



COOKING CLASSES

AT SUR LA TABLE

LEARNING SERIES: ENHANCED TECHNIQUES

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

- 1 1/2 pounds salmon fillets

Produce

- 1 pound mixed mushrooms (such as button, chanterelle, cremini or oyster)
- 3 shallots
- 2 oranges
- 3 cups baby arugula
- 1 small fennel bulb
- 1/4 cup pomegranate seeds
- 1 lemon
- 4 apples (such as Granny Smith, Honeycrisp, or Gala)

Dairy

- 2 sticks unsalted butter
- 2 ounces shaved Parmigiano-Reggiano
- 1 egg
- 1 cup heavy whipping cream

Pantry Items

- 8 cups low-sodium chicken broth
- Saffron
- Extra-virgin olive oil
- Kosher salt
- Freshly ground black pepper
- 1 1/2 cups Arborio or Carnaroli rice
- 1/2 cup dry white wine
- Vegetable oil
- Granulated sugar
- Ground cinnamon
- Vanilla bean paste
- Confectioners' sugar
- All-purpose flour

Equipment Needed

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

Cutlery

- Chef's knife
- Paring knife

Hand Tools/Gadgets

- Cutting board
- Measuring cups and spoons
- Mixing bowls (various sizes)
- Ladle
- Wooden spoons
- Silicone spatulas
- Box or cheese grater
- Pliers or fishbone tweezers
- Fish spatula
- Mandoline (optional)
- Whisk
- Vegetable peeler
- Pastry blender (optional)
- Rolling pin
- Silicone pastry brush

Cookware

- Dutch oven or large saucepan with a lid
- Large saucepan or stockpot
- Large ovenproof skillet
- Medium skillet or saucepan

Appliances

- Food processor (optional)
- Stand mixer with a whisk (optional)

Bakeware

- Rimmed baking sheet

Other

- Parchment paper or a 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.**

Saffron Risotto with Wild Mushrooms

1. Add the saffron to the broth and bring to a simmer.
2. Wash and dry all the produce.
3. Trim and slice the mushrooms. Transfer to a bowl and cover with a damp paper towel.

Pan-Seared Salmon with Pomegranate, Orange and Shaved Fennel

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

Apple Crostata with Cinnamon Whipped Cream

1. Wash and dry all the produce.
2. Preheat the oven to 400°F.

Flaky Pie Dough

1. Chill 1 stick of unsalted butter in the refrigerator.
2. Measure all the ingredients and have them portioned and ready.

SAFFRON RISOTTO WITH WILD MUSHROOMS

Yield: 4 servings

6 to 8 cups low-sodium chicken broth

1/8 teaspoon saffron threads

2 tablespoons extra-virgin olive oil

1 pound mixed mushrooms – button, chanterelle, cremini, or oyster, trimmed and sliced

Kosher salt and freshly ground black pepper

2 medium shallots, finely chopped

1 1/2 cups Arborio or Carnaroli rice

1/2 cup dry white wine

2 tablespoons unsalted butter

1 cup (2 ounces) shaved Parmigiano-Reggiano, plus more for garnish

1. To a large saucepan over high heat, add the chicken broth. Heat the broth to a boil and then reduce heat to low, add saffron and cover.

2. **For the risotto:** To a large saucepan or Dutch oven over medium-high heat, add the oil. When the oil is shimmering, add the mushrooms and season with salt and pepper. Cover the skillet and continue to cook the mushrooms until the liquid just starts to release from the mushrooms, about 3 minutes. Remove the lid from the skillet, increase the heat to medium-high and sauté the mushrooms until golden, about 5 minutes. Reduce the heat to medium, add the shallots and cook, stirring frequently, until soft and translucent, about 3 minutes. Add the rice and sauté, stirring constantly, until rice is evenly coated with oil and heated through, about 2 minutes. Add the wine and cook until the pan is almost dry, about 3 more minutes.

3. Using a ladle, add about a cup of hot broth to the rice, stirring continuously with a wooden spoon. Add additional broth, one cup at a time, stirring constantly and adding more broth only after the previous addition has been absorbed. The risotto will be done after about 20 minutes when it is creamy and the rice grains are plump and tender. Remove from the heat and stir in the butter and Parmigiano-Reggiano. Taste and adjust seasoning with salt and pepper.

