



COOKING CLASSES
AT SUR LA TABLE

FRESH SPRING PASTA + DESSERT

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.

Produce

- 1 bunch asparagus
- 2 lemons
- Small bunch of fresh basil
- Small bunch of fresh flat-leaf parsley
- 1 quart strawberries

Dairy

- 8 large eggs
- 1/2 cup heavy whipping cream
- 3 tablespoons unsalted butter
- 1/2 cup Parmigiano-Reggiano, freshly grated

Frozen

- Ice
- 1 pint good-quality vanilla bean gelato or ice-cream

Pantry Items

- All-purpose flour
- Fine kosher salt
- Extra-virgin olive oil
- Semolina flour
- Freshly ground black pepper
- Good-quality aged balsamic vinegar
- Granulated sugar

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)
- Prep bowls
- Pasta cutter (optional)
- Slotted spoon or spider
- Tongs
- Colander
- Citrus juicer or reamer
- Citrus zester or microplane
- Bench scraper (optional)
- Cheese grater
- Ice cream scoop

Cookware

- Stockpot or large saucepan
- Steamer insert
- Skillet
- Medium saucepan with a lid

Appliances

- Pasta maker or stand mixer with a pasta attachment

Bakeware

- Baking sheet

Tabletop

- 4 pasta bowls
- 4 dessert bowls

Other

- Plastic wrap

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.

Homemade Pappardelle Pasta

1. Clear off a section of your countertop for rolling and shaping pasta.

Fresh Pasta with Lemon, Asparagus, Parmigiano-Reggiano, and Poached Egg

1. Wash and dry all the produce.
2. Set up a steamer basket or colander in a stockpot over simmering water.

Balsamic Macerated Strawberries with Vanilla Bean Gelato

1. Wash and dry all the strawberries.

HOMEMADE PAPPARDELLE PASTA

Yield: 4 servings

Pappardelle is a hand-cut large pasta ribbon shape traditionally served with creamy or rustic sauces. The pasta's name comes from the Italian verb 'pappare' which means "to gobble up."

12 1/2 ounces (2 3/4 cups) unbleached all-purpose flour, plus more for dusting

1 teaspoon fine kosher salt

4 large eggs

1 tablespoon extra-virgin olive oil

Semolina flour, for dusting pasta and surfaces

1. **To make the dough:** To a large mixing bowl, place the flour and salt; whisk to combine. Make a "well" in the center of the flour mixture, add the eggs and the oil. Using a fork, blend the eggs into the flour mixture, stirring the flour in from the sides of the well and working outwards. When the pasta dough is thoroughly mixed, turn it out on a lightly floured work surface. Knead the dough until it is smooth and flexible but not sticky, adding small amounts of flour as needed; about 5 minutes. Shape the dough into a ball and flatten it into a disk. Cover with plastic wrap and allow to rest for at least 20 minutes or up to an hour at room temperature.

2. **To roll out and cut the dough:** Secure a pasta machine to the edge of a long countertop or fit a stand mixer with the pasta roller attachment. Using a bench scraper, cut the dough into 4 pieces. Keep the extra dough covered in plastic wrap while working with one piece. With a rolling pin, roll the piece of dough into a rough rectangle that will fit inside the widest setting of the pasta machine. Roll the dough through the machine, catching it with one hand as you roll with the other. Take the dough and trifold it like a letter. Turn the dough so one open end faces the machine and roll it through on the widest setting again. Fold, turn and roll once more on the widest setting.

3. Continue rolling the pasta through the machine without folding, adjusting the rollers to a smaller setting each time. Roll until the desired thickness of approximately the second thinnest setting is reached. If the pasta sheet becomes too large to handle, use a bench scraper to cut it into more manageable lengths and continue rolling.

4. Liberally flour one sheet of pasta and loosely roll it into a cylinder. Using a sharp knife, cut the roll into 3/4-inch ribbons. Unwrap the noodles, toss with semolina flour and set aside covered with a clean kitchen towel. The pasta can be cooked immediately or covered with plastic wrap and refrigerated for up to 24 hours before use.

FRESH PASTA WITH LEMON, ASPARAGUS, PARMIGIANO-REGGIANO WITH POACHED EGGS

Yield: 4 servings

To poach the eggs in advance, cook the eggs until the whites are barely set and place them directly into an ice bath. When ready to use, warm the eggs in a simmering pot of water for 1 minute. Eggs can be poached and chilled up to 2 days before serving.

