



COOKING CLASSES
AT SUR LA TABLE

SUMMER COCKTAIL HOUR

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

- 3 ounces smoked salmon

Produce

- 1/4 cup blueberries
- 2 lemons
- 1 lime
- Small bunch mint
- 1 bunch fresh herbs (see recipe below for options)
- 1 zucchini
- 2 garlic cloves
- 1 shallot
- Fresh vegetables to serve with dip (carrots, cucumbers, bell peppers, etc.)

Dairy

- 1 egg
- 3 ounces crème fraîche

Pantry Items

- Granulated sugar
- Kosher or sea salt
- Black pepper
- Ground cumin
- All-purpose flour
- Baking powder
- Olive oil

Dry/Canned Goods

- 1 14-ounce can cannellini or white beans

Other

- Gin, see recipe for substitution suggestions
- Elderflower liquor, such as Saint Germain, optional

Equipment Needed

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

Cutlery

- Chef's knife
- Paring knife
- Cutting board

Hand Tools/Gadgets

- Mixing bowls
- Microplane or zester
- Spatula
- Measuring cups and spoons
- Box grater
- Citrus juicer
- Vegetable peeler

Cookware

- Medium to large nonstick skillet

Appliances

- Food processor

Barware

- Cocktail shaker with strainer
- Muddler or wooden spoon
- Coupe or highball glass

Other

- Paper towel-lined baking sheet or plate

Pre-Class Mise en Place and Notes

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

BLUEBERRY GIN SMASH

Yield: 1 cocktail

1/4 cup fresh blueberries

1 teaspoon freshly squeezed lemon juice

1 teaspoon freshly squeezed lime juice

4 mint leaves, plus more for garnish

1 teaspoon granulated sugar

Ice

1 ½ ounce gin

½ ounce elderflower liquor, such as Saint Germain, optional

1 slice of lemon as garnish

1 slice of lime as garnish

1. To a cocktail shaker add blueberries, limes, lemon, mint and sugar. Using a muddler or the handle of a wooden spoon, mash the ingredients together until sugar dissolves.

2. Add a handful of ice to cocktail shaker, along with gin and liquor. Top the cocktail shaker with lid and shake aggressively for about 10 seconds; strain into a coupe or highball glass. Add additional ice if desired. Garnish with mint sprig and citrus slices.

Blueberry Gin Smash variations:

Substitute vodka, tequila, or bourbon for gin.

Don't like mint? Remove it or replace it with thyme, basil or sage.

ZUCCHINI FRITTERS WITH SMOKED SALMON AND CRÈME FRAICHE

Yield: 2 servings, about 6 fritters

1 medium zucchini, coarsely shredded
1 garlic clove, minced
1 tablespoon minced shallot
1/2 teaspoon lemon zest
1/4 teaspoon ground cumin
1/4 teaspoon kosher salt
1/8 teaspoon freshly ground black pepper
1 egg, lightly beaten
1/4 cup all-purpose flour
1/4 teaspoon baking powder
Olive oil

3 ounces smoked salmon
3 ounces crème fraiche

1. **To prepare zucchini fritters:** In a large bowl, combine the zucchini, garlic, shallots, lemon zest, cumin, salt and pepper. Stir in the egg and thoroughly combine. Using a silicone spatula, add the flour and baking powder and mix until just incorporated.

3. **To cook the fritters:** Line a large plate or baking sheet with paper towels. In a large, nonstick skillet on the stove over medium-high heat, add the olive oil and heat until shimmering. Working in batches, add 2 tablespoons of the batter, spreading to form 3-inch fritters. Fry until golden-brown, about 3 minutes, turning halfway through. Using a small spatula, transfer the cooked fritters from the skillet to the paper towels and drain to remove the excess oil. Season fritters lightly with salt.

3. **To serve:** Arrange zucchini fritters on a platter. Dollop crème fraiche evenly between fritters and top with smoked salmon.

Zucchini Fritters with Smoked Salmon and Crème Fraiche variations:

Sour cream can be substituted for crème fraiche.

Choose your favorite version of cured salmon. Cold smoked, hot smoked or gravlax are all equally delicious with this recipe.

Don't like salmon? Substitute with a high-quality ham or simply leave it out.

HERBY WHITE BEAN DIP AND CRUDITE

Yield: *about 1 1/2 cups dip*

Serve with your favorite vegetables. White bean dip can be stored in the refrigerator for about a week.

Dip

1 can, or 1 1/2 cups cooked cannellini beans or white beans, drained and rinsed

1 tablespoon minced shallot

1 minced garlic clove

2 tablespoons olive oil, plus more for garnish

2 tablespoons freshly squeezed lemon juice

Kosher salt and freshly ground black pepper

Water, as needed

2 tablespoons freshly chopped herbs such as rosemary, parsley, thyme or dill, plus more for garnish

Crudit 

Carrots, peeled and cut into coins or strips

Cucumber, cut into coins

Radishes, cut in halves or quarters

Bell Peppers, cut into strips

1. To the bowl of a food processor add beans, shallot, garlic, oil, and lemon juice. Process until mixture is smooth; add water 1 tablespoon at a time if needed to adjust texture. Taste and adjust seasoning with salt and pepper. Add herbs and pulse until herbs are just incorporated.

2. **To serve:** Transfer dip to a bowl; using the back of a spoon, smooth top and create swooshes. Drizzle top of dip with a small amount of olive oil and sprinkle with additional herbs. Serve with crudit .

Herby White Bean Dip and Crudit  variations:

This dip is easily customized. Try adding red pepper flakes for some heat, or ground cumin for a smoky flavor.

Don't have a food processor? A potato masher or fork can be used to mash the beans.

