



COOKING CLASSES
AT SUR LA TABLE

PAN-ROASTED CHICKEN DINNER

ONLINE CLASS
WITH CHEF ED KERNAN

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

- ☐ 2 6-ounce chicken breasts, boneless and skinless preferred

Produce

- ☐ 1 shallot
- ☐ 1 garlic clove
- ☐ 4 ounces cremini (baby bella) mushrooms
- ☐ 1 bunch fresh parsley
- ☐ 8 ounces asparagus
- ☐ 2 lemons, or 1 lemon and 1 orange
- ☐ 2 1/2 cups mixed berries

Dairy

- ☐ 1/3 cup heavy whipping cream
- ☐ 1/4 cup unsalted butter

Frozen

- ☐ 1/2 cup frozen peas

Pantry Items

- ☐ Kosher salt
- ☐ Black pepper in grinder
- ☐ Olive oil
- ☐ Vegetable oil
- ☐ 1/4 cup granulated sugar
- ☐ 1/4 cup light brown sugar
- ☐ 1 tablespoon cornstarch
- ☐ 1/4 teaspoon vanilla bean paste or vanilla extract
- ☐ 2 tablespoons all-purpose flour

Dry/Canned Goods

- ☐ 2 teaspoons Dijon mustard
- ☐ 1/2 cup chicken broth, low sodium preferred
- ☐ 1/2 cup rolled oats
- ☐ 1/8 teaspoon cinnamon

Other

- ☐ 1/4 cup dry white wine

Equipment Needed

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

Cutlery

- ☐ Chef's knife
- ☐ Paring knife
- ☐ 2 cutting boards

Hand Tools/Gadgets

- ☐ Prep bowls
- ☐ 2 medium-sized mixing bowls
- ☐ Measuring spoons
- ☐ Liquid and dry measuring cups
- ☐ 2 pairs of tongs
- ☐ Oven mitts
- ☐ 2 wooden spoons
- ☐ Colander or fine-mesh strainer
- ☐ Heat-safe spatula
- ☐ Meat thermometer
- ☐ Whisk
- ☐ Garlic rocker (optional)
- ☐ Bench scraper (optional)
- ☐ Microplane or zester (optional)
- ☐ Citrus press or reamer (optional)

Cookware

- ☐ 10 to 12-inch oven safe skillet (chicken)
- ☐ 10 to 12-inch skillet (vegetables)

Bakeware

- ☐ 2 6-ounce ramekins or oven-safe baking dishes

Tabletop

- ☐ Plate for seasoning chicken
- ☐ Dinner plates and flatware
- ☐ Serving platters, optional

Other

- ☐ Aluminum foil

Pre-Class Mise en Place and Notes

Please gather all ingredients prior to class if you will be cooking along. It's helpful to organize the ingredients by recipe on rimmed baking sheets. Feel free to pre-measure ingredients, but it's not necessary.

Pan-Roasted Chicken with Dijon-Mushroom Sauce

1. Wash all produce; wipe dirt off of mushrooms with brush or clean towel.
2. No wine? Substitute chicken or vegetable stock.
3. 30 minutes prior to class preheat oven to 375°. Set chicken breasts on a plate and place on counter.

Sautéed Vegetables

1. Wash all produce.
2. Thaw and drain ½ cup frozen peas.

Berry Crisps

1. 30 minutes prior to class, set butter out to bring to room temperature.

PAN-ROASTED CHICKEN WITH DIJON-MUSHROOM SAUCE

Yield: 2 servings

This dish can easily be multiplied for more servings. Instead of moving the skillet with chicken into the oven, transfer the seared chicken breasts to a wire rack over a rimmed baking sheet lined with parchment or aluminum foil and finish the chicken in the oven that way.

2 6-ounce chicken breasts, boneless and skinless
Kosher salt
Freshly ground black pepper
2 tablespoons olive oil

Sauce

4 ounces mushrooms (baby bella, cremini or button), quartered
1 medium shallot, minced
1 garlic clove, minced
2 teaspoons Dijon mustard
1/4 cup dry white wine
1/2 cup chicken broth, low sodium preferred
1/3 cup heavy whipping cream
2 tablespoons fresh parsley, chopped, for garnish

Preheat oven to 375°F and position rack in middle of oven. Pat chicken breasts dry with paper towels and season with salt and pepper. Set aside.

1. **To cook chicken:** Add oil to a large oven-safe skillet set over medium-high heat. When oil is shimmering, use tongs to carefully place seasoned chicken into pan. Cook on first side until golden-brown and chicken releases easily from pan, about 4 minutes. Using the same tongs, turn chicken over. Transfer the skillet with the chicken to the oven. Roast until a digital thermometer inserted into the thickest part of the chicken reads 160°F, 10-15 minutes.

