



COOKING CLASSES
AT SUR LA TABLE

WINTER VEGETARIAN FAVORITES

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

- 2 medium acorn squashes
- 8 ounces button or cremini mushrooms
- 1 small yellow onion
- 2 celery stalks
- 1 small bunch fresh thyme
- 1 small bunch fresh sage
- 1 small bunch fresh parsley
- 2 garlic cloves
- 1 bunch Italian kale
- 2 lemons
- 1 pound Brussels sprouts
- 2 shallots

Dairy

- 1-ounce Parmigiano-Reggiano cheese

Pantry Items

- Olive oil
- Kosher or sea salt
- Freshly ground black pepper
- 1 cup wild rice blend
- Maple syrup
- 1/2 cup dried cranberries
- 2/3 cup pecans

Dry/Canned Goods

- 2 cups vegetable stock

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

- Measuring cups and spoons
- Liquid measuring cup
- Pastry brush
- Wooden spoon
- Microplane
- Mixing bowls (various sizes)
- Tongs
- Mandolin (optional)
- Mesh sieve

Cookware

- Medium saucepan with a lid
- Large nonstick skillet
- Small skillet for toasting pecans

Bakeware

- Rimmed baking sheet lined with parchment paper or silicone baking mat

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.

Wild Rice Stuffed Acorn Squash

1. Preheat the oven to 425°F and line a rimmed baking sheet with parchment paper or silicone baking mat.
2. Wash and dry all produce.
3. Toast pecans.

Shaved Brussels Sprouts with Parmesan and Pecans

1. Wash and dry all produce.
2. Toast pecans.

WILD RICE STUFFED ACORN SQUASH

Yield: 4 servings

Wild rice is actually a semi-aquatic grass that is grown in lakes, tidal rivers and bays of water between two to four feet deep. Wild rice is a native food to North America. The kale in this recipe adds a hearty crunch and will absorb the flavor of the dish over time.

2 tablespoons olive oil, divided
2 medium-sized acorn squash, stem and tip trimmed, cut in half through equator and seeds removed
Kosher salt
Freshly ground black pepper
8 ounces button or cremini mushrooms, cleaned and sliced
1 small yellow onion, diced
2 celery stalks, diced
1 tablespoon fresh thyme leaves, minced
1 tablespoon fresh sage leaves, minced
2 garlic cloves, minced
2 cups vegetable stock
1 cup wild rice blend, uncooked and rinsed
1 1/2 cups Italian kale leaves, ribs removed and thinly sliced
1 teaspoon fresh lemon zest
1 tablespoon maple syrup
1/2 cup dried cranberries
1/4 cup pecans, toasted and chopped

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

1. **To roast the squash:** Using clean hands or pastry brush, lightly coat the cut sides of squash with 1 tablespoon olive oil. Season squash with salt and pepper. Transfer the squash cut side down onto prepared baking sheet and place in the preheated oven. Roast for 30 to 40 minutes, or until the cut side is golden brown and the flesh is tender. Remove from the oven and set aside.

2. **To prepare the rice:** To a medium saucepan set over medium heat, add the remaining 1 tablespoon olive oil. When the oil is shimmering add the mushrooms, onion, celery, thyme, sage, garlic, salt and pepper. Cook, stirring often until vegetables are soft and fragrant, about 5 minutes. Add the stock and stir, scraping the bottom and sides of the saucepan to release any browned bits. Add the rice and bring the mixture to a simmer while stirring. Cover saucepan and reduce heat to low. Cook until the rice is tender, 30 to 45 minutes. When the rice is cooked, taste and adjust seasoning with salt and pepper.

3. While the rice is cooking, to a large mixing bowl add kale, zest, maple syrup, cranberries and pecans; toss to combine. Add the cooked rice to the bowl with kale mixture and toss to combine. Taste and adjust seasoning with salt and pepper.

4. **To assemble:** When the squash halves are cool enough to handle, flip each half over and fill the cavities with the rice mixture, mounding in the center. Return the stuffed squash to the oven for additional 8 minutes.

5. **To serve:** Transfer each squash half to a plate and serve.

Recipe variations:

- Pecans can be substituted for any nut or seed you prefer.

SHAVED BRUSSELS SPROUTS WITH PARMESAN AND PECANS

Yield: 4 servings

When shaved, Brussels sprouts have a similar consistency to cabbage. Quickly cooking the sprouts with shallots and onions brings out the natural sugars and creates a sweeter final dish.

1 pound Brussels sprouts, outer leaves removed, thinly sliced
2 tablespoons olive oil
2 medium shallots, thinly sliced
2 tablespoons fresh lemon juice
1 teaspoon lemon zest
1 tablespoon minced flat-leaf parsley
Kosher salt and freshly ground black pepper
1/3 cup pecans, toasted and roughly chopped
2 tablespoons Parmigiano-Reggiano, finely grated

1. To a large nonstick skillet set over medium heat add olive oil. When the oil is shimmering, add the shallots and cook, stirring often, until translucent and tender, about 2 minutes.
2. Increase the heat to medium-high and add the Brussels sprouts and cook, stirring often, until tender, about 5 minutes. Using a wooden spoon, stir in the lemon juice, zest and parsley. Taste and adjust seasoning with salt and pepper.
3. **To serve:** Transfer the cooked Brussels sprouts to a large bowl or platter, sprinkle with pecans and Parmigiano-Reggiano. Serve immediately.