender or blender

Bakeware

- Baking sheet

Other

- Paper towels
- Silicone baking mat or parchment paper

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.

Winter Greens with Purple Grapes and Toasted Walnut Vinaigrette

1. Wash and dry all the produce.
2. Toast the walnuts and cool.

Chicken, Corn and Sweet Potato Chowder

1. 30 minutes before class, remove the chicken thighs from the refrigerator.
2. Wash and dry all the produce.

Perfectly Flaky Buttermilk Biscuits with Maple Butter

1. 30 minutes before class, transfer 1 stick of unsalted butter to the freezer and 1 stick of unsalted butter to your counter.
2. Preheat the oven to 425°F.

WINTER GREENS WITH PURPLE GRAPES AND TOASTED WALNUT VINAIGRETTE

Yield: 4 servings

Dress the salad just before serving to prevent wilting.

2 teaspoons Dijon mustard
1 tablespoon white wine vinegar
2 teaspoons shallot, minced
2 tablespoons toasted walnut oil
1 tablespoon extra-virgin olive oil
Kosher salt and freshly ground black pepper, to taste
2 cups purple grapes, halved
3 cups mixed greens, such as baby kale, baby chard or spinach
1 cup walnuts, toasted and coarsely chopped

1. To a medium bowl, whisk together the mustard, vinegar and shallots. While whisking, slowly drizzle in the oil. Taste and adjust the seasoning with salt and pepper.
2. To a large salad bowl, add the grapes, greens and walnuts and gently toss with just enough vinaigrette to coat the leaves. Taste and adjust the seasoning with salt and pepper.
3. **To serve:** Divide salad among chilled plates, neatly mounding the green leaves in the center of each plate. Serve immediately.

Recipe variations:

- Substitute winter greens with mâche, butter lettuce and watercress in spring and summer.
- Substitute walnuts with almonds, hazelnuts, or pepitas.
- Substitute walnut oil for extra-virgin olive oil.

CHICKEN, CORN AND SWEET POTATO CHOWDER

Yield: 4 to 6 servings

6 slices thick-cut smoked bacon, thinly sliced crosswise
1 pound boneless, skinless chicken thighs, trimmed and cut into bite-size pieces
Kosher salt and freshly ground black pepper
2 tablespoons unsalted butter
1 medium yellow onion, finely diced
3 ribs celery, finely diced
2 medium sweet potatoes, peeled and cut into 1/2 inch cubes
3 tablespoons unbleached all-purpose flour
1 teaspoon fresh thyme leaves
4 cups low-sodium chicken broth
2 ears of corn, shucked, kernels removed
1 cup heavy whipping cream
2 tablespoons fresh chives, minced
2 tablespoons fresh flat-leaf parsley, chopped
1 teaspoon fresh lemon juice

1. To a large saucepan or Dutch oven, sauté the bacon pieces until golden brown and crispy. Transfer the bacon with a slotted spoon to a paper towel-lined plate, then set aside. Reserve the bacon fat in the pan.
2. Return the pan to medium-high heat and season the chicken generously on all sides with salt and pepper. Working in batches, add the chicken to the pan and cook, stirring occasionally, until the chicken is well browned on all sides, about 5 to 6 minutes. Using a slotted spoon or spider, transfer the chicken to a medium bowl and set aside.
3. Reduce the heat to medium and add the butter to the pan. Once the butter has melted, add the onions, celery and sweet potatoes and cook until the vegetables are soft but not browned, 3 to 4 minutes. Stir in the flour and cook for 2 to 3 minutes, until the mixture begins to smell nutty and the flour is a blonde color.
4. Whisk in the broth and corn. Simmer, stirring occasionally, until the mixture thickens and the sweet potatoes are tender, about 6 minutes. Using a hand blender, pulse the mixture until it thickens slightly. If you like a chunkier soup, leave some of the vegetables whole.
5. Return the chicken to the pan and simmer until the chicken is cooked through, about 2 minutes. Whisk in the heavy cream and chopped herbs. Add the lemon juice, taste and adjust the seasoning with salt and pepper.
6. **To serve:** Transfer to warm soup bowls and garnish with reserved crisp bacon.

PERFECTLY FLAKY BUTTERMILK BISCUITS WITH MAPLE BUTTER

Yield: 8, 4-inch biscuits

It should take no time to whip up a bunch of these fluffy, tender biscuits - perfect for chowder or breakfast.

For the biscuits:

2 cups unbleached all-purpose flour
1 tablespoon baking powder
1 teaspoon fine kosher salt
1 teaspoon granulated sugar
1 stick (4 ounces) unsalted butter, frozen
1 cup cold buttermilk
1 large egg, beaten for egg wash

For the maple butter:

1 stick (4 ounces) unsalted butter, softened
1/4 cup maple syrup
1/4 teaspoon fine kosher salt

Preheat the oven to 425°F. Line a rimmed baking sheet with parchment paper or a silicone mat.

