



**COOKING CLASSES**  
AT SUR LA TABLE

**FESTIVE THANKSGIVING  
WITH WW**

WITH SUR LA TABLE CHEF

IN PARTNERSHIP WITH



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# 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 boneless, skinless turkey breast (about 2 pounds)

## Produce

- ☐ 3/4 cup loosely packed sage leaves
- ☐ 1 bunch fresh thyme
- ☐ 2 lemons
- ☐ 6 garlic cloves
- ☐ 2 large sweet potatoes
- ☐ 1 pound Brussels sprouts
- ☐ 1 small red onion

## Dairy

- ☐ 3 tablespoons, plus 2 teaspoons unsalted butter
- ☐ 2 tablespoons heavy cream

## Pantry Items

- ☐ Cooking spray
- ☐ Kosher or sea salt
- ☐ Black peppercorns in a grinder or freshly ground
- ☐ 1 3/4 cups chicken broth
- ☐ 3/4 cup dried cherries
- ☐ Extra virgin olive oil
- ☐ Dijon mustard
- ☐ 1/3 cup unsalted, dry-roasted hazelnuts

# 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 cup
- ☐ Mixing bowls (various sizes)
- ☐ Fork
- ☐ Spoon or baster
- ☐ Digital thermometer
- ☐ Wooden spoon
- ☐ Small whisk
- ☐ Tongs
- ☐ Small jar with tight-fitting lid (optional)

## Cookware

- ☐ Small skillet

## Bakeware

- ☐ Small roasting pan or oven-proof skillet big enough to fit one turkey breast (preferred)
- ☐ 12-count muffin pan

## Tabletop

- ☐ 2 medium serving platters
- ☐ Salad serving bowl

## Other

- ☐ Foil
- ☐ 1 small plate lined with 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.

### **All Recipes**

1. Wash and dry produce.
2. Preheat oven to 400°F.
3. Set butter out on counter 30 minutes prior to class to soften.

## LEMON-SAGE ROAST TURKEY BREAST

 SmartPoints® value per serving

**Recipe yield:** 8 servings

**Serving size:** 3 slices of turkey and 1 tablespoon of sauce

A roasted boneless turkey breast is a cook's secret weapon. It is less intimidating to prepare than a whole bird and it's also perfect for smaller holiday tables.

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*3 tablespoons unsalted butter, softened, divided*  
*3 tablespoons fresh sage, chopped, plus extra for garnish (optional)*  
*1 tablespoon fresh thyme, chopped*  
*1/2 teaspoon lemon zest, grated, plus extra for garnish (optional)*  
*1/2 teaspoon kosher salt*  
*1/2 teaspoon black pepper, freshly ground*  
*1 boneless, skinless turkey breast (2 pounds)*  
*1 1/2 cup chicken broth, divided*  
*6 large garlic cloves, unpeeled*  
*2 tablespoons fresh lemon juice*

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1. Preheat oven to 400°F.
2. Combine 1 1/2 tablespoon of butter, sage, thyme, lemon zest, salt and pepper in small bowl and mash with a fork; spread butter mixture all over turkey.
3. Place turkey in a small roasting pan or a large ovenproof skillet; pour 3/4 cup of chicken broth around the turkey and add garlic cloves to pan. Roast turkey, uncovered, basting turkey and turning garlic cloves twice, until turkey is cooked through and an instant-read thermometer inserted into thickest part of turkey registers 165°F, about 45 minutes. Transfer turkey to cutting board, cover loosely with foil and let rest 10–15 minutes.
4. Meanwhile, remove garlic from pan; peel cloves. Place roasting pan or skillet with turkey drippings on stovetop over high heat; add garlic cloves, remaining 3/4 cup of chicken broth and lemon juice. Bring mixture to a boil, scraping bottom of skillet to incorporate drippings; continue boiling until sauce reduces and thickens slightly, mashing garlic to blend into sauce, 2–3 minutes. Remove from heat and strain sauce into a small bowl; swirl in remaining 1 1/2 tablespoon of butter until melted.
5. Cut turkey into about 24 slices and arrange on a serving platter; drizzle with any drippings from cutting board. Spoon sauce over turkey or serve on the side; garnish with more fresh lemon zest and chopped sage, if desired.

## SWEET POTATO STACKS WITH CRISPY SAGE LEAVES

   SmartPoints® value per serving

**Recipe yield:** 12 servings

**Serving size:** One potato stack per serving

You won't believe how easy it is to make this restaurant-worthy side dish from the comfort of your own home.

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*Cooking spray*

*1/4 cup chicken broth*

*2 tablespoons heavy whipping cream*

*3/4 teaspoon kosher salt*

*2 large sweet potatoes, peeled and thinly sliced*

*2 teaspoons unsalted butter*

*1/2 cup fresh sage (use 12 whole leaves)*

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1. Preheat oven to 400°F. Coat a 12-count muffin pan with cooking spray.
2. In a medium bowl, whisk together broth, heavy cream and salt; add potatoes and toss until well-coated.
3. Layer 4 to 5 sweet potato slices in each prepared muffin hole; drizzle remaining liquid from mixing bowl over potatoes. Cover pan with foil and bake for 20 minutes; uncover pan and bake until tops are browned, about 20 minutes more.
4. While potatoes bake, to prepare sage leaves, melt butter in a small skillet over medium heat. Add sage leaves and cook, flipping once, until crispy, about 1 to 2 minutes; remove from heat. Top each potato stack with a sage leaf when ready to serve.

## BRUSSELS SPROUTS SALAD WITH DRIED CHERRIES AND HAZELNUTS

 SmartPoints® value per serving

**Recipe yield:** 12 servings

**Serving size:** about 2/3 of a cup

This gorgeous salad will brighten up your holiday table, offering freshness to offset the richer dishes included in the feast. It's an ideal make-ahead option, too, as the flavor only gets better over time, and the textures either hold their own or improve.

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*1 pound Brussels sprouts, trimmed and very thinly sliced*  
*1/2 small red onion, thinly sliced*  
*3/4 cup dried cherries*  
*2 tablespoons extra virgin olive oil*  
*2 1/2 tablespoons fresh lemon juice*  
*1 teaspoon lemon zest*  
*1 teaspoon Dijon mustard*  
*1/2 teaspoon kosher salt*  
*1/4 teaspoon black pepper*  
*1/3 cup unsalted dry-roasted hazelnuts, chopped*

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1. Combine Brussels sprouts, onion and cherries in a large bowl.
2. Combine oil, lemon juice, lemon zest, mustard, salt and pepper in a small jar. Seal lid and shake jar to emulsify dressing. Drizzle dressing over Brussels sprouts mixture and toss well to coat. Arrange in a serving bowl and sprinkle with hazelnuts.

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**\*\***In 6-mo study, 88% of participants said myWW was an easier way to lose weight vs. when they tried on their own, funded by WW.

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