4. **To serve:** Perfect risotto should flow gently when ladled into a serving dish. If prepared in advance it will thicken as it sits, so just before serving, thin with a little hot broth or hot water to a creamy consistency. Ladle the risotto into 4 warmed, shallow serving bowls. Garnish each with additional Parmigiano and freshly ground pepper.

Recipe variations:

- Substitute mushrooms for leeks, asparagus, or peas. Sauté the leeks with the shallots. Asparagus and peas should be blanched, shocked and added in finishing.

PAN-SEARED SALMON WITH POMEGRANATE, ORANGE AND SHAVED FENNEL

Yield: 4 servings

Salmon is both healthy and delicious. The skin adds nutritional value and flavor. Salmon skin is completely edible and when crisped, the skin provides great textural contrast to the soft flesh.

1 1/2 pounds salmon fillets, trimmed, pin bones removed and portioned
Kosher salt and freshly ground black pepper
2 large ripe oranges
3 cups baby arugula
1 small fennel bulb, quartered lengthwise, cored and thinly sliced crosswise
1/4 cup pomegranate seeds
1 tablespoon shallot, minced
2 teaspoons extra-virgin olive oil
1 teaspoon fresh lemon juice
Vegetable oil, for searing

1. For thick fish fillets (more than 1 1/2 inches) preheat the oven to 400°F to finish cooking. Season salmon fillets generously on all sides with salt and pepper. Cover loosely with plastic wrap and set aside at room temperature.

2. **To prepare the pomegranate, orange and fennel salad:** Using a paring knife, cut all peel and white pith from the oranges and cut between the membranes to release the segments into a medium bowl. (*This technique is called “supreming”.*) Discard the membranes. Add the supremed oranges to a bowl with the arugula, fennel, pomegranate and shallots; toss to combine. Taste and adjust the seasonings with salt and pepper. Set aside. (*Assemble salad no more than ten minutes before serving, as it will wilt the longer it sits.*)

3. **To prepare the salmon:** To a large ovenproof skillet over medium-high heat, add enough oil to cover the bottom of the pan. Heat the oil until it is almost smoking and carefully place the fillets skin side down in the pan with 2-inch spacing between portions. Sear the fillets until the skin is crispy, about 4 minutes. Turn the fillets using a fish spatula and cook, about 3 minutes more. The flesh should no longer be translucent, but still very soft and pink in the thickest part of the fillet. (*If fillets are very thick, the skillet can be placed straight into a 400°F oven to finish cooking.*)

4. **To serve:** Place each salmon fillet on a plate and arrange about a cup of the pomegranate, orange and fennel salad on the side. Serve immediately.

Recipe variations:

- Substitute salmon fillets with any firm-fleshed fish like cod or halibut.

APPLE CROSTATATA WITH CINNAMON WHIPPED CREAM

Yield: 1 (9-inch) crostata, or 8 to 10 servings

Crostatas are Italian free-form tarts that do not need a special pan. They can be made in any season with your favorite fruit.

1 recipe Flaky Pie Dough (recipe included)
4 small apples, such as Granny Smith, Honeycrisp, or Gala, peeled, cored and cut into 1/4-inch thick slices
1/3 cup granulated sugar
1 teaspoon ground cinnamon
Pinch of kosher salt
4 tablespoons unsalted butter, cut into 1/2-inch cubes
1 large egg, beaten for egg wash

Cinnamon whipped cream:

1 cup heavy whipping cream
3 tablespoons confectioners' sugar
1 teaspoon vanilla bean paste
1/2 teaspoon ground cinnamon

Preheat the oven to 400°F and place an oven rack in the middle of the oven. Line a rimmed baking sheet with parchment paper or a silicone mat.

