



COOKING CLASSES
AT SUR LA TABLE

FEAST OF THE SEVEN FISHES

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

- ☐ 4 anchovy filets or 2 teaspoons of anchovy paste
- ☐ 1/2 pound white-fleshed fish like snapper or cod
- ☐ 1/2 pound medium shrimp
- ☐ 1/4 pound mussels
- ☐ 1/4 pound clams or 1 can of canned whole clams
- ☐ 8 ounces smoked salmon
- ☐ 1 cup oil-packed tuna

Produce

- ☐ 1 yellow onion
- ☐ 8 garlic cloves
- ☐ 1 small bunch oregano
- ☐ 1 bunch parsley
- ☐ 1 small bunch dill
- ☐ 1 small bunch basil
- ☐ 5 lemons
- ☐ 1 head Lacinato kale or romaine lettuce
- ☐ 1 small head radicchio
- ☐ 2 celery stalks

Dairy

- ☐ 1 egg
- ☐ 1/2 cup shaved Parmigiano-Reggiano

Pantry Items

- ☐ Extra virgin olive oil
- ☐ Tomato paste
- ☐ Red pepper flakes
- ☐ Fine kosher salt
- ☐ Freshly ground pepper
- ☐ 1 loaf crusty bread
- ☐ Mayonnaise
- ☐ 1 jar capers
- ☐ Prepared horseradish
- ☐ Dijon mustard

- ☐ Worcestershire sauce
- ☐ Red wine vinegar
- ☐ 1 cup Cerignola olives or mild green olives
- ☐ 1 jar piquillo peppers or roasted red peppers
- ☐ 1, 15-ounce can cannellini beans

Dry/Canned Goods

- ☐ 28-ounce can crushed tomatoes
- ☐ 3 cups seafood stock
- ☐ 3/4 cup dry vermouth or 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
- ☐ Bread knife

Hand Tools/Gadgets

- ☐ Cutting board
- ☐ Measuring cups and spoons
- ☐ Mixing bowls (various sizes)
- ☐ Prep bowls
- ☐ Wooden spoon
- ☐ Spatula
- ☐ Mortar and pestle (optional)
- ☐ Whisk
- ☐ Fishbone tweezers or cleaned needle nose pliers (if purchased fish has bones)
- ☐ Citrus juicer or citrus reamer
- ☐ Silicone or natural pastry brush
- ☐ Tongs

Cookware

- ☐ Dutch oven with a lid or large saucepan with a lid

Bakeware

- ☐ Baking sheet

Tabletop

- ☐ Soup bowls
- ☐ Small serving platter
- ☐ Salad bowl
- ☐ Serving bowl

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.

All Recipes

1. Wash and dry all the produce.
2. Review seafood purchasing and storing notes at the end of this packet before shopping.
3. If purchasing frozen seafood, thaw in the refrigerator.
4. Preheat oven to 375°F.

ANTHONY'S CIOPPINO

Yield: 4 servings

There are no universal rules for a proper Feast of the Seven Fishes; every family has their own tradition. The Italian-American family behind Anthony's recipe decided to consolidate the traditional seven dishes into one so that there was more time at the table and less time in the kitchen.

2 tablespoons olive oil
1 large yellow onion, finely chopped
4 garlic cloves, chopped
1 tablespoon tomato paste
1/2 teaspoon red pepper flakes, plus more to taste
1 anchovy filet or 1 teaspoon anchovy paste
1 28-ounce can of crushed tomatoes
2 teaspoons fresh oregano, roughly chopped
2 tablespoons fresh flat-leaf parsley, roughly chopped, plus more for garnish
2 cups seafood stock, plus more as needed
3/4 cups dry vermouth or dry white wine
1/2 pound white-fleshed fish such as red snapper or cod, skin and bones removed, cut into 2-inch pieces
1/2 pound medium shrimp, peeled and deveined
1/4 pound mussels, scrubbed and beards removed
1/4 pound clams, scrubbed and beards removed or 1 can of canned clams
Kosher salt and freshly ground pepper

1. To a large saucepan or Dutch oven set over medium heat, add the oil. When the oil is shimmering, add the onion and sauté, stirring occasionally with a wooden spoon, until softened, about 4 minutes. Add the garlic and continue to sauté until fragrant, about 1 minute. Add tomato paste, pepper flakes and anchovy and cook until fragrant, about 1 minute.

2. Add the tomatoes, herbs, seafood stock and vermouth; bring to a simmer. Cook until the stew begins to thicken, about 10 minutes.

3. Gently stir in the fish and cook for 5 minutes. Add the shrimp, mussels and clams, gently stirring into the stew. Increase the heat to medium-high and cover the pan. Cook until the mussels and clams open and the shrimp is opaque, about 3 minutes. Remove the lid and discard any unopened mussels or clams. If the stew seems too thick, add additional stock and thin to desired consistency. Taste and adjust seasoning with salt, pepper and red pepper flakes.

4. **To serve:** Arrange an even portion of fish, shrimp, mussels and clams in 4 serving bowls. Pour the stew over the seafood and garnish with parsley. Serve with crusty bread or spaghetti.

Recipe variations:

- Cioppino is traditionally made with seafood that is freshly caught from the ocean. Talk to your fishmonger to learn what is freshest and substitute for any of the seafood in the ingredient list.

BRUSCHETTA WITH SMOKED SALMON SPREAD

Yield: 8 bruschettas

This bruschetta is the perfect first bite to celebrate the Feast of the Seven Fishes.

