



COOKING CLASSES
AT SUR LA TABLE

HOMEMADE ITALIAN-STYLE PASTA

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

- 2 lemons
- 2 medium red bell peppers
- 1 garlic clove
- Small bunch fresh flat-leaf parsley
- Small bunch fresh basil
- Small bunch fresh thyme
- 1 shallot
- 2 pears (such as Bartlett, Bosc or Anjou)
- 1 medium fennel bulb
- 1 medium head radicchio
- 2 heads Belgian endive

Dairy

- 5 eggs
- 3/4 cup whole-milk ricotta cheese
- 1/2 cup freshly grated Parmigiano-Reggiano cheese
- 3 ounces shaved pecorino

Pantry Items

- All-purpose flour
- Fine kosher salt
- Extra-virgin olive oil
- Semolina flour
- Freshly ground black pepper
- 1 cup green pitted olives
- 1/4 cup capers
- Anchovy paste
- Crushed red pepper flakes
- 1/4 cup pine nuts
- Dijon mustard
- Apple cider vinegar

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
- Digital scale (optional)
- Mixing bowls (various sizes)
- Prep bowls
- Microplane
- Cheese grater
- Fork
- Spoon
- Slotted spoon or spider
- Fine-mesh strainer
- Pastry brush
- Citrus juicer or reamer
- Mandoline (optional)
- Whisk
- Silicone spatula
- Tongs

Cookware

- Stockpot or large saucepan

Appliances

- Pasta maker or stand mixer with pasta attachment
- Food processor

Bakeware

- Rimmed baking sheet
- 3-inch round cutter

Other

- Kitchen towels
- Plastic wrap

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.

Ricotta Tortellini with Charred Red Pepper and Olive Pesto

1. Toast the pine nuts and cool.
2. 30 minutes before class, strain the ricotta in a fine-mesh sieve over a medium bowl to remove the excess liquid.
3. Preheat the oven to 475°F.
4. Wash and dry the produce.

Shaved Fennel and Pear Salad with Winter Greens and Pecorino

1. Wash and dry the produce.

TYPES OF PASTA

Fresh pasta is a completely different product from dried pasta. Fresh pasta is typically made from eggs and all-purpose or “00” flour, a very finely ground flour from Italy. Dried pasta dough is typically made with water and semolina, a flour with much higher gluten content. The structure of semolina pasta dough makes it sturdy enough to be forced through extruders into the numerous shapes we see in the grocery store. Also, semolina pasta dries very well which results in a product with a long shelf life. Flour and egg pasta dough, on the other hand, is more delicate and best enjoyed fresh. Fresh pasta is easy to make at home and can be rolled and cut by hand, or by using a pasta machine. Below are a few guidelines for making and using fresh pasta.

MAKING FRESH PASTA

- Traditionally, pasta is made by piling the flour on a work surface, making a “well” in the center, adding the eggs and mixing everything together. To make the process easier to handle, place the flour in a large mixing bowl, combine the ingredients and turn everything out on a work surface for kneading.
- Kneading pasta in quantities typically made at home is best done by hand. To knead, gather the dough in a ball, press downward on it with the heel of your hand, fold the dough onto itself and repeat. Properly kneaded pasta dough should be very smooth and supple but not sticky, which should take 5 to 10 minutes.
- It is important to allow the dough to rest, wrapped in plastic wrap for at least 10 minutes and up to an hour at room temperature before rolling. If you try to roll the dough before it rests, the dough will be too elastic and will spring back when rolled.
- When rolling pasta dough, make sure to flour it generously with semolina to prevent sticking. When the pasta sheet emerges from the rollers, catch it on the back of your hand, rather than with your fingertips, to avoid making indentations in the dough sheet.
- Pasta dough can be kept in the refrigerator for up to 24 hours or wrapped in airtight packaging and frozen for up to a month.

HOMEMADE PASTA DOUGH

Yield: 4 servings

Fresh pasta dough is so easy to make, you'll wonder why you never did it before.

12 1/2 ounces (2 1/2 cups) unbleached all-purpose flour, plus more for dusting

1 teaspoon fine kosher salt

4 large eggs

1 tablespoon extra-virgin olive oil

Semolina flour, for dusting pasta and surfaces

1. **To make the dough:** Place the flour and salt in a large mixing bowl and whisk to combine. Make a "well" in the center of the flour mixture and add the eggs and oil. Using a fork, blend the eggs into the flour mixture, stirring the flour in from the sides of the well and working outwards. When the pasta dough is thoroughly mixed, turn it out on a lightly floured work surface. Knead the dough until it is smooth and flexible but not sticky, adding small amounts of flour as needed, about 5 minutes. Shape the dough into a ball and flatten it into a disk. Cover with plastic wrap and rest for at least 20 minutes or up to an hour at room temperature.

2. **To roll out and cut the dough:** Secure a pasta machine to the edge of a long countertop or using a stand mixer, attach the pasta maker attachment. Using a bench scraper, cut the dough into 4 pieces. Keep the extra dough covered in plastic wrap while working with 1 piece. With a rolling pin, roll the piece of dough into a rough rectangle that will fit inside the widest setting of the pasta machine. Roll the dough through the machine, catching it with 1 hand as you roll with the other. Take the dough and trifold it like a letter. Turn the dough so one open end faces the machine and roll it through on the widest setting again. Fold, turn and roll once more on the widest setting.

3. Continue rolling the pasta through the machine without folding, adjusting the rollers to a smaller setting each time, until the desired thickness is reached. If the pasta sheet becomes too large to handle, use a bench scraper to cut it into more manageable lengths and continue rolling.

4. Cut the sheets to desired shapes and sizes, toss with semolina flour and set aside and cover with a clean kitchen towel. The pasta can be cooked immediately or covered with plastic wrap and refrigerated for up to 24 hours before use.

