



**COOKING CLASSES**  
AT SUR LA TABLE

**SUR LA TABLE CLASSICS:  
ROAST CHICKEN DINNER**

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

- 1, 4 to 5-pound chicken

## Produce

- 1 small bunch fresh thyme
- 1 lemon
- 1 pound Brussels sprouts
- 1 pound fingerling potatoes
- 1 small bunch rosemary

## Dairy/Refrigerated

- 6 tablespoons unsalted butter
- 1 1/2 cups apple cider

## Pantry Items

- Kosher or sea salt
- Freshly ground black pepper
- Apple cider vinegar
- Honey
- Vegetable oil
- Paprika
- Red pepper flakes (optional)

# 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 cups
- Poultry shears (optional)
- Wooden spoons
- Mixing bowls (various sizes)
- Digital thermometer
- Tongs
- Whisk
- Silicone pastry brush (optional)
- Flexible turner or spatula
- Cutting boards

## Cookware

- Medium-sized skillet
- Large skillet

## Bakeware

- 2 rimmed baking sheets

## Other

- Serving plates
- Paper towels

## **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.

### **Classic Herb Roasted Chicken with Pan Sauce**

1. Wash and dry all the produce.
2. Remove butter and chicken from the refrigerator 30 minutes before class.
3. Preheat the oven to 375°F.

### **Sautéed Brussels Sprouts**

1. Wash and dry all the produce.

### **Roasted Fingerling Potatoes**

1. Wash and dry all the produce.
2. Place a baking sheet in the oven to preheat.

## CLASSIC HERB ROASTED CHICKEN WITH PAN SAUCE

**Yield:** 4 servings

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### **Chicken:**

1 whole 4 to 5-pound chicken

4 tablespoons unsalted butter, at room temperature

1 tablespoon fresh thyme, minced

1 tablespoon lemon zest

Kosher salt and freshly ground pepper, as needed

### **Cider pan sauce:**

1 1/2 cups apple cider

1/2 cup apple cider vinegar

1 teaspoon fresh thyme, minced

1 tablespoon honey

2 tablespoons unsalted butter

Kosher salt and freshly ground black pepper

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Preheat the oven to 375°F.

1. **To spatchcock the chicken:** Remove the chicken from the refrigerator 30 minutes before roasting. Remove the backbone of the chicken by cutting down both sides of the spine with poultry scissors or with a chef's knife; remove the backbone. Place the chicken breast-side down on the cutting board, crack the bone between the breasts with the heel of a knife and score the underside of the breastbone with a knife. Push the chicken down with your hands so it spreads out and lies flat. Turn the chicken over so it's skin side up and press down with the heels of your hands on the chicken very firmly to flatten it as much as possible.

2. **To prepare the chicken:** Using paper towels, thoroughly pat the chicken dry. Using your fingers or the end of a wooden spoon, loosen the skin from the breast and thigh meat. In a small bowl, mash together butter, herbs, lemon zest, salt and pepper. Gently spread half of the butter underneath the skin. Rub the rest of the butter over the chicken.

3. **To cook the chicken:** Place the chicken skin side up on a baking sheet and transfer to the preheated oven and roast for 45 to 55 minutes, or until the juices run clear and an instant-read thermometer inserted into the chicken thigh registers 165°F.

6. Transfer the chicken to a cutting board and allow the chicken to rest for 10 minutes before carving.

7. **To prepare the sauce:** Place a medium-sized skillet over medium-high heat, scrape all the juices and browned bits from the baking sheet into the skillet. Add the cider, cider vinegar and bring to a boil while whisking constantly. Add the thyme and simmer the sauce until it is reduced by two-thirds, about 8 minutes. Remove the skillet from the heat and whisk the honey and butter into the sauce. Whisk in any chicken juices which have accumulated on the platter into the sauce. Taste and adjust seasoning with salt and pepper.

8. **To serve:** Carve the chicken into 4 pieces and arrange on warmed dinner plates. Spoon the pan sauce around the chicken and serve immediately.

**Recipe variations:**

- A pan sauce is a fantastic skill to learn. The flavors can be customized by substituting different liquids to deglaze the pan. Try broth, wine and even beer depending on your taste.

## SAUTEED BRUSSELS SPROUTS

**Yield:** 4 servings

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*2 tablespoons vegetable oil*

*1 pound fresh Brussels sprouts, trimmed and halved lengthwise*

*1/2 teaspoon kosher salt, plus more to taste*

*2 teaspoons honey, warmed*

*1 teaspoon apple cider vinegar*

*1/4 teaspoon paprika*

*1/4 teaspoon red pepper flakes (optional)*

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**1. To cook the Brussels sprouts:** To a large skillet set over medium-high heat add the oil. When the oil is shimmering, place the Brussels sprouts, cut side down, 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.

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

### **Recipe variations:**

- A cast iron pan will help give a crispy crust to the Brussels sprouts.
- Crispy crumbled bacon is a savory addition to this dish.

## ROASTED FINGERLING POTATOES

**Yield:** 4 servings

Roasted fingerling potatoes, golden and browned out of the oven, can satisfy anyone's craving for comfort food. For an added layer of luxury, use duck fat instead of olive oil to coat the potatoes before roasting them in the oven.

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*1 pound fingerling potatoes, unpeeled, halved lengthwise*  
*1/4 cup vegetable olive oil, plus more for coating pan*  
*Kosher salt and freshly ground black pepper*  
*3 tablespoons fresh rosemary leaves, roughly chopped*

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Preheat the oven to 375°F, place a rack in the center and place a rimmed baking sheet on the rack. Allow the oven to preheat for at least 30 minutes to heat the baking sheet.

1. **To prepare:** Place the halved potatoes in a medium mixing bowl and drizzle with the oil, tossing to coat. Season well with salt and pepper, add the rosemary and toss again. Carefully remove the preheated baking sheet and quickly coat with extra oil using a silicone pastry brush. Quickly arrange potatoes, cut side down, on the baking sheet and return to the oven. Roast until cut sides of the potatoes are browned, about 15 to 18 minutes. Remove baking sheet from oven and flip the potatoes. Return to oven and continue roasting until the potatoes are crisp, golden-brown and tender, about 10 to 12 minutes.

2. **To serve:** Remove baking sheet from oven and transfer the potatoes to a serving bowl. Season with salt and pepper and serve immediately.

### **Recipe variations:**

- We love all potatoes for this recipe! Whatever variety you choose, make sure to cut them the same size before roasting.
- Omit or substitute any hearty fresh herb for rosemary.
- For a luxurious experience, sprinkle the roasted potatoes with truffle salt.