



COOKING CLASSES
AT SUR LA TABLE

VEGETARIAN INDIAN RESTAURANT FAVORITES

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.

Produce

- ☐ 1 medium head cauliflower
- ☐ 1 1/2 pound sweet potatoes
- ☐ 12 ounces shallots
- ☐ 2 ounces fresh ginger
- ☐ 9 garlic cloves
- ☐ 1 medium yellow onion
- ☐ 1 lemon
- ☐ 2 small cilantro bunches

Dairy

- ☐ 6 ounces unsalted butter
- ☐ 8 ounces plain Greek yogurt
- ☐ 9 ounces paneer cheese
- ☐ Ghee (optional)

Frozen

- ☐ 28 ounces frozen spinach

Pantry Items

- ☐ Kosher or sea salt
- ☐ Freshly ground black pepper
- ☐ Sliced almonds
- ☐ Unsweetened or desiccated coconut flakes
- ☐ Golden raisins
- ☐ Honey
- ☐ Vegetable oil
- ☐ 14.5 ounces canned diced tomatoes
- ☐ Basmati rice

Spices and Specialty Goods

- ☐ Kashmiri chili powder (see recipe for substitution suggestions)
- ☐ Cardamom pods
- ☐ Coriander seeds
- ☐ Caraway seeds
- ☐ Cumin seeds
- ☐ Fennel seeds
- ☐ Whole cinnamon sticks
- ☐ Cloves
- ☐ Ground turmeric
- ☐ Dried fenugreek (Kasoori methi)
- ☐ 1 bay leaf

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
- ☐ Liquid measuring cup
- ☐ Digital scale
- ☐ Vegetable peeler
- ☐ Mixing bowls (various sizes)
- ☐ Silicone spatula
- ☐ Wooden spoon
- ☐ Whisk
- ☐ Can opener
- ☐ Colander
- ☐ Fine-mesh strainer

Cookware

- ☐ Medium nonstick skillet
- ☐ Large skillet
- ☐ Medium saucepan with a tight-fitting lid

Appliances

- ☐ Spice grinder, mortar and pestle, or a wide-handled wooden spoon and a sturdy mug (for making spice blend)
- ☐ Food processor or blender

Bakeware

- ☐ 3 rimmed baking sheets, lined with parchment paper or silicone baking mats

Tabletop

- ☐ Serving platters and bowls

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.

Keralan Curry Roasted Cauliflower and Sweet Potatoes

1. Preheat oven to 350°F and line 3 rimmed baking sheets with parchment paper or silicone baking mats.
2. Wash and dry all produce.
3. Have all Keralan curry paste ingredients measured and shallots and ginger peeled.

Saag Paneer

1. Thaw and drain frozen spinach of excess liquid.

Coriander-Scented Basmati Rice

1. Wash and dry lemon and cilantro.

KERALAN CURRY ROASTED CAULIFLOWER AND SWEET POTATOES WITH SPICED YOGURT AND TOASTED ALMOND CRUNCH

Yield: 4-6 servings

Roasted vegetables:

6 ounces unsalted butter, melted and cooled slightly
1-2 tablespoons Keralan Curry Paste (recipe follows)
1 medium head of cauliflower, cut into large florets
1 1/2 pounds sweet potatoes, cut into long, slender wedges
1 teaspoon kosher salt

Toasted almond crunch:

2 ounces sliced almonds
2 ounces unsweetened coconut flakes
1 1/2 ounces of golden raisins
1 tablespoon honey
2 tablespoons vegetable oil
1/2 teaspoon kosher salt

Spiced yogurt:

8 ounces plain Greek yogurt
1/8 teaspoon Kashmiri chili powder
Kosher salt
Freshly ground black pepper

Preheat oven to 350°F. Line three rimmed baking sheets with parchment paper or silicone baking mats

1. ***To roast the vegetables:*** To a small bowl combine melted butter and 1 tablespoon curry paste (for a more pronounced curry flavor, add more curry paste). Transfer cauliflower florets to one baking sheet and sweet potato wedges to another. Divide curry butter between the two baking sheets; season each with a heavy pinch of salt. Toss vegetables with the curry butter to coat evenly. Transfer baking sheets to preheated oven and roast until fork-tender and golden brown, about 35 minutes. Stir halfway through roasting.

2. ***To make the toasted almond crunch:*** To a medium skillet set over medium heat, add almonds and coconut flakes; toast until golden brown, stirring often, about 5 minutes. Add raisins, honey, oil and salt. Stir to combine, cooking until the liquid just begins to bubble. Remove from heat and pour mixture onto the third lined baking sheet, spreading out the toasted almond crunch. Set aside to cool.

3. ***To make the spiced yogurt:*** To a small bowl add yogurt and chili powder; whisk to combine. Taste and adjust seasoning with salt and pepper. Transfer to a small serving bowl and set aside.

4. ***To serve:*** Arrange roasted cauliflower and sweet potatoes on a platter around the bowl of spiced yogurt. Sprinkle the toasted almond crunch over the vegetables. Serve immediately or at room temperature.

