



COOKING CLASSES
AT SUR LA TABLE

SUMMER CHICKEN DINNER

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

- 1.25 to 1.5 pounds boneless, skinless chicken breasts

Produce

- 3 shallots
- 1 lemon
- 2 bunches fresh herbs, such as parsley, thyme, rosemary or oregano
- 1 pound baby, marble or fingerling potatoes
- 1 pound green beans
- 1 garlic clove

Dairy

- 2 tablespoons unsalted butter

Pantry Items

- Kosher or sea salt
- Black peppercorns, pre-ground or in a pepper grinder
- Vegetable oil
- Olive oil

Dry/Canned Goods

- 1 1/2 cups chicken broth

Other

- 1/4 cup 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
- Paring knife
- 2 cutting boards

Hand Tools/Gadgets

- Tongs
- Digital thermometer
- Wooden spoon
- Whisk
- Various sized mixing bowls
- Spatula
- Slotted spoon
- Colander
- Microplane or zester

Cookware

- 12" or bigger oven-safe skillet
- Large saucepan
- Medium to large skillet for green beans

Bakeware

- Rimmed baking sheet

Tabletop

- Serving bowls and platters

Other

- Aluminum foil

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.

Pan-Roasted Chicken Breasts with White Wine Herb Sauce

1. Preheat oven to 400°F.
2. 10 minutes prior to class remove chicken from refrigerator and packaging, place chicken on a plate and set aside.

Oven-Roasted Baby Potatoes

1. Place your rimmed baking sheet into oven while oven preheats.

Sautéed Green Beans

1. Fill a large mixing bowl halfway with ice and water(fill mostly with ice and less water). Bring a large saucepan full of water to a boil, then reduce to low and keep warm.

PAN-ROASTED CHICKEN BREASTS WITH WHITE WINE HERB SAUCE

Yield: 4 servings

4 (5-ounce) skinless, boneless chicken breasts

Sea salt and freshly ground black pepper

1 tablespoon vegetable oil

2 shallots, minced

1/4 cup dry white wine

1 1/2 cups chicken broth

2 tablespoons fresh lemon juice

2 tablespoons chopped fresh herbs such as parsley, thyme, rosemary, sage or oregano

Preheat oven to 400°F degrees.

1. **To prepare the chicken:** Pat the chicken breasts dry with paper towels and season with salt and pepper on both sides; set aside.

2. **To cook the chicken:** To a large ovenproof skillet set over medium-high heat, add oil. When oil is shimmering, carefully add chicken breasts and cook until golden brown, about 4 minutes. Using tongs, flip the chicken and transfer the skillet to the oven to roast until an instant-read thermometer inserted into the thickest part registers 165°F, 12 to 14 minutes. Transfer the chicken to a plate and tent with aluminum foil to keep warm, reserving the skillet.

3. Return the skillet to the stove over medium-high heat; add shallots and cook until tender, about 2 minutes. Add the wine, chicken broth and lemon juice; use a silicone spatula to scrape up any browned bits from the bottom of the pan. Bring the liquid to a boil and continue to cook until it has reduced by half. Add herbs; taste and adjust seasoning with salt and pepper.

4. **To serve:** Place chicken breasts on dinner plates, spoon sauce over the chicken, and serve immediately.

Pan-Roasted Chicken variations:

Bone-in, skin-in chicken breast or thighs can be substituted in this recipe. Please note that cooking times will be longer.

No wine? Simply omit it from the recipe.

OVEN-ROASTED BABY POTATOES

Yield: 4 servings

1 pound baby, marble or fingerling potatoes, cut into bite-sized pieces

2 tablespoons olive oil

Kosher salt and freshly ground black pepper

1 tablespoon unsalted butter, at room temperature

2 tablespoons chopped fresh herbs such as parsley, thyme, rosemary, sage or oregano

Preheat oven to 400°F. Preheat rimmed baking sheet in oven while prepping ingredients.

1. To a medium bowl, add potatoes, oil, salt and pepper; toss until thoroughly coated. Carefully spread potatoes cut side down on the preheated baking sheet. Transfer potatoes to the oven and roast, stirring halfway, until tender and golden-brown, 30 to 35 minutes.

2. **To serve:** Transfer potatoes to a large serving bowl and toss together with butter and herbs. Taste and adjust seasoning with salt and pepper.

SAUTEED GREEN BEANS

Yield: 4 servings

Kosher salt

1 pound green beans, trimmed

1 tablespoon olive oil

1 tablespoon unsalted butter

1 shallot, minced

1 garlic clove, minced

1 teaspoon lemon zest

1 teaspoon fresh lemon juice

1 tablespoon chopped fresh herbs such as parsley, thyme, rosemary, sage or oregano

Freshly ground black pepper

1. **To blanch beans:** Prepare a large bowl of ice water and set aside. Bring a large pot of water to a rolling boil over high heat. Generously season the water with salt. Add the beans and cook until crisp-tender, about 2 minutes. Remove green beans from the boiling water and transfer to a bowl of ice water; cool and drain well, set aside.

2. **To sauté beans:** To a large skillet set over medium heat, add oil and butter. When butter is melted and foaming has subsided, add the shallots and cook until tender, about 2 minutes. Add the garlic and cook until fragrant, about 1 minute. Add the beans and cook, stirring occasionally, until the beans are warmed throughout, about 3 minutes. Stir in zest, juice, and herbs. Taste and adjust seasoning with salt and pepper.

3. **To serve:** Transfer the beans to a warmed serving bowl or warmed plates. Serve immediately.