



COOKING CLASSES
AT SUR LA TABLE

INDIAN COOKING AT HOME

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 pound boneless, skinless chicken thighs

Produce

- ☐ 4 inch piece of fresh ginger
- ☐ 6 garlic cloves
- ☐ 3 lemons
- ☐ 1 small yellow onion
- ☐ 2 shallots
- ☐ 2 carrots
- ☐ 1 red bell pepper
- ☐ 1 cup green beans
- ☐ 2 cups spinach leaves
- ☐ 1 lime
- ☐ Small bunch of cilantro

Dairy

- ☐ 1/4 cup whole-milk plain yogurt
- ☐ 1/3 cup ghee or coconut oil
- ☐ 2 cups heavy whipping cream

Dry/Canned Goods

- ☐ 28-ounce can crushed, peeled tomatoes
- ☐ 13-ounce can coconut milk
- ☐ 1/2 cup cashews, toasted

Pantry Items

- ☐ Ground cumin
- ☐ Ground mace
- ☐ Freshly ground nutmeg
- ☐ Ground cardamom
- ☐ Chile powder
- ☐ Ground turmeric
- ☐ 1/2 cup tomato paste
- ☐ Crushed red chile flakes
- ☐ 16 green cardamom pods
- ☐ Garam masala
- ☐ Ground coriander
- ☐ Ground cumin
- ☐ Kosher salt
- ☐ Vegetable oil
- ☐ Curry powder
- ☐ Cayenne pepper
- ☐ 1 1/2 cups basmati rice
- ☐ Caraway seeds
- ☐ 1 bay leaf
- ☐ 1/2 cinnamon stick
- ☐ 2 whole cloves

Equipment Needed

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

Cutlery

- ☐ Chef's knife

Hand Tools/Gadgets

- ☐ Cutting board
- ☐ Measuring cups and spoons
- ☐ Mixing bowl (various sizes)
- ☐ Silicone spatula
- ☐ Whisk
- ☐ Wooden spoon
- ☐ Colander
- ☐ Fork
- ☐ Lemon juicer
- ☐ Microplane
- ☐ Vegetable peeler

Cookware

- ☐ 2 large skillets
- ☐ Medium saucepan with a lid

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.

Classic Butter Chicken

1. 30 minutes before class, remove the chicken from the refrigerator and allow to come to room temperature.
2. Wash and dry the produce.

Coconut Vegetable Curry with Cashews

1. Toast and cool the cashews.
2. Wash and dry the produce.

Cardamom-Scented Basmati Rice

1. Wash and dry produce.

CLASSIC BUTTER CHICKEN

Yield: 4 servings

Don't be intimidated by the list of ingredients; the recipe is actually quick and easy to make. Both the sauce and the marinated chicken can be prepared ahead of time and cooked at the last minute.

Chicken marinade:

1/4 cup whole-milk plain yogurt
1 tablespoon fresh ginger, minced
1 tablespoon garlic, minced
1 teaspoon ground cumin
1/4 teaspoon ground mace
1/4 teaspoon freshly ground nutmeg
1/4 teaspoon ground cardamom
1/4 teaspoon chile powder
1/4 teaspoon ground turmeric
3 tablespoons fresh lemon juice
1 pound boneless, skinless chicken thighs, cut into 1-inch pieces

Butter chicken sauce:

1/4 cup ghee or coconut oil
1 small yellow onion, thinly sliced
2 teaspoons garlic, minced
2 teaspoons fresh ginger, minced
1/2 cup tomato paste
12 green cardamom pods
1 teaspoon crushed red chile flakes
4 teaspoons ground turmeric
2 teaspoons garam masala
2 teaspoons ground coriander
2 teaspoons ground cumin
1 (28-ounce) can crushed, peeled tomatoes
2 cups heavy whipping cream
Kosher salt
1 tablespoon fresh lemon juice, plus more to taste

1. ***To marinate the chicken:*** To a large bowl, add the yogurt, ginger, garlic, spices and lemon juice; whisk to combine. Add the chicken and stir to coat completely. Cover and marinate in the

refrigerator for at least 2 hours or up to 8 hours.

