

COOKING CLASSES
AT SUR LA TABLE

BITE-SIZE DESSERTS
WITH WW

WITH CHEF SUR LA TABLE

IN PARTNERSHIP WITH



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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 cups blackberries or raspberries, optional

Dairy

- 10 tablespoons unsalted butter
- 4 eggs

Pantry Items

- Marcona almonds
- All-purpose flour
- Baking soda
- Baking powder
- Ground ginger
- Kosher or sea salt
- Granulated sugar
- Light brown sugar
- Almond extract
- Vanilla extract
- Orange marmalade
- Unsweetened cocoa powder

Dry/Canned Goods

- 15-ounce can black beans, rinsed and drained

Other

- Cooking spray
- 1/2 cup mini semisweet chocolate chips
- 5 tablespoons bittersweet chocolate chips

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
- Measuring spoons
- Mixing bowls, various sizes
- Wooden spoon
- Silicone spatula
- Heat safe mixing bowl
- Whisk

Cookware

- Small saucepan

Appliances

- Food processor
- Stand mixer or hand mixer

Bakeware

- 2 baking sheets lined with parchment paper or silicone baking sheet
- Mini muffin pan

Other

- Shallow bowl or plate

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.

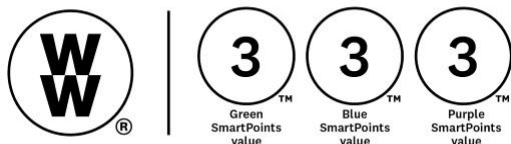
Marcona Almond and Orange Thumbprint Cookies

1. Preheat oven to 350°F
2. Remove butter from refrigerator 30 minutes prior to class

Flourless Mini-Chocolate Cakes with Chocolate Ganache

1. Rinse and drain black beans
2. Wash and dry berries, if using

FLOURLESS MINI-CHOCOLATE CAKES WITH CHOCOLATE GANACHE



Recipe yield: 32 servings

Serving size: 1 mini cake

Nobody will ever guess (or taste!) the secret ingredient that makes these little cakes so fudgy and moist.

Cooking spray

15 oz rinsed and drained canned black beans

1/2 cup sugar

1/4 cup unsweetened cocoa powder

4 tablespoons unsalted butter, melted

3 large eggs

1/2 teaspoon table salt

1/2 teaspoon baking powder

1/2 teaspoon vanilla extract

1/2 cup mini semisweet chocolate chips

5 tablespoon bittersweet chocolate chips

1/4 cup water

2 cups fresh blackberries or raspberries (optional)

1. Preheat oven to 350°F. Coat 32 mini muffin cups with cooking spray.

2. **To prepare the batter:** Combine beans, sugar, cocoa powder, butter, eggs, salt, baking powder, and vanilla extract in a food processor; puree until smooth (stopping once to scrape down the sides). Add mini chocolate chips; pulse until just combined. Spoon a heaping tablespoon of batter into each prepared muffin cup; bake 10 minutes. Remove from oven; let cool in pan.

3. **To prepare the ganache:** Place bittersweet chocolate and water in top of a double boiler (or a heat-proof bowl set over simmering water); whisk mixture until fully melted and glossy, adding more water if necessary, to thin. Remove from heat; let cool for 10 minutes before spreading each cake with a scant teaspoon glaze. Top each with a whole berry or berry slice (if using).

MARCONA ALMOND AND ORANGE THUMBPRINT COOKIES



Recipe yield: 48 cookies

Serving size: 1 cookie

2/3 cup marcona almonds, plain, dry-roasted
1 1/4 all-purpose flour
1/2 teaspoon baking soda
1/2 teaspoon ground ginger
1/2 teaspoon salt
1/3 cup sugar
1/4 cup light brown sugar
6 tablespoon unsalted butter, at room temperature
1 large egg
1/2 teaspoon almond extract
1/3 cup orange marmalade

1. Preheat oven to 350°F. Line two baking sheets with parchment paper.

2. **To prepare the ingredients:** Pulse almonds in a food processor until finely chopped (or chop by hand). In a small bowl, combine 1/4 cup chopped almonds, flour, baking soda, ginger and salt; set aside remaining almonds in a shallow bowl.

3. In a large bowl, using an electric mixer, cream both types of sugar and butter together. Add egg and almond extract; beat until fluffy. Beat in flour mixture until just combined. Scoop out dough using a teaspoon measure and roll into 48 balls (about 9 gm each); gently roll each dough ball in reserved chopped almonds. Place on prepared baking sheets and bake for 5 minutes. Remove pans from oven and using the end of a wooden spoon, press a small indentation in the center of each cookie. Return pans to oven and bake until lightly browned and set, about 4 to 5 minutes more. Remove from oven and fill each cookie with 1/4 teaspoon marmalade. Let cool.

About WW (Weight Watchers): WW is a global wellness company and the world's leading commercial weight management program. WW inspires millions of people to adopt healthy habits for real life. To learn more about the WW approach to healthy living, please visit ww.com.

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**In 6-mo study, 88% of participants said *myWW* was an easier way to lose weight vs. when they tried on their own, funded by WW.

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