



COOKING CLASSES
AT SUR LA TABLE

COOKING FROM THE PANTRY

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

- 8 ounces Spanish chorizo or spicy Italian sausage

Produce

- 2 yellow onions
- 3 garlic cloves
- 1 small bunch fresh basil
- 1 large carrot
- 1 small bunch thyme
- 4 cups kale
- 1 lemon

Dairy

- 2 cups whole-milk ricotta
- 2 cups Parmigiano-Reggiano, grated
- 2 eggs
- 1 pound fresh mozzarella

Pantry Items

- Extra-virgin olive oil
- Red pepper flakes
- Kosher salt
- Freshly ground pepper
- 12 ounces jumbo pasta shells
- 1 bay leaf
- 5 cups low sodium vegetable or chicken broth
- Sherry vinegar (optional)

Dry/Canned Goods

- 2, 15-ounce cans of white beans such as cannellini or great northern beans
- 28-ounce can crushed tomatoes

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

- Measuring cups and spoons
- Liquid measuring cup
- Mixing bowls (various sizes)
- Cutting board
- Wooden spoons
- Silicone spatulas
- Whisk
- Box or cheese grater
- Colander
- Fine-mesh strainer
- Ladle
- Spoon

Cookware

- Dutch oven or large saucepan with a lid
- Large saucepan
- Skillet
- Stockpot or large saucepan

Bakeware

- Pastry bag (optional)
- 9 x 13 baking dish

Other

- 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.

Stuffed Shells with Homemade Marinara

1. Preheat the oven to 400°F.
2. Wash and dry all the produce.

Kale, Chorizo and White Bean Soup

1. Wash and dry all the produce.

STUFFED SHELLS WITH HOMEMADE MARINARA

Yield: 6-8 servings

Homemade Marinara:

3 tablespoons olive oil

1 medium yellow onion, finely chopped

2 large garlic cloves, minced

1/2 teaspoon crushed red pepper flakes

1 (28-ounce) can crushed tomatoes

2 cups of water

Kosher salt and freshly ground black pepper, to taste

1 cup fresh basil leaves, roughly chopped, plus more for garnish

Ricotta filling:

2 cups whole-milk ricotta

2 cups Parmigiano-Reggiano, grated, plus more for serving

2 tablespoons fresh parsley leaves, chopped

1 garlic clove, minced

1 teaspoon kosher salt

Freshly ground pepper

2 eggs

12 ounces jumbo pasta shells

1 pound fresh mozzarella, torn into 1-inch pieces

Preheat the oven to 400°F and place a rack in the center position of the oven.

1. **To prepare the marinara:** To a Dutch oven or large saucepan set over medium heat, add the oil. When the oil is shimmering, add the onion and cook until softened, about 3 minutes. Add the garlic and pepper flakes; cook until fragrant, 1 minute. Stir in the tomatoes and water; simmer until the sauce comes together and thickens, about 10 minutes. Taste and adjust seasoning with salt and pepper. Stir in basil leaves, cover and keep warm on low heat.

2. **To prepare the filling:** In a medium bowl, combine all the ingredients and whisk until smooth. Transfer the filling to a large pastry bag and snip off 1/2-inch of the tip with a scissor.

3. **To parboil the pasta:** To a large stockpot or large saucepan set over high heat, fill 2/3 full with water. Bring to a boil. Generously season the boiling water with salt. Add the shells to the boiling water and stir gently to prevent them from sticking together. Cook for 2 minutes shy of al dente, approximately 9 minutes. Reserve about 1/2 cup of pasta water, drain the shells and rinse under cool water in a colander.

4. **To assemble the stuffed shells:** Use the reserved pasta water to adjust the marinara; the consistency should be very saucy and on the thin side as it will thicken up again when baked in

the oven. Cover the bottom of a 9 x 13 baking dish with 1/2 cup of the sauce. Pipe approximately 2 tablespoons of filling into each of the shells. Lay the stuffed shells in the baking dish seam side up. Spoon the remaining sauce over the top of the shells and scatter the fresh mozzarella evenly over the sauce.

5. To bake the shells: Cover the baking dish with aluminum foil and bake for 30 minutes. Remove the foil and bake for an additional 10-15 minutes until the cheese is melted and the sauce is bubbling. If you would like a browned topping, turn the oven to broil and place the baking dish on a rack in the upper 1/3 of the oven. Broil for 3-5 minutes until the cheese is browned and toasty. Allow the shells to cool 5 minutes before serving. Garnish with fresh basil leaves and additional grated Parmigiano-Reggiano.

Recipe variations:

- Add 2 cups of roughly chopped spinach to the filling. If using frozen spinach, defrost, drain and squeeze excess water before adding to the filling.

KALE, CHORIZO AND WHITE BEAN SOUP

Yield: 6 servings

Perfect for lunch or a mid-week meal, this soup combines comfort food with a little spice from the chorizo. Chorizo sausage comes in many varieties from fresh to cured and smoked. In this recipe, we suggest using Spanish Chorizo with its distinctive, smoky flavor and red color from dried, smoked red peppers.

2 tablespoons olive oil
1 medium yellow onion, chopped
1 large carrot, peeled and cut into 1/4-inch dice
1 garlic clove, minced
2, 15-ounce cans of white beans, such as cannellini or great northern beans, drained and rinsed
1 bay leaf
1 tablespoon fresh thyme leaves, minced
5 cups low-sodium vegetable or chicken broth
8 ounces Spanish chorizo or spicy Italian sausage, sliced crosswise 1/4-inch thick
4 cups kale (preferably lacinato), stems and center ribs discarded and leaves coarsely chopped
Kosher salt and freshly ground pepper to taste
Sherry vinegar or fresh lemon juice to taste
Extra-virgin olive oil, to drizzle

1. To a Dutch oven or heavy-bottomed saucepan over medium-high heat, add the oil. When the oil is shimmering, add the onion and carrot and cook, stirring occasionally, until the vegetables are tender, about 6 minutes. Add the garlic and cook until fragrant, about 1 minute.
2. Add the beans to the saucepan and stir until well coated in the vegetables, about 2 minutes. Stir in the bay leaf and thyme.
3. Add the stock, until the beans are well covered in liquid. Bring the liquid to a boil. Reduce to a simmer, cover and cook until the vegetables are tender, about 25 to 30 minutes.
4. While the soup is simmering, to a large skillet over medium heat add the sausage. Cook until the sausage is browned, about 5 minutes. Use tongs to transfer to a paper towel-lined plate.
5. When the vegetables are tender, stir in the kale and simmer until tender, about 8 minutes. Add the cooked sausage into the soup and bring the liquid back to a boil, about 2 minutes. Taste and season with salt, pepper and vinegar, or lemon juice.

6. Ladle the soup into bowls and drizzle with extra virgin olive oil.

Recipe variations:

- Substitute spinach, rainbow chard, or collard greens for kale.
- Make it vegetarian by omitting the sausage.