



**COOKING CLASSES**  
AT SUR LA TABLE

# **SUMMER VEGETARIAN MEAL**

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 garlic clove
- 1 lemon
- 1 bunch green onions
- 6 ounces sugar snap peas

## Dairy

- 1 egg
- ½ cup crumbled feta cheese
- ¾ cup plain whole milk yogurt

## Frozen

- 1 ½ cups frozen cauliflower rice

## Pantry Items

- All-purpose flour
- Cayenne pepper
- Baking powder
- Kosher or sea salt
- Black peppercorns in a grinder or mill
- Vegetable oil
- Ground cumin
- Red pepper chile flakes
- Olive oil
- Apple cider vinegar

## Dry/Canned Goods

- 1 cup quinoa
- 1/4 cup pumpkin seeds, roasted and salted

# 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

- Mixing bowls, various sizes
- Whisk
- Measuring cups and spoons
- Silicone spatula
- Small ice cream scoop, optional
- Flexible turner or spatula
- Fine-mesh strainer
- Microplane
- Garlic rocker, optional

## Cookware

- Large non-stick skillet
- Medium saucepan

## Bakeware

- Wire rack
- Baking sheet

## **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.

### **Cauliflower and Feta Fritters with Spicy Yogurt Sauce**

1. Thaw and drain cauliflower rice.
2. Wash and dry all produce.
3. Line a baking sheet with paper towels or a wire rack.

### **Quinoa and Sugar Snap Pea Salad**

1. Wash and dry all produce.
2. Line a baking sheet or plate with a clean dishtowel or paper towels.

## CAULIFLOWER AND FETA FRITTERS WITH SPICY YOGURT SAUCE

*Yield: 2-4 servings, about 16 small fritters*

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### *Fritters:*

*1 teaspoon sea salt, divided  
1/2 cup unbleached all-purpose flour  
1/4 teaspoon ground cayenne pepper  
1/2 teaspoon baking powder  
1 large egg  
1 garlic clove, minced  
1 teaspoon lemon zest  
1 1/2 cups frozen cauliflower rice, thawed and drained well  
1/2 cup crumbled feta cheese  
1/4 cup thinly sliced green onion  
1/4 teaspoon freshly ground black pepper  
1/4 cup vegetable oil*

### *Sauce:*

*3/4 cup plain whole-milk yogurt  
2 tablespoons fresh lemon juice  
1/4 teaspoon ground cumin  
1/4 teaspoon red pepper chile flakes  
Sea salt and freshly ground black pepper*

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Preheat oven to 200°F.

1. **To prepare fritters:** To a medium bowl add salt, flour, cayenne and baking powder; whisk to combine. To a separate large bowl add egg, garlic and lemon zest; whisk to combine. Add the flour mixture to the egg mixture and whisk until a smooth batter is achieved. Add cauliflower rice, feta, green onion and pepper; stir well to combine. Set aside.

2. **To cook fritters:** To a large nonstick skillet set over medium-high heat, add oil. Using a 2-tablespoon measure, scoop batter into the hot oil, flattening with the back of the scoop if necessary. Repeat the process with the remaining batter, working in batches to not overcrowd the skillet. Cook fritters until golden brown, about 3 minutes. Using a flexible spatula, carefully flip fritters and cook until golden brown on the other side, about 2 minutes more. Transfer the cooked fritters to a paper-towel lined tray, season with salt and transfer to the oven to keep warm.
3. **To prepare sauce:** To a medium bowl, add yogurt, lemon juice, cumin and chile flakes; whisk to combine. Taste and adjust seasoning with salt and pepper.
4. **To serve:** Transfer fritters to a large platter and serve with spicy yogurt sauce on the side.

***Cauliflower and feta fritters variations:***

Sauce: Adjust the level of spiciness by reducing the amount of chile flakes in the yogurt sauce. Chopped herbs make a delicious addition to the sauce as well. Dairy free? Substitute the feta with a dairy-free cheese or omit. Cashew cream could be substituted for the sauce's yogurt base. Vegan? Make the suggested alterations for dairy listed above and use your favorite egg substitute in the fritter batter.

## QUINOA SALAD WITH SUGAR SNAP PEAS

*Yield: about 2 cups of salad*

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*6 ounces sugar snap peas*

*1 cup quinoa, rinsed and drained*

*3 tablespoons olive oil*

*1 tablespoon apple cider vinegar*

*Kosher salt and freshly ground black pepper*

*1/4 cup pumpkin seeds, roasted and salted*

*1/4 cup thinly sliced green onions*

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1. **To prepare peas:** To a medium saucepan add water and bring to a boil. Add peas and cook until peas turn bright green, about 1 minute. Remove peas from water with a spider or a slotted spoon to a mesh strainer and rinse under cold water. Dry on a clean kitchen towel or a paper towel lined plate. Once cool and dry, slice peas into 1-inch pieces on the diagonal.

2. **To prepare quinoa:** Bring the same saucepan with water to a boil; add additional water if necessary to bring amount to 3 cups. Once water is boiling add quinoa. Reduce heat to medium and cook quinoa until tender, about 15 minutes. Drain through a fine mesh strainer and return to warm pot to dry quinoa out. Set aside to cool.

3. To a medium mixing bowl add oil, vinegar, salt and pepper; whisk to combine. Add peas, quinoa, pumpkin seeds and green onions; stir to combine. Taste and adjust seasoning with salt and pepper. Serve at room temperature or chilled.

### ***Quinoa Salad with Sugar Snap Peas variations:***

For an Asian-style salad, substitute 2 tablespoons of oil with sesame oil and rice vinegar for the apple cider vinegar.

Any of your favorite nuts or seeds can be substituted for pumpkin seeds.

Extra cooked vegetables laying around? Toss them into the salad!