Ingredient Shopping List

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

**Produce**
- 1 bunch chives
- 8 cups mixed greens (such as radicchio, chicory, endive, red leaf and Boston lettuce)
- 1 medium onion
- 1 garlic clove
- 1 pound fresh English peas
- 8 ounces fresh spinach
- 1 lemon
- 3/4 cup tiny greens (such as microgreens or mache)
- 1 1/2 pounds rhubarb
- 1 orange
- 1/2 pint fresh raspberries

**Dairy**
- 2 sticks plus 4 tablespoons unsalted butter
- 1/2 ounce Parmesan cheese
- 1 cup whole milk
- 4 ounces Alpine cheese (such as Emmental, Comté, Appenzeller, and Gruyère)
- 3 large eggs
- Lightly sweetened whipped cream or vanilla ice cream (optional for serving)

**Pantry Items**
- All-purpose flour
- Coarse sea salt or kosher salt
- Freshly ground pepper
- 1 1/2 cups extra-virgin olive oil
- 1/4 cup vinegar (such as sherry, rice or wine), or fresh lemon juice
- Dijon mustard
- Granulated sugar
- Dark brown sugar
- Ground cinnamon
- 1/2 cup rolled oats

**Dry/Canned Goods**
- 1 3/4 cups low-sodium chicken broth
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
- Mixing bowls (various sizes)
- Whisk
- Silicone spatula
- Cheese grater
- Pastry brush (optional)
- Salad spinner
- Small jar with lid (optional)
- Wooden spoon
- Citrus juicer or reamer
- Microplane or citrus zester

**Cookware**
- 2 medium saucepans

**Appliances**
- Stand mixer with whisk attachment, hand mixer, or large bowl and whisk
- Blender or immersion blender

**Bakeware**
- 1 1/2 quart baking dish
- 4, 8-ounce ramekins
- Baking sheet
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.

**Individual Cheese Soufflés**
1. Preheat oven to 400°F.

**Green Salad with Vinaigrette**
1. Wash mixed greens and spin in salad spinner until dry.

**Spring Pea Soup**
1. If using fresh English peas, shell before class.
2. If using frozen peas, no prep is needed.
3. Wash and dry produce.

**Rhubarb Raspberry Crisp**
1. Chill 1 stick unsalted butter.
2. Wash and dry produce.
INDIVIDUAL CHEESE SOUFFLÉS

Yield: 4, 8-ounce soufflés

No need to fear the delicate soufflé—we'll show you how to transform humble ingredients (eggs, butter, milk, flour, and cheese) into a stunning main course using a few simple techniques. Cheese is the star of this dish, so you'll want to use the best you can find.

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4 tablespoons unsalted butter, plus more for ramekins
2 tablespoons finely grated Parmesan cheese (1/2 ounce)
1/4 cup all-purpose flour
1 cup whole milk
1 cup mixed semi-firm Alpine cheeses, cut into 1/4-inch cubes (such as Emmental, Comté, Appenzeller and Gruyère)
2 tablespoons minced chives
Coarse salt and freshly ground pepper
3 large eggs, room temperature, whites and yolks separated

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1. Preheat oven to 400°F. Butter 4, 8-ounce ramekins, coat with Parmesan and refrigerate. Melt butter in a saucepan over medium heat. Add flour; stir 1 minute. Add milk, whisking until thickened, 2 minutes. Transfer to a large bowl. Whisk in Alpine cheeses, minced chives, 1/4 teaspoon salt, and 1/8 teaspoon pepper. Whisk in egg yolks.

2. Whisk egg whites until stiff peaks form. Fold into cheese mixture in thirds. Divide between ramekins. Bake on a baking sheet for 15 minutes. Reduce heat to 375°F and continue to cook for 5-10 minutes more; bake until puffed.

3. Serve soufflé immediately with salad.

Recipe variations:
- This recipe also makes 2 larger soufflés in 16-ounce ramekins.
GREEN SALAD WITH VINAIGRETTE

Yield: 4 servings

Look for the freshest greens in a variety of textures (such as Boston, red leaf, mache or chicories). A pinch of sugar is Martha’s secret ingredient for a well-balanced vinaigrette.

