



COOKING CLASSES
AT SUR LA TABLE

AWARD-WINNING BITES

WITH SUR LA TABLE CHEF

Ingredient Shopping List

Below is a list of ingredients you'll need to make the recipes in this packet. There are many ingredient suggestions and substitutions in each recipe.

Proteins

- ☐ 4 ounces assorted cured meats such as salami, speck, prosciutto and coppa
- ☐ 1 dozen oysters (see recipe notes for purchasing and storing instructions)

Produce

- ☐ 8 ounces assorted fresh and dried fruit (such as grapes, apple slices and dried apricots)
- ☐ 1 shallot
- ☐ 1 lemon (optional)

Dairy and Refrigerated

- ☐ 2 mini baked brie wheels (2 ounces each or a 4-ounce piece of brie)
- ☐ 4 tablespoons unsalted butter

Frozen

- ☐ 1 box frozen phyllo dough

Pantry Items

- ☐ 4 tablespoons jam or preserves
- ☐ 2 tablespoons mustard (such as whole-grain, honey or Dijon)
- ☐ Red wine vinegar
- ☐ Black peppercorns in a grinder or mill
- ☐ Kosher salt
- ☐ Granulated sugar
- ☐ Hot sauce (optional)

Dry/Canned Goods

- ☐ 1 package of assorted crackers
- ☐ 8 ounces assorted pickles and olives
- ☐ 4 envelopes of unflavored gelatin
- ☐ Gel food coloring (optional)

Frozen

- ☐ 1 1/2 cups sparkling wine (1/2 bottle - see recipe for substitutions)

Equipment Needed

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

Cutlery

- ☐ Chef's knife
- ☐ Oyster knife (see recipe notes for substitutions)
- ☐ Cutting board

Hand Tools/Gadgets

- ☐ Small bowls for charcuterie board
- ☐ Pastry brush
- ☐ Measuring cups and spoons
- ☐ Mixing bowls (various sizes)
- ☐ Whisk

Cookware

- ☐ Medium saucepan

Bakeware

- ☐ Rimmed baking sheets
- ☐ 9" x 13" baking dish or rimmed baking sheet

Tabletop

- ☐ Serving plates
- ☐ Wood cutting boards or serving platters

Other

- ☐ Parchment paper or silicone baking mats
- ☐ 2 clean kitchen 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.

Individual Charcuterie Boards

1. Wash and dry the produce.

Mini Baked Brie

1. Preheat the oven to 350°F.
2. Defrost frozen phyllo dough in the refrigerator overnight.

Shucked Oysters with Mignonette

1. Review the oyster notes at the end of the recipe. Scrub the oyster shells well and keep them in the refrigerator.

INDIVIDUAL CHARCUTERIE BOARDS

Yield: 2 servings

A great charcuterie board includes a diverse variety of sweet and savory flavors, textures and colors. Many grocery stores have olive bars that offer a variety of olives, pickles and other items that are perfect for charcuterie boards.

2 mini baked brie wheels (recipe included)

2 tablespoons jam or preserves

2 tablespoons mustard such as whole-grain, honey, or Dijon

4 ounces assorted cured meat variety such as salami, speck, prosciutto, and coppa

12 to 20 crackers, we recommend purchasing a variety box

8 ounces assorted pickles and olives

8 ounces assorted fresh and dried fruit such as grapes, apple slices, and dried apricots

1. ***To assemble boards:*** Divide the ingredients between 2 small platters or small wood cutting boards or serving boards. Arrange the cheeses on the boards, giving some space between each type. Portion the mustard and jam into small pinch bowls. Arrange the bowls around the cheeses. If you have strongly flavored cheeses, use the jams and mustards to create a visual barrier between the cheeses. Neatly fold or layer the meats on the board, offsetting each piece from the next or in a ribbon pattern. Arrange the crackers, pickles and fruits in the empty spaces.

Charcuterie board notes:

- ***Cheese varieties:*** The most important rule for choosing your cheese is to select those that you enjoy. The below varieties are just suggestions. A good rule of thumb is to select a variety of textures and flavors, including hard aged cheese and soft fresh cheese. Another simple way to create a diverse board is to consider the type of milk used to produce the cheese. Look to include goat, sheep and cow's milk cheese. If you don't like a particular cheese, such as blue cheese or goat cheese, skip it! Search for a grocery store with a well-stocked cheese department. Talk to the cheesemonger and ask for suggestions.
- ***Aged Cheese:*** Aged cheddar and Gruyère, have a strong flavor and firm texture. Cut and serve in thin slices.
- ***Soft Cheese:*** Made with goat, sheep and cow's milk. These cheeses range from mild to sharp in flavor. Look for Brie, Boursin, Camembert and chèvre. Serve in small wedges or slices.
- ***Blue:*** Known for the edible blue veins and pungent, creamy flavor. Look for imported Gorgonzola, Roquefort, Stilton, and domestic styles such as Cambozola or Maytag. Serve in small wedges or broken apart into large crumbles.
- ***Firm Cheese:*** Manchego, Pecorino or Parmigiano-Reggiano. These cheeses pack a flavor punch, so it is recommended to serve this style in thin slices.

MINI BAKED BRIE WHEELS

Yield: 2 servings

Baking “en croute” is French for baking delicious foods enclosed in pastry. We love the combination of sweet jam paired with creamy melting brie. The shatteringly crisp contrast of the flaky phyllo is perfect with the warm savory cheese.

