



COOKING CLASSES
AT SUR LA TABLE

THE RISE OF BLACK FOOD IN AMERICA

WITH MARCUS SAMUELSSON

IN PARTNERSHIP WITH



VORACIOUS

LITTLE,
BROWN

📍 #surlatablecookingclass @surlatable @marcuscooks

Ingredient Shopping List

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

Proteins

- ☐ 4, 4-ounce center-cut, skin-on halibut fillets (see recipe note for substitutions)

Produce

- ☐ 2 limes
- ☐ 1 bunch fresh thyme
- ☐ 1 bunch fresh mint
- ☐ 1 bunch parsley
- ☐ 1 bunch scallions
- ☐ 4 small apples (any variety)
- ☐ 1 bunch collard greens
- ☐ 1 small head napa cabbage
- ☐ 1 head radicchio
- ☐ 1 grapefruit
- ☐ 2 jalapeño chiles
- ☐ 4 cloves garlic
- ☐ 2-inch piece fresh ginger
- ☐ 1 lemon
- ☐ 1 small yellow onion

Dairy and Refrigerated

- ☐ 1 cup fresh ricotta
- ☐ 2 eggs
- ☐ 4 tablespoons unsalted butter

Pantry Items and Spices

- ☐ 1/4 teaspoon berbere seasoning
- ☐ 2 tablespoons tamarind paste (see recipe notes for suggestions)
- ☐ 2 tablespoons honey
- ☐ 2 tablespoons granulated sugar
- ☐ 2 tablespoons light brown sugar
- ☐ 4 tablespoons extra virgin olive oil
- ☐ 1/2 cup coconut flakes
- ☐ 1 teaspoon sesame oil
- ☐ 1 teaspoon Dijon mustard
- ☐ Worcestershire sauce
- ☐ Kosher or sea salt

Dry/Canned Goods

- ☐ 1 1/2 cup unsweetened coconut milk
- ☐ 2 tablespoons fish sauce
- ☐ 2 tablespoons soy sauce
- ☐ 2 tablespoons rice wine vinegar
- ☐ 2 cups Carolina Gold rice grits (see recipe notes for substitution)

Other

- ☐ 1 cup Champagne or sparkling wine
- ☐ 1/2 cup gin
- ☐ 1/2 cup mead
- ☐ Nonstick spray

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 cups
- ☐ Citrus press
- ☐ Whisk
- ☐ Vegetable peeler
- ☐ Mixing bowls (various sizes)
- ☐ Microplane grater
- ☐ Wooden spoon
- ☐ Silicone or natural-bristle pastry brush

Cookware

- ☐ Small saucepans
- ☐ Small sauté pans
- ☐ Large saucepan with a lid

Appliances

- ☐ Blender or food processor

Bakeware

- ☐ Small baking dish, 8" x 8" or 9" x 13"

Barware

- ☐ Large cocktail shaker
- ☐ Cocktail serving glasses (such as a low-ball glass)

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.

Mar Cocktail

1. Prepare and chill the Honey Simple Syrup. This can be done up to 1 month before class.

Collard Greens and Fresh Cheese Salad

1. Wash and dry all produce.

Gold Coconut Broken Rice with Tamarind-Glazed Halibut

1. If Carolina Gold rice grits cannot be found, Chef Samuelsson recommends pulsing long-grain rice in a food processor for about 5 to 10 seconds to break up the individual grains. If using this substitution, please complete this step before class.

2. Prepare tamarind glaze recipe before class.

MAR COCKTAIL

Joe Stinchcomb

Yield: 4 cocktails

Robert R. Bowie was a Black bartender who, along with a group of Washington, D.C.'s, top Black barmen, founded the exclusive Mixologist Club in 1889. Historians have found information about the Black bartender members, who gained wealth and fame behind the bar, even before Prohibition. We named this cocktail after mar, the word for honey in Ethiopia. It's so nice to see that, just like in cooking, diversity is happening behind the bar. This cocktail is in honor of him. Raise a glass.

1 cup Champagne
1/2 cup gin
1/2 cup mead
Juice of 2 limes
2 tablespoons honey simple syrup (recipe follows)
1/4 teaspoon berbere seasoning
2 sprigs fresh thyme
8 fresh mint leaves

1. Combine the Champagne, gin, mead, lime juice, simple syrup, berbere, and thyme sprigs in a large cocktail shaker and fill with ice. Shake for 20 to 30 seconds.
2. Serve over ice with two mint leaves in each glass.

HONEY SIMPLE SYRUP

Yield: 3/4 cup

1/2 cup water
2 tablespoons honey
2 tablespoons sugar

1. Combine the water, honey, and sugar in a small saucepan set over high heat and stir until the sugar dissolves. Set aside to cool. Refrigerate in an airtight container for up to 1 month.

COLLARD GREEN AND FRESH CHEESE SALAD

Marvin Woods

Yield: 6 to 8 servings

Marvin Woods is a dear, dear friend of mine. He's done every trade in the cooking business. He's owned his own restaurant, he has cooked on a boat, and as a caterer. He was there at Café Beulah, off Park Avenue. He's worked all over the world, and he's been at it for forty years. Marvin has Southern ties—he spent a big portion of his life in South Carolina—and the collards give a nod to that. He's also big into cooking healthy food, which is why this salad is the perfect fit.