1. **To prepare the biscuits:** To a large bowl, whisk to combine the flour, baking powder and salt. Using the largest holes on a cheese grater, grate the frozen butter into the flour and mix with a fork to coat the butter with the flour. Make a well in the center of the flour and add the buttermilk. Using a fork, mix until large clumps form and the dough comes together. Turn the biscuit dough onto a lightly floured surface and roll into a 1-inch thick rectangle. Using a 4-inch round biscuit cutter, cut out 8 rounds and transfer them to a prepared baking sheet. Brush the biscuits with the egg wash and transfer to the oven. Bake until golden-brown and cooked through, 12 to 14 minutes.
2. Transfer the biscuits to a rack and let cool for at least 5 minutes.
3. **To prepare the maple butter:** To a small bowl, stir together the softened butter, maple syrup and salt using a fork. Set aside.
4. **To serve:** Transfer the biscuits to a large, warmed platter and serve immediately with maple butter.

Recipe variations:

- The biscuits can be frozen before baking. To prepare frozen biscuits, bake as stated above, adding 2 to 3 more minutes to brown completely.

Knife Safety

Knife safety is important in every kitchen, from professional to home. Below are a few simple guidelines for using kitchen knives safely.

A sharp knife is a safe knife: Trying to force a dull knife through a piece of food will make it more likely to slip and cause an injury.

Never grab a falling knife: Make sure your knife is placed on your work surface at all times above or to the side of the cutting board. If a knife happens to fall, resist the natural urge to grab it.

Always cut on a cutting board: Cutting boards made from wood products and plastic help reduce wear and tear on a knife's edge. Never cut on glass, marble, or metal surfaces, which dull and damage knives.

Secure your cutting board: If your cutting board doesn't have rubber grips, place a moistened paper towel underneath to keep it from sliding or shifting during cutting.

Never cut anything with the blade pointed toward your hands or body: Position your hands and knife so that you push the knife away from you while cutting.

Keep your eyes on your knife while using it: Injuries can happen when you look up from your cutting task. Stay focused on the knife relative to your hands during all cutting tasks.

Carry a knife safely: If you're walking with a knife, carry it pointed straight down, with the blade turned towards your thigh.

Never put a knife in a sink full of water: Placing a knife in a sink full of water is a potential hazard for you and others, plus it can damage wooden knife handles. Always wash kitchen knives by hand, wipe them dry and store safely. Fine quality kitchen knives should never be cleaned in the dishwasher, the high temperatures and abrasive cleansers damage the knife handle and dull the blade.












How to Hold and Use a Knife

The proper way to hold a chef's knife is to grasp the blade firmly between the pad of your thumb and the knuckle of your index finger just in front of the bolster, curling your remaining fingers around the bottom of the handle. Resist the temptation to extend your index finger along the spine of your knife, which makes the knife harder to control and fatigues your hand.

When using a chef's knife, it's most effective and efficient to use a "rocking" motion. To do this, keep the tip of the knife on the cutting surface, and rock the rear of the knife up and down while sliding the knife forward. This motion allows for a smoother range of movement and more control when cutting and slicing.

It's also very important to be aware of the position of your "guide" hand. **Always keep your thumb tucked behind the gently curled fingers of your guide hand.** This alone will prevent countless injuries and also facilitate the use of your knuckles to guide the edge of your knife to its proper position for the next cut.

Basic Knife Cuts

	Toum�: 2 in. long \times $\frac{3}{4}$ in. diameter, with 7 sides, and flat-ended.		Rondelle: round or bias-round cuts, varied diameter or thickness.
	Large dice: $\frac{3}{4}$ in. \times $\frac{3}{4}$ in. \times $\frac{3}{4}$ in. (2 cm \times 2 cm \times 2 cm).		Paysanne: $\frac{1}{2}$ in. \times $\frac{1}{2}$ in. \times $\frac{1}{8}$ in. (round, square, or rectangular).
	Medium dice: $\frac{1}{2}$ in. \times $\frac{1}{2}$ in. \times $\frac{1}{2}$ in. (12 mm \times 12 mm \times 12 mm).		Batonnet: $\frac{1}{4}$ in. \times $\frac{1}{4}$ in. \times 2 $\frac{1}{2}$ –3 in. (6 mm \times 6 mm \times 6–7.5 mm).
	Small dice: $\frac{1}{4}$ in. \times $\frac{1}{4}$ in. \times $\frac{1}{4}$ in. (6 mm \times 6 mm \times 6 mm).		Julienne: $\frac{1}{8}$ in. \times $\frac{1}{8}$ in. \times 2 $\frac{1}{2}$ in. (3 mm \times 3 mm \times 6 mm).
	Brunoise: $\frac{1}{8}$ in. \times $\frac{1}{8}$ in. \times $\frac{1}{8}$ in. (3 mm \times 3 mm \times 3 mm).		Fine julienne: 2 in. long \times $\frac{1}{16}$ in. \times $\frac{1}{16}$ in.
	Fine brunoise: $\frac{1}{16}$ in. \times $\frac{1}{16}$ in. \times $\frac{1}{16}$ in.		



