



**COOKING CLASSES**  
AT SUR LA TABLE

# **ITALIAN COCKTAIL HOUR**

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 thinly sliced prosciutto

## Produce

- 1 orange
- 1 cup cherry tomatoes, heirloom if desired
- 1 large, ripe tomato, heirloom if desired
- 1 large bunch of basil
- 1 ripe melon, see recipe for notes

## Dairy

- 4 ounces fresh mozzarella

## Frozen

- ice, if needed

## Pantry Items

- Flaky sea salt
- Black pepper in a grinder or mill
- White wine vinegar, see recipe for substitution notes

## Other

- Prosecco, small bottle
- Aperol
- Club soda, or any plain carbonated water
- Favorite crusty bread, optional for serving

# 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
- Medium mixing bowl
- Large spoon

## Barware

- Jigger or measuring cup
- Wine glass or tall rocks glass

## Tabletop

- Serving plates

## **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.

### **All recipes:**

1. Have all produce washed and dried prior to class.

## APEROL SPRITZ

*Yield: 1 cocktail*

The aperitif ritual born in Veneto sees the Aperol Spritz served with traditional snacks called cicchetti.

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*Freshly made ice*

*2 ounces Prosecco*

*2 ounces Aperol*

*Club soda or carbonated water*

*1 orange slice*

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1. Fill a wine glass 2/3 full with ice. Add prosecco, followed by Aperol; top with soda water. Garnish with orange slice

## CAPRESE SALAD

**Yield:** 2 servings

Delicious, seasonal salad featuring the colors of the Italian Flag. For a more substantial salad, serve on a bed of arugula.

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*1 cup mixed cherry tomatoes, halved*

*3 to 4 tablespoons extra-virgin olive oil, divided*

*Flaky sea salt*

*1 large tomato, preferably heirloom, cut into 1/2-inch thick slices*

*4 ounces fresh mozzarella, torn into pieces*

*Freshly ground black pepper, coarsely ground*

*1 bunch fresh basil, leaves picked from stem*

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1. To a mixing bowl add cherry tomatoes, 1 tablespoon oil and salt. Toss to coat.

**2. To serve:** On your serving plate or platter arrange tomato slices in an attractive design; season generously with salt. Arrange torn mozzarella over tomatoes, season. Top sliced tomatoes and mozzarella with dressed cherry tomato halves; season with salt and pepper. Top with basil, oil, and additional salt and pepper if desired.

### **Caprese Salad variations:**

Serve with crusty bread.

For a simpler version. Alternate tomato slices, sliced mozzarella and basil leaves on serving platter; garnish with olive oil, salt and pepper.

# PROSCIUTTO-WRAPPED MELON SLICES

**Yield:** 2 to 4 servings

This riff on the classic Italian hors d'oeuvres is a great addition to any summer gathering.

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*1/4 ripe melon, such as cantaloupe or honeydew*

*1 teaspoon thinly sliced fresh basil leaves*

*Freshly ground black pepper*

*2 teaspoons white wine vinegar*

*3 ounces thinly sliced prosciutto*

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1. **To slice melon:** With a sharp knife cut off the stem and opposite end of the melon. Stand melon on one of the flat sides and trim peel from the flesh. Cut in half lengthwise and scoop out seeds. Cut one half in half again to give you a quarter. Cut one quarter of the melon into thin wedges, then cut the wedges in half crosswise. Wrap and save the remainder of the melon for another use.
2. To a mixing bowl add the melon slices, basil, black pepper and vinegar. Toss to coat. Taste and adjust seasoning; set aside. Tear prosciutto pieces lengthwise into 1 to 2-inch wide strips.
3. **To serve:** Wrap each dressed slice of melon with a strip of prosciutto. Arrange wrapped melon slices onto a platter and serve.

## ***Prosciutto-Wrapped Melon variations:***

Mint is a great alternative to basil

Any wine-based vinegar will work great.