



**COOKING CLASSES**  
AT SUR LA TABLE

**FRESH SEAFOOD DINNER**

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

- ☐ 4 salmon fillets (5 to 6-ounce)

## Produce

- ☐ 4 lemons
- ☐ Small bunch of fresh flat-leaf parsley
- ☐ 4 pounds Yukon Gold or russet potatoes
- ☐ Small bunch of fresh thyme
- ☐ 1 pint strawberries

## Dairy

- ☐ 2 sticks plus 1 tablespoon unsalted butter
- ☐ 1 cup whole milk
- ☐ 1 cup buttermilk
- ☐ 3 large eggs
- ☐ 1 1/2 cups heavy whipping cream

## Pantry Items

- ☐ Kosher salt
- ☐ Freshly ground black pepper
- ☐ Vegetable oil
- ☐ 2 tablespoons capers
- ☐ Granulated sugar

## Dry/Canned Goods

- ☐ 1/4 cup dry white wine

# Equipment Needed

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

## Cutlery

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

## Hand Tools/Gadgets

- ☐ Measuring cups and spoons
- ☐ Mixing bowls (various sizes)
- ☐ Fish tweezers
- ☐ Citrus juicer or reamer
- ☐ Microplane or zester
- ☐ Fish spatula
- ☐ Wooden spoons
- ☐ Potato ricer or food mill
- ☐ Vegetable peeler
- ☐ Whisk
- ☐ Fine-mesh strainer
- ☐ Silicone spatula
- ☐ Colander

## Cookware

- ☐ Ovenproof skillet
- ☐ Stockpot or large saucepan
- ☐ Small saucepan
- ☐ Medium saucepan

## Appliances

- ☐ Stand mixer with a whisk attachment or hand mixer

## Tabletop

- ☐ 4 dessert bowls or ramekins

## Other

- ☐ Paper towels
- ☐ Ice
- ☐ Aluminum foil

## **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.

### **Pan-Seared Salmon with White Wine Pan Sauce**

1. 30 minutes before class, remove the salmon from the refrigerator and allow it to come to room temperature.
2. Wash and dry all the produce.
3. Preheat the oven to 450°F.

### **Thyme Whipped Potatoes**

1. Wash and dry all the produce.

### **Mousse au Citron**

1. Wash and dry all the produce.
2. Chill heavy whipping cream.

## PAN-SEARED SALMON WITH WHITE WINE PAN SAUCE

***Yield:*** 4 servings

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*4 (5 to 6-ounce) salmon fillets, pin bones removed*  
*Kosher salt and freshly ground black pepper*  
*2 tablespoons vegetable oil*  
*4 tablespoons plus 1 teaspoon unsalted butter, divided*  
*2 tablespoons capers, rinsed and roughly chopped*  
*2 tablespoons fresh lemon juice*  
*1/4 cup dry white wine*  
*2 tablespoons fresh flat-leaf parsley, finely chopped plus more for garnish*

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Preheat the oven to 450°F and position a rack in the center.

1. ***To prepare salmon:*** Thoroughly dry off the salmon fillets with paper towels. Season the fillets generously on both sides with salt and pepper. To a large ovenproof skillet set over medium-high heat, add the oil. When the oil is shimmering, carefully place the fillets skin-side down in the skillet. Sear the salmon until the skin is very crisp and browned, about 3 minutes. Using a fish spatula, turn the fillets and transfer them to the oven. Roast the salmon until it is cooked through, about 5-8 minutes, depending on the thickness of the fillet.
2. To check for doneness, the salmon flesh should be just slightly springy when lightly pressed and not too firm or falling apart. The flesh in the thickest part of the fillet should be very pink but no longer translucent. If the fillets are well-seared but still undercooked in the middle, return to the hot oven to finish. Remove the salmon from the skillet and place on a large plate; tent loosely with foil to keep warm. Salmon will continue to cook internally after it is removed from the heat, so it is better to slightly undercook the fillets for perfect final results.
3. Discard the oil from the skillet and return to the stovetop over medium heat. Add 2 tablespoons of butter to the skillet and melt, stirring to release any browned bits from the bottom of the skillet. Continue cooking until the butter turns golden brown and smells nutty, 2 to 3 minutes. Add the capers, lemon juice, white wine and simmer, stirring constantly for 2 to 3 minutes longer. Whisk in 1 tablespoon of butter, remove the skillet from the heat and stir in the chopped parsley. Taste and adjust the seasoning with salt and pepper.
4. ***To serve:*** Place the salmon fillets on warmed dinner plates and spoon pan sauce over the fish. Top each fillet with 1 teaspoon of butter and garnish with chopped parsley. Serve immediately.

