



COOKING CLASSES
AT SUR LA TABLE

**DELICIOUSLY SIMPLE ONE-PAN
DINNER + DESSERT**

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

- ☐ 4 ounces bacon (see recipe notes for substitutions)
- ☐ 8 bone-in, skin-on chicken thighs (about 2 pounds)

Produce

- ☐ 6 ounces baby bella mushrooms (or button mushrooms)
- ☐ 1 bunch fresh thyme
- ☐ 1 bunch fresh sage
- ☐ 1 bunch flat-leaf parsley
- ☐ 1 medium yellow onion
- ☐ 3 garlic cloves
- ☐ 1 pound butternut squash or 2 pounds pre-cut butternut squash cubes
- ☐ 1 small or 1/2 medium head cauliflower

Dairy

- ☐ 2 cups whole milk
- ☐ 2 tablespoons unsalted butter
- ☐ 1/2 cup heavy whipping cream (optional)

Other

- ☐ 4 ounces dry white wine (see recipe notes for substitutions)

Pantry Items

- ☐ Kosher or sea salt
- ☐ Black peppercorns in a mill or grinder
- ☐ Vegetable oil
- ☐ Granulated sugar
- ☐ Cornstarch
- ☐ Vanilla bean paste or extract
- ☐ 9 ounces semisweet or bittersweet chocolate

Dry/Canned Goods

- ☐ 8 ounces chicken stock
- ☐ 1 cup farro (see recipe notes for substitutions)

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
- ☐ Liquid measuring cup with a spout
- ☐ Kitchen scale (optional)
- ☐ Vegetable peeler
- ☐ Mixing bowls (various sizes)
- ☐ Wooden spoon
- ☐ Tongs
- ☐ Whisk
- ☐ Vegetable peeler
- ☐ Instant-read thermometer

Cookware

- ☐ Large skillet with a lid
- ☐ Medium saucepan

Tabletop

- ☐ 4 cups or small bowls for pudding

Other

- ☐ Aluminum foil
- ☐ Cling film

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.

Chicken and Barley One-Pan Meal

1. Wash and dry all the produce.

CHICKEN AND BARLEY ONE-PAN MEAL

Yield: 4 servings

We've paired sweet butternut squash, nutty farro and flavor-packed chicken thighs in this one-pot meal. This recipe will keep you warm all season long. Try this in the spring in summer with seasonal favorites like sweet corn.

4 ounces bacon, cut into 1/4-inch cubes
6 ounces baby bella mushrooms, cut into halves or quarters
1 teaspoon fresh thyme leaves, chopped
8 bone-in, skin-on chicken thighs (about 2 pounds)
1/2 teaspoon kosher salt
1/2 teaspoon freshly ground black pepper
3 tablespoons vegetable oil
1 medium yellow onion, finely chopped
3 garlic cloves, finely chopped
1/2 cup (4 ounces) dry white wine such as Sauvignon Blanc or Pinot Grigio
1 cup (8 ounces) chicken stock
10 fresh sage leaves, tough center rib removed, leaves coarsely chopped
1 cup farro
2 cups butternut squash, cut into 1/2-inch cubes
1/2 medium cauliflower, outer leaves removed, cut into 2-inch florets
1/4 cup tightly packed flat-leaf parsley, coarsely chopped for garnish

1. Set a large skillet with a lid on a stove over medium-high heat. When the pan is hot, add the bacon and cook until the fat is rendered and the bacon begins to crisp, about 6 minutes. Add the mushrooms and thyme. Cook for 4 to 5 minutes until the mushrooms begin to brown. Transfer the bacon and the mushrooms to a bowl and set them aside.
2. Meanwhile, season the chicken thighs with salt and pepper. After removing the bacon and mushrooms from the skillet, place the chicken thighs skin-side down. Cook on all sides for 6 to 8 minutes, until browned. Transfer the chicken to a plate.
3. To the skillet, add onions and garlic. Cook until translucent, about 3 to 4 minutes. Add the wine and reduce by half. Using a wooden spoon, stir and scrape up any browned bits from the bottom of the pan. Add the stock, sage, farro and the chicken along with any accumulated juices, stir to combine and cover. Reduce the heat to medium-low and cook for 12 to 14 minutes, or until the chicken is cooked. Insert an instant-read thermometer into the thickest part of the chicken meat to check the temperature. Once it reads 165°F, then the chicken is ready.

4. Remove the chicken thighs from the pan, add the squash and cauliflower, stir and cook until the vegetables are fork-tender, about 14 to 16 minutes. Stir in the reserved mushrooms and bacon.

5. **To serve:** Place the cooked chicken over the vegetables, garnish with chopped parsley and serve family style. You can also divide the chicken and vegetables between the plates and garnish with chopped parsley.

Recipe variations:

- Substitute barley if you're unable to find farro.
- For an added crunch, add toasted chopped hazelnuts when serving.
- If you would like to omit bacon from the recipe, cook your mushrooms in about 1 tablespoon of olive or vegetable oil.
- Don't have white wine or want to omit alcohol? Substitute the 4 ounces of wine in the recipe with 4 ounces of chicken stock.

CHOCOLATE PUDDING

Yield: 4 servings

This pudding is rich in deep chocolate flavor. Serve chilled with toasted cashews and coconut or serve warm with whipped cream and a pinch of cayenne pepper.

1/2 cup granulated sugar

2 tablespoons cornstarch

2 cups whole milk

1/4 teaspoon kosher salt

1 teaspoon vanilla bean paste

9 ounces semisweet or bittersweet chocolate, chopped, plus more for garnish if desired

2 tablespoons unsalted butter

1/2 cup heavy whipping cream, optional for garnish

1. To a medium saucepan add sugar and cornstarch, whisk to combine. Add milk and salt, whisk to combine. Set the saucepan on the stove over medium-high heat, whisking gently and often until the mixture comes to a simmer and thickens. About 8 minutes.
2. Remove saucepan from heat and add vanilla, chocolate and butter. Whisk until smooth.
3. **To serve:** Divide the pudding between the serving cups or ramekins. Serve warm or press plastic wrap to the surface to prevent a skin from forming. Transfer the serving cups to the refrigerator until chilled, about 1 hour.

Recipe variations:

- Top pudding with lightly sweetened whipped cream or consider flavoring the whipped cream with a dash of cinnamon, orange zest, or a touch of cocoa powder.
- Want to make chocolate shavings? Run a vegetable peeler over an edge of a bar or chunk of chocolate.