2. Remove skillet from oven, and using clean tongs, set chicken onto a cutting board; tent chicken loosely with foil.

3. **To make pan sauce:** CAUTION: *Handle of skillet will still be very hot. Use an oven mitt to handle.* Return skillet to stove; set heat to medium-high. Add mushrooms and sear without stirring until they are beginning to crisp; stir and continue to cook until mushrooms have developed a golden-brown crust, about 5 minutes. Add shallots and garlic; stir to combine.

4. Reduce heat to medium; add mustard and wine, stirring to combine. Be sure to scrape up any browned bits from the bottom of the pan. Bring liquid to a boil; cook until the liquid has reduced by half. Add broth, stir to combine and repeat the reducing process. Add cream and repeat once again. Taste and adjust seasoning with salt and pepper.

5. **To serve:** Slice chicken against the grain into 1/2-inch thick pieces. Arrange chicken onto a platter or serving plates, and ladle sauce over and around chicken. Garnish with chopped parsley and serve.

Other great pan sauce variations:

Shallot, herbs, stock and red wine
Garlic, rosemary and cream
Olives, capers, lemon and parsley
Tomatoes and herbs

SAUTÉED VEGETABLES

Yield: 2 servings

See the notes at the bottom of the recipe for simple ingredient substitutions for whatever is in season close to you.

1 tablespoon vegetable oil

6 ounces asparagus, woody ends trimmed, and stalks cut into 1-inch pieces on a deep bias

Kosher salt

Freshly ground black pepper

1/2 cup (about 4 ounces) frozen peas, thawed and drained

1 tablespoon chopped fresh herbs (such as mint, parsley, thyme, basil or tarragon)

Zest and juice from 1 lemon

1. Add oil to a large skillet set over medium-high heat. When oil is shimmering, add asparagus; cook undisturbed for about 30 seconds, then sauté by stirring asparagus around the pan. Sauté until asparagus is bright green and has begun to brown, 3-5 minutes. Season with salt and pepper.

2. Add peas and cook until warmed through. Remove from heat and add herbs, zest and juice; stir to combine. Taste and adjust seasoning with salt and pepper.

3. **To serve:** Transfer vegetables to a serving dish or to plates with chicken.

Vegetable variations:

Zucchini

Radishes

English or snap peas

Carrots

Green or wax beans

Artichoke hearts

INDIVIDUAL BERRY CRISPS

Yield: 2 6-ounce ramekins

This classic, easy-to-make berry crisp can be made with almost any fruit. In the summer, berries, plums, cherries, peaches and nectarines are divine. In the fall and winter, try apples or pears studded with cranberries. We are making these in individual ramekins—if doubling or tripling the recipe, use a 9x9 or 9x13 baking dish.

Berry Filling

1/4 cup granulated sugar

1/8 teaspoon kosher salt

1 tablespoon cornstarch

1/2 teaspoon orange or lemon zest

2 1/2 cups berries (blueberries, blackberries, strawberries, raspberries or a combination)

1/2 teaspoon vanilla bean paste or extract

1/4 teaspoon freshly squeezed orange or lemon juice

Crisp Topping

1/2 cup rolled oats

2 tablespoons all-purpose flour

1/4 cup light brown sugar, packed

1/8 teaspoon kosher salt

1/8 teaspoon cinnamon

1/4 cup unsalted butter, room temperature

Preheat oven to 400°F and place a rack in the middle position.

1. **To make filling:** To a medium bowl add sugar, salt, cornstarch and zest; whisk to combine. Add berries and gently toss to coat. Add vanilla and juice; stir to coat.
2. Divide fruit between ramekins.
3. **To make crisp topping:** To a small bowl add oats, flour, sugar, salt and cinnamon; stir to combine. Add butter; using clean hands, work the butter into the dry ingredients until the mixture resembles coarse crumbs.
4. Divide crisp topping over fruit. Transfer ramekins to preheated oven. Bake until crisp topping is golden brown and fruit is bubbling, about 30 minutes.
5. **To serve:** Allow crisps to cool for about 10 minutes before serving.

Recipe Variations:

Substitute gluten-free flour or almond meal for the all-purpose flour in the crisp topping.

Chopped, toasted nuts make a delicious addition to the crisp topping.

Filling variations:

Diced, mixed apples or pears

Pear and cranberry

Peaches, nectarines, plums and cherries