### ***Recipe variations:***

- Any firm-fleshed fish like cod or halibut can be used in place of the salmon fillets.

## THYME WHIPPED POTATOES

***Yield: 8 servings***

The tanginess of buttermilk pairs wonderfully with potatoes. For the lightest, fluffiest mashed potatoes, process them in a potato ricer or food mill. For extra flavor, you can squeeze several cloves of roasted garlic into the ricer when pressing the potatoes.

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*4 pounds Yukon Gold or russet potatoes, peeled and cut into 1-inch pieces*

*1 cup whole milk*

*1 stick (8 tablespoons) unsalted butter, room temperature*

*1/2 to 1 cup buttermilk*

*3 tablespoons fresh thyme leaves, roughly chopped*

*Kosher salt and freshly ground black pepper, to taste*

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1. Place the potato pieces in a stockpot or large saucepan and cover with cold water. Heat over medium-high heat until simmering but do not boil. Generously salt the boiling water. While potatoes are cooking, place the milk in a small saucepan, heat over medium heat until hot and reserve warm on the stove. When the potatoes are tender enough to mash, drain thoroughly in a colander.
2. Place the pot back on medium heat. Add the cooked potatoes and toss to dry completely, reserving the pot again. Remove the hot potatoes and immediately process through a potato ricer or food mill. Return the processed potatoes to the pot and place over low heat.
3. Add the butter and whip the potatoes by hand with a wooden spoon until just incorporated. Drizzle the hot milk slowly into the potato mixture, whipping constantly with a wooden spoon until the potatoes reach the desired consistency.
4. Add the buttermilk slowly, tasting after each addition until the potatoes are pleasantly tangy. Heat briefly, season with salt, pepper and garnish with thyme. Serve immediately.

## MOUSSE AU CITRON

***Yield: 4 servings***

A quick tip, the lemon curd can be made a few days ahead. Just before serving, fold the whipped cream into the curd to lighten.

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*2 ounces (1/4 cup) unsalted butter*

*3 large eggs*

*1/2 teaspoon fine kosher salt*

*4 2/3 ounces (2/3 cup) granulated sugar*

*4 ounces (1/2 cup) fresh lemon juice*

*1 tablespoon finely grated lemon zest*

*12 ounces (1 1/2 cups) heavy whipping cream, whipped to stiff peaks*

*12 ounces (2 cups) strawberries, cored and sliced*

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1. Prepare an ice bath in a large bowl and place 4 dessert bowls or ramekins in the freezer to chill.
2. To a large bowl set over a saucepan with 2 inches of simmering water, add the butter, eggs, salt, sugar and lemon juice. Whisk constantly until the mixture becomes thick and creamy with a consistency of soft pudding, about 5 to 6 minutes. Strain the curd through a fine-mesh strainer into a bowl and set over the prepared ice bath; stir until chilled.
3. Stir the lemon zest into the curd. Gently fold the whipped cream into the chilled lemon curd until well combined. Spoon the mousse into chilled bowls, layering with strawberries; serve immediately or chill.

### ***Recipe variations:***

- Oranges or grapefruit can be substituted for the lemons in this recipe.