4 small apples, peeled, pitted and cut into 1/4-inch slice
2 cups packed finely sliced collard greens ribbons
1 cup packed finely sliced napa cabbage
1 radicchio head, finely sliced
1 grapefruit, peeled and segmented
1 cup fresh ricotta

Coconut vinaigrette:

4 tablespoons extra virgin olive oil
2 jalapeño chiles, chopped
2 cloves garlic, minced
1/2 cup coconut flakes
1/2 cup unsweetened coconut milk
Juice of 1 lemon
2 large egg yolks
1 teaspoon sesame oil
1 teaspoon Dijon mustard
4 dashes Worcestershire sauce
1 tablespoon chopped fresh parsley

1. **Make the vinaigrette:** Heat 1 tablespoon of the olive oil in a small sauté pan set over medium heat. Once the oil shimmers, add the jalapeño and garlic and cook, stirring frequently, for 3 to 4 minutes, until the garlic is fragrant and the jalapeño begins to soften. Add the coconut flakes and continue cooking until lightly browned, 2 to 3 minutes. Set aside to cool slightly. Combine the remaining 3 tablespoons olive oil, the coconut milk, lemon juice, egg yolks, sesame oil, mustard, and Worcestershire in a blender or small food processor and process until combined and an emulsion is formed. Transfer to a bowl, add the sautéed jalapeño mixture and the parsley, and whisk to combine. Set aside until ready to use.

2. **Assemble and serve the salad:** Combine the collard greens, cabbage, and radicchio in a large serving bowl, add the vinaigrette, and toss well. Add the cheese, apples, and grapefruit and gently toss. Serve immediately.

Recipe variations:

- The original recipe in the book calls for pickled peaches and fresh cheese. For seasonality and instruction purposes, Chef Samuelsson is substituting with apples and fresh ricotta.

GOLD COCONUT BROKEN RICE WITH TAMARIND-GLAZED HALIBUT

JJ Johnson

Yield: 4 servings

JJ Johnson—not only is he my neighbor, but he’s also brought up so much to Harlem by creating jobs and opportunities as a chef and owner of the brilliant Fieldtrip. I had the honor to cook with Maya Angelou in her house in the Carolinas, where there was always a rice pot on the stove. Listening to her talk about her life while swaddled in the smell of rice was one of the most moving experiences I’ve had. I didn’t say a lot; I just listened, spellbound. I think about her when I cook with broken rice. Here we pair it with halibut broiled with a tamarind glaze. For me, this recipe showcases both comfort and finesse, which is JJ’s background. He’s thrived in fast-casual and fine-dining kitchens.

2 teaspoons kosher salt
2 cups Carolina Gold rice grits
4 tablespoons unsalted butter
1 small onion, finely diced
2 cloves garlic, grated
1 cup unsweetened coconut milk
Nonstick spray
4 (4-ounce) center-cut skin-on halibut fillets
Tamarind-Ginger Glaze (recipe follows)
4 scallions, sliced on the bias

1. Bring 4 cups water and the salt to a boil in a large saucepan. Stir the grits into the boiling water, reduce the heat to maintain a simmer, and cook until the rice is almost tender, about 20 minutes.
2. Heat 1 tablespoon of the butter in a small sauté pan set over medium heat. When the butter melts, add the onion and garlic and cook until the onion is translucent, about 5 minutes. Remove from the heat and set aside.
3. Once the rice is almost tender, add the onion mixture and coconut milk and heat through. Add the remaining 3 tablespoons butter and stir to melt. Cover and set aside until ready to serve.
4. Preheat the oven to the high broil function. Spray a small baking dish with nonstick spray. Add the halibut fillets to the dish and brush generously with the tamarind glaze. Place in the oven 5 inches from the broiler and broil for 5 to 6 minutes, until the fish is just cooked through.
5. Serve the grits topped with halibut, drizzled with remaining glaze, and garnished with scallions.

Recipe variations:

- If you cannot find Carolina Gold rice grits, Chef Samuelsson recommends pulsing long-grain rice in a food processor for about 5 to 10 seconds to break up the individual grains.
- Cod, tilefish, salmon, or char are great substitutes for halibut.

TAMARIND-GINGER GLAZE

Yield: makes about 1/2 cup

2 tablespoons tamarind paste, seeds removed
2 tablespoons hot water
2 tablespoons fish sauce
2 tablespoons soy sauce
2 tablespoons grated fresh ginger
2 tablespoons rice wine vinegar
2 tablespoons light brown sugar

1. Place the tamarind paste in a small bowl, add the hot water, and stir to combine. Set aside for 5 minutes.
2. Combine the tamarind mixture, fish sauce, soy sauce, ginger, vinegar, and brown sugar in a small saucepan and bring to a boil over medium heat. Cook until reduced to 1/2 cup, about 10 minutes.

Recipe variations:

- Both brick and jarred tamarind paste work great in this recipe. For this class, we recommend using jarred tamarind paste because it is simpler to work with as there are no seeds.

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