KERALAN CURRY PASTE

Yield: about 1 cup

This curry blend can be made ahead of time and frozen in small quantities for future use.

1 tablespoon plus 2 teaspoons desiccated coconut
1 tablespoon coriander seeds
1 tablespoon cumin seeds
1 tablespoon fennel seeds
1 cinnamon stick
12 cloves
8 green cardamom pods
1/2 teaspoon black peppercorns
1 teaspoon ground turmeric
2 teaspoons Kashmiri chili powder
1-ounce almonds
12 ounces shallots, roughly chopped
2 ounces fresh ginger, chopped
6 garlic cloves
3 tablespoons vegetable oil
Kosher salt

1. ***To prepare the spices:*** To a large skillet set over medium heat add coconut, coriander, cumin and fennel. Toast, stirring often, until aromatic and golden in color. Remove from heat.
2. ***To prepare the curry powder:*** Pour toasted items into a spice grinder, add cinnamon, cloves, cardamom pods and black peppercorns. Grind to a powder.
3. ***To prepare the curry paste:*** To a bowl of a food processor or blender add freshly ground spices, turmeric, chili powder, nuts, shallots, ginger, garlic and oil. Purée, adding water 1 tablespoon at a time until it forms a paste. Taste and adjust seasoning with salt.
4. Transfer to a food storage container. Use immediately, refrigerate or freeze until ready to use.

Recipe variations:

- If you cannot source Kashmiri chili powder substitute paprika with a dash of cayenne.
- Desiccated coconut is the very small, dehydrated shredded coconut that is often called for in coconut macaroons or coating candies and baked goods. Substitute unsweetened shredded coconut.

SAAG PANEER

Yield: 4 servings

28 ounces frozen spinach, thawed and drained of excess liquid

2 tablespoons vegetable oil, divided

1 teaspoon cumin seeds

1 tablespoon chopped garlic

1 medium yellow onion, small dice

1 teaspoon ground turmeric

1 teaspoon Kashmiri chili powder

1 14.5-ounce can diced tomatoes, liquid drained

Kosher salt

8 ounces paneer cheese, diced into 1/2-inch cubes

1 teaspoon dried fenugreek leaves (Kasoori methi) to garnish

1. **To prepare the spinach:** To the bowl of a blender add spinach. Purée, adding water if needed until smooth. Set aside.

2. **To prepare the tomato mixture:** To a large skillet set over medium-high heat add 1 tablespoon of oil. When the oil is shimmering add cumin seeds and garlic. Sauté until golden brown, about 3 minutes. Add onion and sauté until softened, about 5 minutes. Add turmeric and chili powder; sauté until fragrant, about 3 minutes. Add tomatoes and stir to combine; simmer for 8 minutes. Remove from heat and set aside.

3. **To prepare the paneer:** To a medium-size nonstick skillet set over medium heat, add the remaining 1 tablespoon of oil. When the oil is shimmering, add paneer cubes. Shallow fry paneer until all sides are golden brown, about 8 minutes. Remove the paneer from skillet and set aside.

4. Place skillet with the onion and tomato mixture over medium heat. Gently pour the pureed spinach into the mixture and stir to combine. Taste and season with salt as needed. Add paneer cubes to the mixture and fold to combine; taste and adjust seasoning with salt again.

5. **To serve:** Transfer to a warm shallow serving bowl and garnish with dried fenugreek; serve immediately.

Recipe variations:

- Frozen kale or swiss chard can be substituted for the spinach.
- If you cannot source Kashmiri chili powder substitute paprika with a dash of cayenne.
- If you cannot source dried fenugreek leaves (Kasoori methi), garnish with chopped fresh cilantro.

CORIANDER-SCENTED BASMATI RICE

Yield: 6 servings

Soaking the rice is optional but highly recommended to prevent the delicate rice from breaking during cooking. If you don't want whole spices in the final dish, make a sachet with cheesecloth and butcher's twine to hold the spices and remove it before serving.

1 1/2 cups basmati rice
1 1/2 tablespoons ghee or vegetable oil
1/2 teaspoon caraway seeds
1 teaspoon coriander seeds
1 bay leaf
1/2 cinnamon stick
2 whole cloves
2 cups water
Sea salt
Zest and juice of 1 lemon
1/4 cup chopped fresh cilantro leaves

1. ***To prepare the rice for cooking:*** Rinse basmati rice with cold water until water runs clear and is no longer cloudy. Soak rinsed rice for at least 30 minutes in cold water before proceeding with the next step.
2. Set a medium saucepan with tight-fitting lid over medium-high heat. Add ghee and spices and toast until fragrant, about 1 minute. Add rice and 2 cups water and bring to a boil. Reduce to a simmer, cover and cook for 10 minutes or until tender. Fluff rice with a fork; taste and adjust seasoning with salt. Keep warm until serving. Right before serving, fold in lemon zest and cilantro. Taste and adjust seasoning with lemon juice.

Recipe variations:

- Alter the aromatic spices to suit your taste.