- 1. For the dough:** Remove the dough from the refrigerator about 15 minutes before you are ready to roll it to allow it to soften slightly. Generously flour a work surface and place the chilled dough disk on the flour. Dust the top of the dough with flour. Using a rolling pin, roll the chilled dough into a circle, turning and flipping the dough as needed with a bench scraper to prevent sticking, until the circle measures 14 inches wide and 1/4-inch thick. Starting at one edge, roll the dough around the rolling pin and transfer it to the prepared baking sheet. Chill for 30 minutes or freeze for 10 minutes.
- 2. To prepare the filling:** To a large mixing bowl, add the apple slices, sugar, cinnamon and salt. With a silicone spatula, toss the apples so they are evenly coated with the dry ingredients.
- 3. To assemble:** Spoon the apple filling into the center of the dough. Spread the filling evenly, leaving a 2-inch border. Top the filling evenly with the cubed butter. Fold the dough border over the filling to form a round. Pleat the edge of the pastry and pinch to seal any cracks in the dough. Use a silicone pastry brush to brush the crust with the egg wash. Bake until the crust is golden, about 25 minutes. Cool for 10 minutes before slicing.
- 4. To prepare the whipped cream:** To the bowl of a stand mixer fitted with a whisk attachment, add the cream, confectioners' sugar, vanilla and cinnamon. Beat until soft peaks

form. Cover and store in the refrigerator until needed. Serve dollops of cream with slices of apple crostata.

Recipe variations:

- Substitute pears for the apples.
- Substitute fresh or frozen berries for the apples. Berries do not need to be cooked. Add 2 tablespoons of cornstarch to the berries before filling the crust, to thicken the filling.

FLAKY PIE DOUGH

Yield: 1 (9 or 10-inch) pie crust

This recipe produces a simple, lightly sweetened crust that can be used with all types of fillings. You can make the dough ahead of time, wrap it in plastic and refrigerate it for up to 2 days, or freeze for 1 month.

1 1/4 cups (6 1/4 ounces) unbleached all-purpose flour
2 tablespoons granulated sugar
1/2 teaspoon fine kosher salt
1 stick (4 ounces) cold unsalted butter, cut into 1/2 inch cubes
3 to 4 tablespoons of ice water

1. To the bowl of a food processor or a large mixing bowl, add the flour, sugar and salt. By pulsing or using a pastry blender, cut the butter into the flour until the butter is the size of small peas.
2. Sprinkle the ice water, a tablespoon at a time, over the flour mixture. Pulse or stir the mixture until large clumps form. When enough water has been added to allow the dough to hold together, transfer to a lightly floured work surface. Gather the dough together to form a ball. Flatten the dough into a disk about 6 inches wide, cover in plastic wrap and refrigerate for 30 minutes before using.

Basic Risotto Terms and Translations

Riso: Rice

Risotto: The dish that results from cooking short-grain rice in hot broth, added a little at a time while stirring constantly until tender.

Soffritto: The first step in making risotto; aromatic flavorings such as minced onion, shallots, or leeks are sautéed in butter, olive oil, or a combination of both, for several minutes.

Tostatura: Toasting the rice to seal in the starch.

Brodo: Stock, wine, or other cooking liquid used to cook the rice.

Condimenti: Ingredients added to flavor the risotto such as herbs, spices, meats, vegetables, seafood, cheese and so on.

Al dente: Literally means "to the tooth"; the phrase describes a chewy, but slightly resistant texture.

Mantecatura: The final step in making risotto when the butter or olive oil and grated cheese are vigorously incorporated into the risotto, binding the ingredients and achieving a creamy texture.

All'onda: "On the wave"; a descriptive term suggesting how risotto should "flow" when ladled onto a plate.

Risotto Rice 101

Arborio is most widely known because it was the first Italian rice exported on a large scale. Excellent for risotto, Arborio rice has large, plump grains with high starch content.

Carnaroli is also rich in soluble starch and is considered the best rice for risotto. Because of the consistency of the grains, their high starch content and their resistance to quick cooking.

Vialone Nano has a grain that is shorter and thicker than other risotto rice, with an indentation on the end. It is excellent for risotto because it holds twice its weight in liquid.

Risotto Cooking Tips

Cooking liquids: Risotto absorbs so much liquid while it cooks, the choice of the cooking liquid is critical. If you are making a risotto that contains meat, use beef or veal stock. A risotto with poultry added is best made with chicken stock, while a seafood risotto begs for fish or shellfish stock. In Italy, whole milk is used to cook the rice for sweet dishes, but fruit juice also works well.

Cooking equipment: Risotto can be very sensitive to timing; efficient heat distribution is important. The risotto pan should be wide and heavy-bottomed. A broad surface will disperse the heat more evenly to allow a uniform reduction of the liquid. A heavy bottom will help prevent scorching. **Use a wooden spoon.** Stirring the risotto with a wooden spoon is essential, as metal is more likely to damage the grains of rice.