Vinaigrette 101

Vinaigrette is an emulsion, or combination of oil and acid (vinegar, citrus juice) that's been forced together physically, usually by whisking. Vinaigrettes can be used for salads, vegetable dressings, or marinades. Remember these key points:

- The classic ratio for vinaigrette is 3 parts oil to 1 part acid, but you can easily vary the proportions based on your taste. If you prefer a “sharper” vinaigrette, try 2 parts oil to 1 part acid, that ratio will also be affected by the flavor of your oil and acid.
- To prepare a vinaigrette, pour your acid into a nonreactive bowl and add any additional flavorings you like, such as mustard or minced shallot. While whisking vigorously, drizzle oil in a steady stream. As the oil and vinegar mixture starts to thicken, you can add the oil a little more quickly. Once all the oil has been incorporated, taste and season the vinaigrette with salt, pepper, and additional acid as you like. You can also stir in chopped herbs like parsley, thyme, or chives at this point.
- If whisking by hand seems like a lot of work, you can use an immersion blender, small food processor, or regular blender to make vinaigrettes quickly and easily.

General Baking Tips

Measure all the ingredients carefully using high-quality measuring cups and spoons. Use weight measurements whenever possible and weigh ingredients with a digital scale for accurate results. Additional tips:

- When measuring dry ingredients like flour by volume, stir the flour, dip a dry measuring cup into the product and sweep the top of the measuring cup with a knife to level.
- Keep an oven thermometer in your oven to check temperature accuracy.
- Buy the best quality bakeware you can afford. Aluminum pans conduct heat better than pans made from other materials. Nonstick pans help baked goods release more easily, as do silicone baking products
- Rotate the baking pans halfway through the baking time for even browning.
- To make the perfect biscuits, make sure your ingredients are cold. Cut the butter and flour together just until the butter is coated with flour and resembles small peas (*freeze the butter and grate it with the coarse side of a box grater to save time*). Add your liquid and mix just until the mixture comes together and becomes shaggy dough (*do not over work your dough or it will result in a tough biscuit*). Cut your biscuits close together to avoid re-rolling the dough more than once and over-working it, which can make it tough.

Soup Basics

Part 1 – Fat

When making soups, it is essential to choose a fat that is appropriate for the cuisine you are cooking. For example, if you are making an Italian-style soup, you may choose to use olive oil. However, if you are making a cream-based soup, a combination of vegetable oil and butter may develop the vegetable flavors better with the cream.

Part 2 – Vegetables

Onions are commonly used, as are carrot and celery (a mixture called *mirepoix*). Beans, potatoes, spinach, tomatoes and even kale add great flavor and texture. Choose vegetables that you like and match the flavor profile of your base.

Part 3 – Liquid: Broth, Tomatoes, Cream or Water

Depending on how you would like your final soup to taste, choose a liquid that complements your flavors. For example, you may choose to use tomato with cream or chicken broth with lemon and rice. If making a meat-based soup, it is essential that you choose a type of meat you would like to use; however, be mindful that the meat matches your base. For example, beef with a fish stock would most likely not be a great combination. However, chicken broth with beef can work quite nicely.

Part 4 – Herbs and Spices

Salt and freshly ground black pepper are the most common spices used in making soups. Here are a few more popular combinations:

- **Chicken** – marjoram, thyme, parsley, rosemary and sage
- **Beef** – rosemary, thyme, oregano and marjoram
- **Tomato-based** – chili flakes, bay leaf, basil, oregano and fennel
- **Cream-based** – parsley and thyme

Part 5 – Acid

A well-made, well-seasoned soup can sometimes taste a little flat. If so, add a little acid to enhance the flavors within the soup.

- **Lemon or lime juice** – start with a teaspoon of juice. More can be added if needed.
- **Vinegar** – add a teaspoon or two to taste. Add more if needed.
- **Tomatoes** – fresh or canned can be added as a garnish to elevate flavors.
- **Crème Fraîche, yogurt or sour cream** – a teaspoon when serving the soup provides a lovely flavor contrast.