



**COOKING CLASSES**  
AT SUR LA TABLE

# **SUMMER SALMON MEAL**

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 5-ounce salmon fillets, skinned, pin bones removed

## Produce

- 2 shallots
- 2 garlic cloves
- 2 bunches basil
- 1 bunch fresh herbs, see recipe for suggestions
- 2 cups baby arugula
- 1 cantaloupe (we will be using ¼ of it)
- 1 lemon

## Dairy

- 8 ounces fresh mozzarella
- ¼ cup crumbled feta or goat cheese, optional

## Pantry Items

- Extra-virgin olive oil
- Red wine vinegar
- Red pepper flakes
- Kosher or sea salt
- Black peppercorns in a grinder or mill
- Vegetable oil

## Dry/Canned Goods

- 1 cup dry orzo pasta

# 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

- Garlic roller, optional
- Bench scraper
- Measuring cups and spoons
- Mixing bowls, various sizes
- Silicone pastry brush
- Fish spatula
- Large spoon
- Whisk
- Citrus juicer, optional
- Colander
- Microplane

## Cookware

- Grill pan or heavy-bottomed skillet (grilling fish)
- Medium saucepan

## Appliances

- Food processor or blender

## **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.

### **All recipes**

1. Wash and dry all produce.

### **Lemon-Herb Orzo**

1. Cook 1 cup dry orzo to packaging instructions. Drain, rinse with cool water, and set aside.

## GRILLED SALMON WITH BASIL VINAIGRETTE

*Yield: 4 servings*

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*For vinaigrette:*

*1 shallot, roughly chopped*

*1 clove peeled garlic*

*1 cup tightly packed basil leaves*

*1/4 cup extra-virgin olive oil*

*3 tablespoons red wine vinegar*

*1/4 teaspoon red pepper flakes*

*Kosher salt and freshly ground black pepper*

*For salmon:*

*4 5-ounce salmon fillets, skinned and pin bones removed*

*Vegetable oil, for brushing salmon and grill grates*

*Kosher salt and freshly ground black pepper*

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1. **To prepare vinaigrette:** In a food processor, pulse the shallot and garlic until chopped. Add the basil and pulse until finely chopped. Add the oil, vinegar and crushed red pepper and process until smooth. Taste and adjust seasoning with salt and pepper.

2. **To cook salmon:** Preheat grill or grill pan to medium-high heat. Using a silicone pastry brush, lightly coat grill grates or grill pan with a thin layer of vegetable oil. Brush salmon fillets with vegetable oil and season on both sides with salt and pepper. Place salmon on the grill flesh side down; grill for 3 to 4 minutes. Using a fish spatula, carefully flip the fillets over and grill another 2 to 3 minutes, or until the flesh flakes apart.

3. **To serve:** Divide the salmon between 4 individual plates. Top with a spoonful of vinaigrette and serve immediately.

**Grilled Salmon with Basil Vinaigrette variations:**

Any fresh, tender herb can be used in the vinaigrette.

Substitute salmon with your favorite firm-fleshed fish or seafood such as cod, halibut, scallops or trout.

## MELON, ARUGULA AND MOZZARELLA SALAD

**Yield:** 4 servings

*This simple salad is a peak summer showstopper!*

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*2 cups loosely packed baby arugula  
1/4 cantaloupe, peeled, seeded and thinly sliced  
1/4 cup extra-virgin olive oil, divided  
2 tablespoons red wine vinegar  
1 teaspoon kosher salt, plus more for seasoning  
8 ounces fresh mozzarella, torn  
Freshly ground black pepper  
1/4 cup extra-virgin olive oil, divided  
1 cup fresh basil leaves, torn*

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1. **To assemble salad:** To a medium bowl add arugula, melon, 2 tablespoons olive oil and vinegar. Toss to coat. Taste and adjust seasoning with salt and pepper.

2. **To serve:** Arrange dressed salad on a platter or divide between 4 serving plates. Top with torn mozzarella. Season with salt and pepper. Drizzle remaining olive oil over top and sprinkle with torn basil leaves.

***Melon, Arugula and Mozzarella Salad variations:***

Burrata or ricotta are wonderful substitutions for the fresh mozzarella.

Don't like cantaloupe? Substitute any fresh melon or stone fruit in this salad.

## LEMON-HERB ORZO

*Yield: 4 servings*

Although it looks like rice, orzo is a short pasta that cooks up quickly and is perfect for both warm and cold pasta salads.

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*1 cup orzo pasta  
2 tablespoons olive oil  
Sea salt and freshly ground black pepper  
1 shallot, minced  
1 garlic clove, minced  
1 lemon, zested and juiced  
2 tablespoons olive oil, plus more if needed  
1/2 cup chopped fresh herbs such as basil, parsley, mint and dill  
1/4 cup crumbled feta or goat cheese, optional*

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1. **To cook orzo:** Place a large saucepan of salted water on the stove over high heat and bring to a boil. When the water is boiling, add the orzo and cook, stirring occasionally to prevent sticking, until al dente, about 12 minutes. Drain orzo through a colander. Rinse with cool water, drain and transfer orzo to a large bowl.
2. To a large bowl add shallot, garlic, lemon juice, lemon zest and olive oil. Whisk to combine, taste, and adjust seasoning with salt and pepper. Add herbs and cooked pasta; toss to combine.
3. **To serve:** Transfer to a serving bowl or divide between 4 serving plates and garnish with cheese if using.

***Lemon-Herb Orzo variations:***

For a heartier dish, add cooked beans and cooked diced vegetables.