



COOKING CLASSES
AT SUR LA TABLE

**DATE NIGHT:
PAN-ROASTED CHICKEN**

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, 5-ounce boneless, skinless chicken breasts

Produce

- ☐ 2 shallots
- ☐ 1 lemon
- ☐ 1 bunch fresh herbs (such as parsley, thyme, rosemary, sage, or oregano)
- ☐ 1 bunch chives
- ☐ 2 pounds Yukon Gold or russet potatoes
- ☐ 1 pound broccoli crowns

Dairy

- ☐ 8 tablespoons unsalted butter
- ☐ 1/2 cup heavy whipping cream
- ☐ 1/2 cup whole milk

Pantry Items

- ☐ Kosher or sea salt
- ☐ Black peppercorns in a grinder or mill
- ☐ Vegetable oil
- ☐ 2 teaspoons honey
- ☐ Sherry vinegar (see recipe for substitutions)
- ☐ Smoked paprika (see recipe for substitution)
- ☐ Red pepper flakes (optional)

Dry/Canned Goods

- ☐ 1 1/2 cups chicken broth

Other

- ☐ 1/4 cup dry white wine (see recipe for substitution)

Equipment Needed

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

Cutlery

- ☐ Chef's knife

Hand Tools/Gadgets

- ☐ Cutting board
- ☐ Measuring cups and spoons
- ☐ Liquid measuring cups
- ☐ Mixing bowls (various sizes)
- ☐ Tongs
- ☐ Digital thermometer
- ☐ Wooden spoon
- ☐ Citrus press (optional)
- ☐ Vegetable peeler
- ☐ Kitchen timer
- ☐ Colander
- ☐ Potato ricer, food mill, or masher
- ☐ Silicone spatula

Cookware

- ☐ Large ovenproof skillet
- ☐ Large saucepan
- ☐ Medium-large skillet
- ☐ Small saucepan

Other

- ☐ Paper towels
- ☐ Dinner plate and 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-Roasted Chicken Breasts with White Wine Herb Sauce

1. Preheat the oven to 400°F.
2. Remove chicken breasts from the refrigerator just before class.

Brown Butter Mashed Potatoes

1. If you peel your potatoes prior to class, set them in a bowl and cover them with cold water to prevent them from browning (oxidizing).

PAN-ROASTED CHICKEN BREASTS WITH WHITE WINE HERB SAUCE

Yield: 4 servings

4 (5-ounce) boneless, skinless chicken breasts

Sea salt and freshly ground black pepper

1 tablespoon vegetable oil

2 shallots, minced

1/4 cup dry white wine

1 1/2 cups chicken broth

2 tablespoons fresh lemon juice

2 tablespoons chopped fresh herbs such as parsley, thyme, rosemary, sage, or oregano

Preheat oven to 400°F degrees.

1. **To prepare the chicken:** Pat the chicken breasts dry with paper towels and season with salt and pepper on both sides; set aside.

2. **To cook the chicken:** To a large ovenproof skillet set over medium-high heat, add oil. When the oil is shimmering, carefully add the chicken breasts and cook until golden brown, about 4 minutes. Using tongs, flip the chicken and transfer the skillet to the oven to roast until an instant-read thermometer inserted into the thickest part registers 165°F, 12 to 14 minutes. Transfer the chicken to a plate and tent with aluminum foil to keep warm, reserving the skillet.

3. Return the skillet to the stove over medium-high heat, add the shallots and cook until the shallots are tender, about 2 minutes. Add the wine, chicken broth and lemon juice; use a silicone spatula to scrape up any browned bits from the bottom of the pan. Bring the liquid to a boil and continue to cook until it has reduced by half. Add herbs; taste and adjust seasoning with salt and pepper.

4. **To serve:** Place chicken breasts on dinner plates, spoon sauce over the chicken and serve immediately.

Recipe variations:

- Bone-in, skin-on chicken breasts or thighs can be substituted in this recipe. Please note that cooking times will be longer.
- No wine? Just omit it from the recipe.

BROWN BUTTER MASHED POTATOES

Yield: 4 servings

Brown butter is nothing more than butter that's been cooked until the milk solids turn golden brown. Sounds simple, but the nutty flavor from the brown butter adds a new dimension to mashed potatoes.

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

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

1/2 cup heavy whipping cream

1/2 cup whole milk

Kosher salt and freshly ground black pepper

2 tablespoons chives, minced for garnish

1. To a large saucepan, place the potatoes and cover with cold water by a few inches, salt heavily. Transfer saucepan to stove, set on medium-high heat and bring to a simmer, monitor heat to keep water at a simmer. Cook until a paring knife very easily slides through potatoes, 20–25 minutes. Drain and let cool slightly.
2. While potatoes are cooking, add butter to a medium skillet set over medium heat. Cook, stirring frequently with a wooden spoon to scrape up any browned bits until butter stops foaming and takes on a golden-brown color, 5 to 7 minutes.
3. Meanwhile, to a small saucepan set over medium heat, add heavy cream and milk, heat to just hot; turn off the heat.
4. When potatoes are tender enough to mash, drain thoroughly in a colander. Place saucepan back over medium heat. Add cooked potatoes and toss to dry completely, reserve pan again. Remove hot potatoes and immediately process in a potato ricer or food mill into a large bowl. Return processed potatoes to the pan and set over low heat.
5. Drizzle hot cream mixture slowly into the potato mixture, mixing constantly with a wooden spoon, until potatoes reach desired consistency. Gently fold in brown butter and mix potatoes until just incorporated. Taste and adjust seasoning with salt and pepper.
6. **To serve:** Place potatoes in a large, warmed serving bowl and top with chives; serve immediately.

BLISTERED BROCCOLI

Yield: 4 servings

2 tablespoons vegetable oil
1 pound fresh broccoli, cut into large florets
1/2 teaspoon kosher salt, plus more to taste
2 teaspoons honey, warmed
1 teaspoon sherry vinegar
1/4 teaspoon smoked paprika
1/4 teaspoon red pepper flakes (optional)

Preheat a medium cast-iron or heavy bottom skillet over medium-high heat for 5 minutes.

1. ***To cook the broccoli:*** Add oil to the skillet and tilt the skillet to evenly coat the bottom. When the oil is shimmering, add the broccoli in a single layer in the skillet. Cook, without stirring until browned on the bottom, 2 to 3 minutes. Sprinkle with salt, stir and cook for 2 more minutes.

2. ***To serve:*** To a small bowl, stir together warm honey, vinegar, paprika and crushed red pepper. Drizzle over broccoli and toss to coat. Taste and adjust seasoning with salt. Serve immediately.

Recipe variations:

- This method is also fantastic with Brussels sprouts, carrots, cauliflower and cabbage.
- Substitute apple cider, red wine, or white wine vinegar for sherry vinegar.
- Regular paprika can be substituted for smoked paprika.