Toasting the rice: Toasting the rice for about 4 minutes before adding liquid quickly heats up the grain's exterior, prevents it from breaking and seals in the starch. The color should remain pearly white, so take care not to let it turn brown.

How to Select Fresh Fish

Whether you're buying whole fish or fillets, a few simple guidelines will help you pick the freshest and best quality products.

When selecting a whole fish, look for:

- Fresh fish should always smell fresh like the sea, not “fishy.”
- Clear, bright and bulging eyes, not cloudy or sunken.
- Scales that are tightly attached to the skin.
- The skin is not dry, sticky, or tacky.
- Flesh that is springy when touched, not soft.
- Bright pink to maroon colored gills.

Seafood Storage:

- Seafood should be stored in the coldest part of the refrigerator. Always separate raw products from cooked products to prevent cross-contamination.
- To avoid cross-contamination, never share the same utensils and chopping boards with both raw and cooked seafood products.
- Always store marinated items in the refrigerator and never re-use the marinade.

Searing and Pan-Roasting

When **searing** meat or fish, let the item come to room temperature for even cooking. Pat the item dry with paper towels and season well with salt and pepper on all sides. Use a heavy-bottomed, high-quality stainless steel pan for even searing. Add oil, making sure to use enough oil to coat the bottom of your pan evenly. Heat oil until it shimmers. Before adding anything, monitor the pan temperature carefully throughout cooking so as not to burn the item or the fond, the browned bits in the bottom of the pan, which serve as the base of a pan sauce. Carefully lay your item in the pan away from you and let it sear without moving until it's well browned. Once the browned crust has formed, the item will release from the pan, making it easy to turn. Carefully flip the item away from you and sear until the second side is similarly browned.

Pan-roasting is a very useful technique if the item that you are searing is browned but not fully cooked. To pan-roast, place the seared item in a preheated 425°F oven to finish cooking. In many cases, it is a good idea to drain off excess cooking oil before placing the skillet in the oven.

How to Make the Perfect Flaky Pie Crust

Mixing the dry ingredients

It is best to start with your ingredients and equipment as cold as possible. Pastry chefs will often pre-measure and chill dry ingredients with the tools and bowls they will be using before making their dough.

Cutting in the butter

The speed of the food processor will allow the butter to stay cold as long as possible. You can certainly cut the butter into the flour by hand using your fingers or a pastry blender but remember to work quickly and set the bowl in the refrigerator if the butter softens. Once you have reached the desired texture in the processor, transfer the ingredients to a bowl, add the water and finish bringing the dough together by hand to ensure your crust turns out flaky.

Adding the water

It is not a good idea to add the water while the dough is in the processor. As you pulse in the water, you also continue to cut the butter into smaller and smaller pieces, resulting in a mealy rather than a flaky crust. Instead, transfer the mixture to a mixing bowl.

Testing the dough

Grab a handful of the shaggy crumbs and clumps and squeeze them briefly. When you open your hand, they should hold together in a moist, but not sticky mass. The dough should release easily from your hand, leaving very little residue. If clumps of dough or patches of flour fall through your fingers, the dough needs more water.

Kneading the dough

Turn the dough clumps out onto a lightly floured work surface and gently knead them together. It will take between 3 and 6 kneads to bring the clumps into a cohesive dough.

Chilling the dough

Wrap the finished dough in parchment or plastic and refrigerate for 30 minutes. This resting time allows the gluten strands to relax and the dough to finish hydrating; it also firms up the butter. Shape the dough into the shape you intend to roll, such as a round or a square.

Rolling the dough

If the dough is chilled longer than 30 minutes, it can become very firm. If this happens, let it sit on the counter for 10 to 20 minutes, until cool but malleable. You should be able to gently bend the dough without breaking it. Dust your work surface with flour and then lightly dust the top of the dough as well. If a crack or hole forms while rolling, you will need to patch it. Your patch will not hold if you simply pinch the dough back together; you need to use a little water as glue. Brush any flour from the problem area. Then use your finger to lightly run a thin film of cold water over it. To repair a crack, gently lift one side and position it so that it overlaps the other side and press together. To repair a hole, pinch a small piece of dough off the outer edge, lay it over the moistened area and press it together.