For the bruschetta:

8 (1/4-inch thick) slices of crusty bread
3 tablespoons extra virgin olive oil, divided
Fine kosher salt
1 tablespoon dill, finely chopped

For the spread:

1/4 cup mayonnaise
1 1/2 tablespoons capers, minced
2 teaspoons prepared horseradish
1 1/2 tablespoons lemon juice
2 teaspoons flat-leaf parsley, minced
8 ounces smoked salmon, crumbled
Fine kosher salt and freshly ground black pepper

1. **To prepare the bruschetta:** Preheat oven to 375°F and arrange the bread slices on a rimmed baking sheet. Using a silicone pastry brush, brush tops with 2 tablespoons of olive oil and season lightly with salt. Bake until toasted, 5 to 8 minutes.
2. **To prepare the smoked salmon spread:** Place the mayonnaise, capers, horseradish, lemon juice, parsley and smoked salmon in a medium bowl and mix with a fork until well combined and creamy. Taste and adjust seasoning with salt and pepper.
3. **To serve:** Spread about 1 heaping tablespoon of smoked salmon spread onto each toast, garnish with dill and drizzle with the remaining olive oil. Arrange on a serving platter and serve immediately.

Recipe variations:

- Swap smoked salmon with your favorite smoked fish, like smoked trout.
- To add some heat to your spread, add 1/2 teaspoon of red pepper flakes.

CAESAR SALAD

Yield: 4 servings

Feel free to use a variety of your favorite hearty greens.

*2 small garlic cloves
1 teaspoon anchovy paste or 3 whole anchovy fillets
1 large egg yolk
1 teaspoon Dijon mustard
1 teaspoon Worcestershire sauce
1 tablespoon fresh lemon juice
1 tablespoon red wine vinegar
1/4 cup extra-virgin olive oil
Fine kosher salt and freshly ground black pepper
1 head of Lacinato kale or romaine lettuce, ribs removed
1 small head of radicchio, halved, cored and thinly sliced
1/2 cup shaved Parmigiano-Reggiano
Lemon wedges for serving*

1. **To prepare the dressing:** In a mortar and pestle, mash the garlic cloves and anchovy into a paste. Alternatively, make the paste by finely chopping the garlic first, then adding the anchovy and using the flat side of the knife blade to mash the mixture into a smooth paste.
2. To a medium bowl, add the garlic and anchovy paste and whisk together with the egg yolk, Dijon mustard, Worcestershire sauce, lemon juice and red wine vinegar. While whisking quickly, slowly drizzle in the olive oil until completely incorporated. Taste and adjust seasoning with salt and pepper.
3. Cut the kale or lettuce crosswise into thin ribbons and transfer to a large mixing bowl; add the radicchio. Toss the greens with enough vinaigrette to generously coat.
4. Divide between salad plates and top with shaved Parmigiano-Reggiano; serve with lemon wedges.

Recipe variations:

- Swap the radicchio for arugula or thinly sliced radishes.

** SAFE HANDLING INSTRUCTIONS: To prevent illness from bacteria: keep eggs refrigerated, cook eggs until yolks are firm and cook foods containing eggs thoroughly.*

CANNELLINI BEANS WITH OLIVES, TUNA AND CAPERS

Yield: 4 servings

2 teaspoons garlic, minced
1 teaspoon lemon zest
1/4 cup fresh lemon juice
1/4 cup extra-virgin olive oil, plus more for drizzling
1 cup Cerignola olives or mild green olives, pitted, halved
2 celery stalks, thinly sliced
3 tablespoon capers, rinsed
1/4 cup flat-leaf parsley, roughly chopped
4 roasted piquillo peppers or roasted red peppers, julienned
1 cup drained olive oil-packed tuna in a jar or good-quality oil-packed canned tuna, broken into large pieces
1, 15-ounce can cannellini (white kidney) beans, rinsed, drained
Fine kosher salt and freshly ground black pepper
1/4 cup basil leaves, cut into ribbons

1. To a large bowl add the garlic, zest and lemon juice. Slowly whisk in the olive oil until well combined.
2. Stir in the olives, celery, capers, parsley and peppers. Gently fold in the tuna and beans; taste and adjust seasoning with salt and pepper.
3. **To serve:** Transfer salad to a serving bowl and garnish with basil. Serve with crusty bread.

How to Select Fresh Fish and Shellfish

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

When selecting a whole fish, look for:

- Fresh fish or shellfish 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 and the skin is not dry, sticky or tacky.
- Flesh that is springy when touched, not soft.
- Bright pink to maroon gills.

On display does not always mean fresh:

- When buying shellfish such as shrimp, the items in a grocery store case have typically been frozen and thawed. All fish should be clearly marked “fresh” or “previously frozen.”
- Since most frozen seafood has been IQF (individually quick frozen) when caught, you may actually get a fresher product when choosing frozen seafood.
- Buy seafood at busy markets. Stores with heavy traffic usually have fresher product.

When buying live shellfish like clams, mussels and oysters:

- Look for tightly closed shells or shells that close when touched. If you notice any shells that are open before cooking, discard them.
- When buying live shellfish like crabs and lobster, look for signs of movement.
- When buying any fish or shellfish, transport it home as quickly as possible and store in the refrigerator until just before cooking, ideally within 1 or 2 days.
- To remove the beard, the filaments on the sides of the shell are used to attach the mussels to rocks, hold the mussel upright and use your fingers to pull firmly down towards the hinge. Remove the beards just before cooking.

Seafood Storage:

- Seafood should be stored in the coldest part of the refrigerator. Always separate raw products from cooked products to prevent cross-contamination.
- Do not store live shellfish in sealed plastic bags or immersed in tap water, as they will suffocate. Remove shellfish from any store packaging and store in clean, open containers with damp cloths covering them.
- 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.