For the Basic Vinaigrette:
1/4 cup vinegar (such as sherry, rice or wine), or fresh lemon juice
1 teaspoon Dijon mustard
Coarse salt and freshly ground pepper
1/4 teaspoon sugar, (optional)
3/4 cup extra-virgin olive oil

For the Green Salad:
8 cups mixed greens (such as radicchio, chicory, endive, red leaf and Boston lettuce)

1. Clean lettuces by swishing them through a large bowl or sink filled with cool water. After you swish the greens, they will rise to the surface; the sand and sediment will fall to the bottom of the bowl or sink. Once the sand and sediment are washed away, lift greens from water and transfer to a salad spinner; spin until dry.

2. Tear lettuces into bite-sized pieces. If you aren't going to use the greens immediately, wrap them in a clean kitchen towel, transfer to a plastic bag and refrigerate.

3. Next, make the vinaigrette. Combine vinegar, mustard, salt, pepper and sugar if using, in a small jar; shake to blend. Add oil, and shake again until emulsified.

4. In a large, wide bowl, toss greens with enough vinaigrette to lightly coat the leaves. Serve immediately.

Recipe variations:
- The salad dressing can be whisked in the bottom of your salad bowl or shaken in a jar with lid.

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SPRING PEA SOUP

Yield: 4 servings

This beautiful soup is a celebration of spring’s bountiful peas and greens. Enjoy warm or serve chilled for a refreshing start to your spring dinner.

5 teaspoons extra-virgin olive oil
1 medium onion, finely chopped
1 garlic clove, minced
Coarse salt and freshly ground pepper
1 3/4 cups homemade or low-sodium store-bought chicken stock
1 pound fresh English peas, shelled (about 1 cup)
8 ounces spinach (curly or flat leaf), tough stems discarded (about 6 cups packed leaves)
1 1/2 teaspoons fresh lemon juice
3/4 cup tiny greens, such as microgreens or mache

1. Heat 4 teaspoons oil in a medium saucepan over medium-high heat. Add onion, garlic, 1/2 teaspoon salt, and a pinch of pepper. Cook, stirring, 3 minutes. Add stock, and bring to a boil.

2. Add peas, and return to a boil. Reduce heat, and simmer, stirring occasionally, until peas are tender and bright green, 2 to 3 minutes. Stir in spinach. Cover, and cook, stirring occasionally, until spinach has wilted, 2 to 3 minutes.

3. Working in 2 batches, purée pea mixture in a blender, filling no more than halfway and adding up to 2 tablespoons water to each batch to achieve desired consistency. Stir in 1 teaspoon lemon juice, 1/2 teaspoon salt and 1/8 teaspoon pepper.

4. Divide the soup among 4 bowls. Toss greens with remaining teaspoon oil and 1/2 teaspoon lemon juice; season with salt and pepper. Divide greens among bowls. Serve immediately.

Recipe variations:
- Using an immersion blender, purée the soup directly in the saucepan.
- Frozen peas are a wonderful substitute when fresh peas are out of season.

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RHUBARB RASPBERRY CRISP

Yield: 4 servings

For many, the early arrival of shiny red rhubarb is a welcome sign of spring. This simple, tasty crisp tempers rhubarb’s tartness with sweet raspberries and a golden, crunchy oat topping.

1 1/2 pounds rhubarb, cut into 1-inch pieces (about 4 cups)
2/3 cup granulated sugar
Zest and juice of 1 orange
1 cup all-purpose flour
1/2 cup dark brown sugar
1/2 teaspoon cinnamon
8 tablespoons (1 stick) cold unsalted butter, cut into small pieces
1/2 cup rolled oats
1/2 pint fresh raspberries
Lightly sweetened whipped cream or vanilla ice cream, for serving

1. Heat oven to 350°F. Combine rhubarb, granulated sugar, and orange zest and juice in a large bowl. Stir to combine.

2. In another bowl, combine flour, brown sugar, and cinnamon. Rub butter into flour mixture with your fingers until it is well incorporated and large crumbs form. Add oats and combine.

3. Turn rhubarb into a 1 1/2-quart baking dish, scatter raspberries evenly over surface, and cover with crumb topping. Bake until topping is brown and crisp and juices are bubbling, about 45 minutes. Let cool slightly before serving with whipped cream of vanilla ice cream.

Recipe variations:
- Substitute the raspberries in this recipe for local strawberries or ripe peaches.
- Add your favorite toasted chopped nut to the crisp mix for a crunchy addition.