2. **To prepare the butter chicken sauce:** To a large skillet, add the ghee and heat over medium-high heat until the ghee is hot and shimmering; add the onion and cook until browned, about 5 minutes. Add the garlic and ginger and cook until fragrant, about 1 minute. Stir in the tomato paste, cardamom, and chile flakes and cook, stirring often, until the tomato paste darkens in color, about 2 minutes. Add the remaining spices and cook, stirring often, until fragrant, about 2 minutes.

3. Add the tomatoes and marinated chicken to the sauce and bring to a boil, stirring often. Reduce heat to a simmer, scraping up the browned bits on the bottom of the pot. Stir in the cream and simmer, stirring occasionally, until the chicken is cooked through and sauce thickens, 20 to 25 minutes. Taste and adjust seasoning with salt and lemon juice.

4. **To serve:** Transfer the chicken and sauce to a warmed serving dish.

COCONUT VEGETABLE CURRY WITH CASHEWS

Yield: 4 servings

This mild vegetable curry is quick to cook and a welcome vegetarian addition to an Indian meal. For ease, use the rim of a teaspoon to peel the ginger and chop it in a mini food processor.

1/4 cup vegetable oil
2 shallots, thinly sliced
4 large garlic cloves, minced
2 tablespoons fresh ginger, finely chopped
2 teaspoons ground cumin
2 teaspoons ground coriander
1 tablespoon curry powder
1/2 teaspoon ground cardamom
1/2 teaspoon cayenne pepper (optional)
2 carrots, peeled and cut into 1/4-inch thick rounds
1 red bell pepper, trimmed, cored and cut into 1/8-inch thick strips
1 cup green beans, trimmed and cut into 2-inch pieces
1 (13-ounce can) coconut milk
2 cups spinach leaves
Kosher salt and freshly ground black pepper
2 tablespoon fresh lime juice, plus more to taste
1/2 cup fresh cilantro leaves, for garnish
1/2 cup cashew, toasted, for garnish

1. To a large skillet over medium heat, heat the oil until hot but not smoking. Add the shallots, garlic, and ginger. Cook, stirring constantly, until the shallots are soft, 2 to 3 minutes. Add the cumin, coriander, curry powder, cardamom, and cayenne and cook, stirring constantly, until spices are fragrant and toasted, 2 to 3 minutes, taking care not to burn them.
2. Add the carrots, bell pepper strips, and green beans stirring to coat with oil and spices. Add 1 teaspoon of salt and cook, stirring occasionally, for 2 minutes. Add the coconut milk, stirring well to combine. Partially cover the skillet and simmer until the vegetables are crisp-tender, 5 to 6 minutes. Remove the lid and stir in the spinach; cook until wilted, about 1 minute. Add the lime juice, taste and adjust seasoning with salt and pepper.
3. **To serve:** Place curry in a serving bowl and garnish with cilantro leaves and cashews.

CARDAMOM-SCENTED BASMATI RICE

Yield: 6 servings

Soaking the rice is optional but highly recommended to prevent the delicate rice from breaking during cooking. If you don't want whole spices in the final dish, make a sachet with cheesecloth and butcher's twine to hold the spices and remove it before serving.

1 1/2 cups basmati rice
1 1/2 tablespoons ghee or vegetable oil
1/2 teaspoon caraway seeds
4 green cardamom pods
1 bay leaf
1/2 cinnamon stick
2 whole cloves
2 cups water
Kosher salt
Zest and juice of 1 lemon

1. ***To prepare the rice for cooking:*** Rinse the basmati rice with cold water until the water runs clear and is no longer cloudy. Soak the rinsed rice for at least 30 minutes in cold water before proceeding with the next step.

2. To a medium saucepan over medium-high heat add the ghee and spices. Cook until toasted and fragrant, about 1 minute. Add the rice and 2 cups water and bring to a boil. Reduce to a simmer, cover and cook for 10 minutes or until tender. Fluff the rice with a fork; taste and adjust seasoning with salt. Keep warm until serving. Right before serving, fold in the lemon zest. Taste and adjust seasoning with lemon juice.