1 bunch thin asparagus, trimmed and cut crosswise at a 45° angle into 1-inch pieces

1 recipe Homemade Pappardelle Pasta, rolled into thin sheets (2nd to the last thinnest setting on pasta machine), hand-cut into pappardelle, dusted with semolina flour and covered with plastic wrap

1/2 teaspoon kosher salt, plus more for seasoning

1/2 cup heavy whipping cream

3 tablespoons unsalted butter

2 tablespoons lemon zest

1/4 cup fresh lemon juice

1/2 cup fresh basil, thinly sliced

1/4 cup fresh flat-leaf parsley, chopped

Freshly ground black pepper

4 large eggs, poached

1/2 cup Parmigiano-Reggiano cheese, freshly grated

1. **To steam the asparagus:** Add the asparagus to a steamer set over boiling water, cover and steam until tender, about 3 minutes. Transfer the asparagus to a colander to drain and place in a bowl of ice water to stop the cooking. Drain and set aside.

2. **To cook the pasta:** Heat a large pot of water over high heat until boiling. Generously season the water with salt. Add the pasta and stir immediately to prevent it from sticking together. Cook until al dente, 2 to 3 minutes. Reserve about a cup of the pasta water and drain the pasta through a colander.

3. **To make the sauce:** To a skillet set over medium-low heat, add the cream and butter. Heat until the butter is melted. Stir in the lemon zest, juice and 1/2 teaspoon of salt. Add the hot pasta and asparagus to the sauce and cook, gently tossing the pasta until it is coated with the sauce. If the pasta looks dry, add just enough of the reserved pasta water to achieve a saucy consistency. Add the basil and parsley and toss thoroughly. Taste and adjust the seasoning with salt and generously season with black pepper.

4. **To serve:** Transfer pasta to 4 warmed pasta bowls, top each portion with a warmed poached egg and garnish with grated Parmigiano-Reggiano.

BALSAMIC MACERATED STRAWBERRIES WITH VANILLA BEAN GELATO

Yield: 4 servings

This easy dessert is quintessentially Italian as it highlights the simplicity and flavors of fresh ingredients. The acid in the balsamic vinegar will bring out the ripe, sweet flavor of the strawberries. A bit of black pepper, adds some heat and dimension. Try serving with sweetened mascarpone or vanilla gelato or let it shine on its own.

4 cups fresh strawberries, hulled and thinly sliced
3 tablespoons good-quality aged balsamic vinegar
1 tablespoon granulated sugar
1/2 teaspoon freshly ground black pepper
1 pint good-quality store-bought vanilla gelato or ice cream

1. To a large mixing bowl, add the sliced strawberries in a large bowl. Drizzle with the vinegar and add the sugar and pepper. Using a silicone spatula, gently fold the mixture until well combined. Let the mixture stand at room temperature for 30 minutes before serving or until strawberries release their juices.
2. **To serve:** Scoop the ice cream into 4 dessert bowls, top with the strawberries and the juice.

Types of Pasta

Fresh pasta is a completely different product from dried pasta. Fresh pasta is typically made from eggs and all-purpose or “00” flour, a very finely ground flour from Italy. Dried pasta dough is typically made with water and semolina, a flour with a much higher gluten content. The structure of semolina pasta dough makes it sturdy enough to be forced through extruders into the numerous shapes we see in the grocery store. Also, semolina pasta dries very well which results in a product with a long shelf life. Flour and egg pasta dough, on the other hand, is more delicate and best enjoyed fresh. Fresh pasta is easy to make at home and can be rolled and cut by hand, or by using a pasta machine. Below are a few guidelines for making and using fresh pasta.

Making Fresh Pasta

- The classic ratio for fresh pasta dough is 3 parts flour to 2 parts egg, which works well if you weigh your ingredients. Do this by placing a large mixing bowl on a digital scale and zeroing out the weight. Add 1 egg for each main course serving you want to make into the bowl and then add 1 1/2 times that amount of flour.
- If you do not have a digital scale, you can use the following formula, taking into account that you may need to add a little more flour if the dough is too wet. Each large egg weighs about 2 ounces, while each cup of flour weighs about 5 ounces. So, if you want to make 4 main-course servings of pasta, combine 4 large eggs (8 ounces) and a scant 2 1/2 cups (12 ounces) of flour.
- Traditionally, pasta is made by piling the flour on a work surface, making a “well” in the center, adding the eggs and mixing everything together. To make the process easier to handle, place the flour in a large mixing bowl, combine the ingredients and turn everything out on a work surface for kneading.
- Kneading pasta in quantities typically made at home is best done by hand. To knead, gather the dough in a ball, press downward on it with the heel of your hand, fold the dough onto itself and repeat. Properly kneaded pasta dough should be very smooth and supple but not sticky, which should take 5 to 10 minutes.
- It is important to allow the dough to rest, wrapped in plastic wrap for at least 10 minutes and up to an hour at room temperature before rolling. If you try to roll the dough before it rests, the dough will be too elastic and will spring back when rolled.
- When rolling pasta dough, make sure to flour it generously with semolina to prevent sticking. When the pasta sheet emerges from the rollers, catch it on the back of your hand, rather than with your fingertips, to avoid making indentations in the dough sheet.
- Pasta dough can be kept in the refrigerator for up to 24 hours or wrapped in airtight packaging and frozen for up to a month.