RICOTTA TORTELLINI WITH CHARRED RED PEPPER AND OLIVE PESTO

Yield: 4 servings

Fresh tortellini seems complicated to make, but by following a simple folding procedure and spending a little extra time, you can have delicious fresh tortellini! If you want to stock up, freeze uncooked tortellini in a single layer, then transfer to sealable bags for long-term storage.

Tortellini filling:

3/4 cup whole-milk ricotta cheese, strained
2 teaspoons lemon zest
2 tablespoons freshly grated Parmigiano-Reggiano cheese
1 large egg, lightly beaten
1/4 teaspoon kosher salt
1/4 teaspoon freshly ground black pepper
1 recipe Homemade Pasta Dough (recipe included)
Semolina flour, for dusting

Pesto:

2 medium red bell peppers
1/4 cup extra-virgin olive oil, plus more for brushing peppers
1 cup green olives, pitted
1/4 cup capers, rinsed and drained
1 garlic clove, chopped
1 teaspoon anchovy paste
2 tablespoons fresh flat-leaf parsley, chopped
10 fresh basil leaves
1 teaspoon lemon zest
1 tablespoon fresh lemon juice
1/2 teaspoon crushed red pepper flakes, plus more to taste
Freshly ground black pepper
1/4 cup pine nuts, toasted
1/4 cup Parmigiano-Reggiano cheese, grated, plus more for serving
Kosher salt and freshly ground black pepper

Preheat the oven to 475°F.

1. ***To prepare the pesto:*** Place the red peppers on a rimmed baking sheet. Using a silicone pastry brush, lightly coat the peppers with oil. Transfer the peppers to the oven and roast, turning every 10 minutes until the peppers are very soft and the skin is charred and blistered,

about 30 minutes. Using tongs, transfer the red peppers to a medium bowl; cover with plastic wrap and set aside until cool enough to handle. Peel and seed the peppers and add to a food processor fitted with a metal blade; add the remaining ingredients and blend to make a smooth mixture. Taste and adjust seasoning with salt and pepper. Set aside.

2. **To make the filling:** Strain the ricotta in a fine-mesh sieve over a medium bowl for at least 30 minutes to remove excess liquid. Transfer the ricotta to a medium bowl, add the lemon zest, Parmigiano-Reggiano, egg, salt and pepper; using a silicone spatula, fold to combine and set aside.

3. **To prepare the pasta:** Roll the fresh pasta into paper-thin sheets and set them on a floured work surface. Cover the sheets with a clean kitchen towel while rolling the remaining dough. Using a 3-inch pastry cutter, cut rounds from the dough. Dust the tops of the pasta rounds with flour and cover loosely with a clean kitchen towel or a piece of plastic wrap. Repeat until all the pasta dough is used.

4. **Fill and shape the tortellini:** Gather the pasta rounds, the filling, a baking sheet coated with flour and a small bowl of water. Line up 3 pasta rounds and place 1 teaspoon of filling in the center of each round of pasta. Dip your finger in the bowl of water and run it along the edge of the round to moisten. Fold the dough over to form a half-moon and press to seal. Next, draw the two corners together to form a rounded bonnet shape and press the ends tightly together to seal. Place the tortellini on the floured baking sheet and repeat with the remaining dough rounds.

6. **To cook the tortellini:** Heat a large pot of water over high heat until boiling. Generously season water with salt. Add the tortellini and stir gently to prevent the pasta from sticking together. Boil until the tortellini rise to the top of the water, the filling is hot and the pasta is cooked through, about 3 to 4 minutes.

6. Reserve 1 cup of pasta water and using a slotted spoon or spider transfer the hot tortellini to a large bowl. Gently toss the pasta with the pesto, adding the reserved pasta water as needed to thin the sauce. Don't toss too much or pasta will break apart.

7. **To serve:** Taste and adjust seasoning with salt and pepper. Divide the tortellini among pasta bowls; top with Parmigiano-Reggiano and serve immediately.

Recipe variations:

- Tortellini can be filled with puréed winter squash, goat cheese, or spinach-ricotta filling.
- Substitute the charred red pepper and olive pesto with traditional basil pesto.
- Substitute the pesto with a simple sauce of browned butter and sage.

SHAVED FENNEL AND PEAR SALAD WITH WINTER GREENS AND PECORINO

Yield: 4 servings

Using a mandoline makes quick work of slicing fennel paper-thin. Use crisp pears such as Bartlett, Bosc, or Anjou for this salad.

For the vinaigrette:

2 teaspoons Dijon mustard
1 tablespoon apple cider vinegar
1 teaspoon fresh lemon juice
3 tablespoons extra-virgin olive oil
1 tablespoon shallots, minced
1 teaspoon thyme, minced
Kosher salt and freshly ground black pepper

For the salad:

2 pears, cored and julienned
1 medium fennel bulb, trimmed, quartered, cored and thinly sliced
1 medium head radicchio, halved, cored and thinly sliced
2 heads Belgian endive, ends and outer leaves trimmed, halved and cut crosswise into strips
3 ounces pecorino, shaved

1. **To prepare the vinaigrette:** To a medium bowl, add the mustard, vinegar and lemon juice. Whisking, add the oil in a steady stream. Stir in the shallots and thyme. Taste and adjust seasoning with salt and pepper.

2. **To assemble the salad:** Combine the pears, fennel, radicchio and endive in the bowl with the vinaigrette; toss to coat. Taste and adjust seasoning with salt and pepper.

3. **To serve:** Divide salad among four salad plates, top with shaved pecorino and serve.

Recipe variations:

- Substitute radicchio for baby kale, arugula, or watercress.
- Substitute crisp apples for pears.