



COOKING CLASSES
AT SUR LA TABLE

SPRINGTIME IN FRANCE

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

- ☐ 3 ounces thick-cut bacon

Produce

- ☐ 3 large yellow onions
- ☐ 2 garlic cloves
- ☐ 1 bunch fresh thyme
- ☐ 1 shallot
- ☐ 4 cups frisée greens
- ☐ 1 lemon
- ☐ 4 cups strawberries

Dairy

- ☐ 2 tablespoons unsalted butter
- ☐ 8 ounces Gruyère cheese
- ☐ 4 large eggs

Pantry Items

- ☐ Olive oil
- ☐ Kosher salt
- ☐ Freshly ground black pepper
- ☐ Distilled white vinegar
- ☐ White wine vinegar
- ☐ Dijon mustard
- ☐ Extra-virgin olive oil
- ☐ Good-quality aged balsamic vinegar
- ☐ Granulated sugar

Dry/Canned Goods

- ☐ 3/4 cup brandy, such as Calvados or Cognac
- ☐ 8 cups low-sodium beef broth
- ☐ 1/2 baguette

Equipment Needed

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

Cutlery

- ☐ Chef's knife
- ☐ Paring knife
- ☐ Serrated knife
- ☐ Cutting board

Hand Tools/Gadgets

- ☐ Measuring cups and spoons
- ☐ Mixing bowls
- ☐ Prep bowls
- ☐ Wooden spoon
- ☐ Garlic roller (optional)
- ☐ Microplane (optional)
- ☐ Citrus juicer or reamer
- ☐ Box grater or cheese grater
- ☐ Silicone spatula
- ☐ Slotted spoon
- ☐ Whisk

Cookware

- ☐ Dutch oven or large heavy-bottomed saucepan with a lid
- ☐ 4-quart saucepan
- ☐ Medium skillet

Bakeware

- ☐ Rimmed baking sheet

Tabletop

- ☐ 4 ovenproof soup cocottes or bowls
- ☐ 4 dessert bowls or cups
- ☐ 4 salad plates

Other

- ☐ Paper towels

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.

French Onion Soup

1. Wash and dry all the produce.
2. Preheat the oven to 375°F.

Frisée Salad with Poached Eggs and Crispy Lardons

1. Wash and dry all the produce.

Balsamic Macerated Strawberries

1. Wash and dry the strawberries.

FRENCH ONION SOUP

Yield: 6 servings

The secret to French onion soup is the proper caramelizing of the onions. This takes time and patience, but the natural sweetness this technique brings to the overall flavor of the dish is worth the wait.

2 tablespoons unsalted butter, plus more for buttering baguette slices

1 tablespoon olive oil

1 1/4 pounds (about 3 large) yellow onions, thinly sliced

1 teaspoon kosher salt, plus more to taste

1/2 teaspoon freshly ground black pepper, plus more to taste

2 large garlic cloves, minced

3/4 cup brandy, such as Calvados or Cognac

5 fresh thyme sprigs

8 cups low-sodium beef broth

1/2 baguette

8 ounces Gruyère cheese, grated

Preheat the oven to 375°F.

1. ***To prepare the onions:*** To a large heavy-bottomed saucepan or Dutch oven set over medium heat, add the butter and olive oil. When the butter is melted, add the onions, 1 teaspoon of salt and 1/2 teaspoon of pepper. Cover the pan and cook the onions on medium heat, stirring with a wooden spoon occasionally until soft and translucent, about 20 minutes. Uncover the pan and continue to cook the onions, stirring occasionally and scraping the bottom of the pan to release the brown bits, until the onions are a deep, dark brown color, about 30 minutes more.

3. ***To prepare the soup base:*** Add the garlic to the onions and sauté until aromatic, about 1 minute. Add the brandy to deglaze the pan, scraping the browned bits from the bottom of the pan with a wooden spoon. When the liquid is almost completely evaporated, add the thyme and broth. Bring the soup to a simmer and cook until the flavors have developed, about 30 minutes. Taste and adjust the seasoning with salt and pepper.

4. ***To prepare the croutons:*** While the soup is simmering, slice the baguette into 1/2-inch thick slices. Butter both sides of the bread, transfer to a rimmed baking sheet and toast in the oven until golden brown, about 10 minutes. Remove the toasted bread from the oven and increase the oven temperature to 450°F.

5. ***To serve:*** Divide the soup among individual cocottes, filling three-fourths full and place on a rimmed baking sheet. Place enough toasted bread in each bowl to cover most of the surface

area and top with a generous layer of cheese. Place the cocottes in the oven and bake until the cheese melts, turns golden brown and bubbly. Serve immediately with additional freshly ground black pepper.

Recipe variations:

- If you would like an alcohol-free version, omit the brandy and substitute it with additional beef broth.

FRISÉE SALAD WITH POACHED EGGS AND CRISPY LARDONS

Yield: 4 servings

Eggs can be poached in advance and reheated in warm water just before serving.

2 quarts water

2 teaspoons white distilled vinegar

4 large eggs

3 ounces thick-cut bacon, cut crosswise into 1/4-inch thick strips

1 tablespoon shallot, minced

1 tablespoon white wine vinegar

1 tablespoon fresh lemon juice

2 teaspoons Dijon mustard

2 tablespoons extra-virgin olive oil

Kosher salt and freshly ground black pepper

4 cups frisée greens, torn into bite-size pieces

1. **To poach the eggs:** Fill a medium bowl halfway with warm water. To a 4-quart saucepan set over medium heat, add 2 quarts of water, the distilled vinegar and bring to a gentle simmer. Break 1 egg into a small dish. Slide the egg into the saucepan and immediately push the white around the yolk with a slotted spoon to form an oval shape. Poach the egg for 2 minutes for runny yolks, or 3 to 4 minutes for firm yolks. Immediately transfer the poached egg to the bowl with warm water. Repeat with the remaining eggs. Please note that multiple eggs can be poached at the same time; however, for more perfect eggs, poaching 1 to 2 eggs at a time is recommended. To serve, lift the eggs from the warm water with a slotted spoon, 1 egg at a time and dab the back of the spoon onto a double layer of paper towels to drain off the excess water. Trim any rough edges, if desired.

2. **To prepare the lardons:** To a medium skillet set over medium-high heat, add the bacon. Cook the bacon until crisp, about 6 minutes. Use a slotted spoon to transfer the bacon to a paper towel-lined plate to drain. Set aside.

3. **To prepare the vinaigrette:** To a medium bowl, add the shallot, vinegar, lemon juice and mustard; whisk to combine. While whisking vigorously, slowly drizzle in the olive oil. Taste and adjust the seasoning with salt and pepper. Set aside.

4. **To assemble the salad:** Place the frisée in a large mixing bowl and toss with enough vinaigrette to coat. Divide the frisée among 4 chilled plates, sprinkle with lardons and top with the poached eggs. Season the salad with salt and pepper and serve immediately.

BALSAMIC MACERATED STRAWBERRIES

Yield: 4 servings

This simple dessert highlights the simplicity and flavors of fresh ingredients. The acid in the balsamic vinegar will bring out the ripe and sweet flavor of the strawberries. A bit of black pepper adds some heat and dimension. Try serving with sweetened crème fraîche or vanilla bean ice cream 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. 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:** Divide the strawberries and juice into 4 dessert bowls.