For the brie:

*2 small wheels of brie (2 ounces each, or a 4-ounce wedge of brie cut in half.)
8 (8 1/2" x 14") sheets frozen phyllo dough, defrosted, cut in half widthwise
4 tablespoons unsalted butter, melted
2 tablespoons jam such as raspberry, berry, or apricot*

Preheat the oven to 350°F and position a rack in the middle of the oven. Line a rimmed baking sheet with parchment paper.

1. ***To prepare the brie:*** Using a pastry brush, brush the butter on the first sheet of phyllo and place on the prepared baking sheet; place a second sheet on top at roughly a 30° angle and brush with butter. Continue with the phyllo and butter, adjusting the angle 30° for each subsequent sheet until 8 sheets have been used. Make a second pile with the remaining 8 sheets. Place a brie round in the center of each phyllo pile and top with 1 tablespoon of jam.

2. Bring the pastry edges over the brie and continue folding until the brie is completely enclosed. Brush the exterior of the pastry with the remaining butter. Repeat with the second Brie and pastry. Transfer the baking sheet to the preheated oven and bake until the phyllo is golden brown, about 20 minutes. Transfer the baked brie to a serving platter and serve warm with crackers.

Recipe variations:

- Any jam is great to use in this recipe. For something spicy consider a jalapeño-fruit jam or a sweet pepper variety.

SHUCKED OYSTERS WITH MIGNONETTE

Yield: 1 dozen oysters

To safely open your oysters, invest in a sturdy oyster knife. Fold a towel around the oysters to protect your hands from the knife tip and jagged shells. See recipe notes below for oyster buying and storing guidelines.

1 dozen oysters

1/4 cup red wine vinegar

1 tablespoon finely minced shallot

1/8 teaspoon freshly ground black pepper

1/8 teaspoon kosher salt

Granulated sugar, to taste

Optional toppings:

1 lemon, cut into wedges

Tabasco or preferred hot sauce

1. ***To prepare mignonette:*** To a small mixing bowl, add the vinegar, shallots, pepper and salt; whisk to combine. Taste and adjust the seasoning with salt, pepper and sugar.

2. ***To shuck oysters:*** Line a large plate with crushed ice or bunch a clean dishcloth on a large plate to stabilize the shucked shells. Fold a clean kitchen towel into thirds lengthwise and set it on your work surface. Place one oyster flat side up, belly side down onto the towel with the hinge side facing your dominant hand, fold one side of the towel over the oyster so only the hinge is exposed and place your non-dominant hand on top of the towel wrapped oyster.

3. Work the tip of your oyster knife into the hinge, this might take a few tries to find the spot where the knife will slide in. Wiggle the knife tip into the oyster until you feel the pressure from the shell on both sides of the knife. Work the knife up and down in a twisting motion until you feel the top shell release from the bottom, then twist your knife to pry the shells apart. Remove your knife and wipe clean. Insert your knife back into the opening and work your knife around the top shell to sever the muscle keeping the shells together.

4. Discard the top shell. Inspect the opened oyster and remove any pieces of shell that may have fallen into the meat. Give the oyster a smell, it should smell like the sea. The final step is to slide the knife under the oyster, freeing it from the bottom shell, be careful to not tip out any of the liquid. Place the shucked oyster onto your prepared plate. Repeat the process with the remaining oysters.

5. ***To serve:*** Serve the plate of oysters with mignonette, lemon wedges and hot sauce.

Oyster Notes:

- Oysters shells should be tightly closed when purchased and when shucked should smell like the sea.
- Once home, store the oysters belly side down, covered with a damp cloth in the refrigerator.
- Before shucking, scrub well to remove mud and grit.
- If you don't have an oyster knife use a clean Phillips-head screwdriver, a sturdy paring knife, or a sturdy butter knife.

SPARKLING WINE GUMMIES

Yield: approximately 5 dozen gummies

Treat yourself to these flavor-packed sweets. Make sure to use a good quality sparkling wine for the flavor to shine through. For a super bright and intense flavor, whisk in 1/8 teaspoon of citric acid into the sugar.

1 1/2 cups (1/2-750ml bottle) sparkling wine, divided

4 envelopes (1 ounce) Knox unflavored gelatin

1/2 cup granulated sugar

Gel food coloring, if desired

1. Place a rimmed baking sheet or 9" x 13" baking dish in the refrigerator.
2. To a medium saucepan set over medium heat, add 3/4 cup of sparkling wine. Bring to a boil and cook until the wine is reduced to about 1/4 of a cup. Remove from heat.
3. To a mixing bowl, add the remaining wine and sprinkle the gelatin over the top. Whisk to combine and let sit 5 minutes to bloom the gelatin.
4. Add the sugar to the reduced wine and whisk until dissolved. Add the wine and gelatin mixture and whisk until fully incorporated and smooth. If dyeing the gummies, add a few drops of gel food coloring and whisk until fully incorporated. With a spoon, skim off any foam from the surface of the mixture. Carefully pour the gelatin mixture into the chilled baking sheet or baking dish. Transfer to the refrigerator until fully set, about 60 minutes.
5. Once set, use a paring knife to cut the gummy mixture into 1-inch squares, or punch out with mini cookie cutters. Transfer the cut gummies to an air-tight storage container.

Recipe notes:

- 100% fruit juice can be substituted for wine.
- If substituting sheet gelatin for powder gelatin, use 4 sheets of gelatin for every envelope of powder gelatin.
- For a vegan version, substitute 1 teaspoon of agar-agar powder for each packet of gelatin powder.