



COOKING CLASSES
AT SUR LA TABLE

FAMILY FUN IN THE KITCHEN

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

- ☐ 1 head romaine lettuce
- ☐ 1 yellow onion
- ☐ 4 garlic cloves
- ☐ 1 bunch of basil
- ☐ 4 sprigs of Parsley
- ☐ 1-2 lemons
- ☐ 5 cups berries of choice

Dairy

- ☐ Block of parmesan cheese or 11/2 cups grated
- ☐ 1/4 whole milk
- ☐ 1 egg
- ☐ 1/2 cup (4 ounces) unsalted butter

Protein

- ☐ 10 ounces ground beef
- ☐ 10 ounces sweet Italian sausage

Pantry Items

- ☐ Kosher or sea salt
- ☐ Black pepper in a grinder
- ☐ Olive oil
- ☐ Dijon mustard
- ☐ Worcestershire sauce
- ☐ Red Wine
- ☐ Crushed red pepper flakes
- ☐ Red wine vinegar
- ☐ 2/3 cup panko breadcrumbs
- ☐ Ground cinnamon
- ☐ 1/2 cup granulated sugar
- ☐ 1/2 cup light brown sugar
- ☐ 2 tablespoons cornstarch
- ☐ Vanilla bean paste or vanilla extract
- ☐ 4 tablespoons all-purpose flour
- ☐ 1 cup rolled oats

Dry/Canned Goods

- ☐ French bread
- ☐ 1 (28 ounce) can of whole peeled tomatoes
- ☐ 1 pound dry spaghetti

Equipment Needed

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

Cutlery

- ☐ Chef's knife
- ☐ Paring knife
- ☐ Serrated knife
- ☐ Cutting board

Hand Tools/Gadgets

- ☐ Prep bowls
- ☐ Wooden spoons
- ☐ Heat-safe spatula
- ☐ Microplane zester (Optional)
- ☐ Liquid measuring cup
- ☐ Dry measuring cups and spoons
- ☐ Colander
- ☐ 2 tongs
- ☐ Kitchen timer
- ☐ Whisk

Cookware

- ☐ Pasta Pot (large enough to boil pasta)
- ☐ Large Skillet or Dutch Oven (for tomato sauce and meatballs)
- ☐ Small skillet or frying pan (to cook meatball taster)

Bakeware

- ☐ 4 6-ounce ramekins or oven-safe baking dishes
- ☐ 3, 1/2 sheet pan or large baker (suggestions for substitutes will be provided)

Tabletop

- ☐ Salad bowl
- ☐ Bowls or plates for spaghetti and meatballs

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.

Caesar Salad

1. Wash and dry romaine lettuce

Spaghetti and Meatballs

1. 30 minutes prior to class, pre heat oven to 400°F (or 375°F if using convection oven)
2. Fill pasta pot with water. Bring to a boil and then turn heat off.

Berry Crisps

1. 30 minutes prior to class, set butter out to bring to room temperature

CLASSIC CAESAR SALAD WITH HOMEMADE CROUTONS

Yield: 4 servings

Zesty, crisp croutons elevate this classic salad (and they're pretty great for snacking, too).

Parmesan croutons

5 thick slices French bread

3 tablespoons olive oil

1/2 teaspoon minced garlic

2 tablespoons grated parmesan cheese

Caesar dressing

2 small garlic cloves, finely minced

2 teaspoons Dijon mustard

1 teaspoon Worcestershire sauce

1 1/2 teaspoons fresh lemon juice

1 1/2 teaspoons red wine vinegar

1/4 cup olive oil

Sea salt and freshly ground black pepper

Salad:

1 head romaine leaves, washed and dried

1/2 cup grated Parmesan cheese

Freshly ground black pepper

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1. **Prepare the croutons:** Preheat the oven to 350°F. Cut, or tear the bread into 1/2-inch cubes and transfer to a medium bowl.
Combine the oil and garlic in a small bowl and pour over the bread. Sprinkle the parmesan over and toss until evenly coated. Spread out on a baking sheet and bake until golden brown, about 10 minutes. Set aside.
 2. **Prepare the dressing:** Place the garlic in a bowl with the Dijon mustard, Worcestershire sauce, lemon juice and red wine vinegar. Slowly whisk in the olive oil until completely incorporated. Taste and adjust seasoning with salt and pepper.
 3. **Prepare the salad:** Tear the romaine into bite-size pieces, place in a large serving bowl and add the shredded parmesan and croutons. Pour the dressing over the salad and gently toss with wooden spoons until the lettuce is completely coated.
To serve: Divide the salad among 4 serving plates, grind pepper over each and serve immediately.

SPAGHETTI WITH CLASSIC TOMATO SAUCE AND HAND ROLLED PORK AND BEEF MEATBALLS

Yield: 4 servings

You can make these meatballs days ahead and freeze until needed.

Sauce:

*1/4 cup extra-virgin olive oil
1 cup finely diced yellow onion
1 garlic clove, smashed
1/2 cup red wine
1/8 teaspoon crushed red pepper flakes
1 (28-ounce) can San Marzano whole peeled tomatoes
Sea salt and freshly ground black pepper
10 basil leaves, cut into ribbons*

Meatballs:

*1/4 cup whole milk
2/3 cup panko breadcrumbs
10 ounces ground beef
10 ounces sweet Italian sausage, removed from the casing
1/2 cup grated Parmesan cheese, plus more for garnish
1 large egg, beaten
2 tablespoons chopped fresh flat-leaf parsley
1 teaspoon sea salt
1/2 teaspoon ground black pepper*

Pasta:

1 pound dry spaghetti

1. Preheat oven to 425°F. Line a rimmed baking sheet with parchment.
2. *To prepare sauce:* Heat olive oil in a large skillet or Dutch oven over medium-high heat. Add onions and cook until soft and translucent, about 5 minutes. Add garlic and cook until fragrant, about 1 minute. Add wine and simmer until almost evaporated. Add pepper flakes and tomatoes. Cover, reduce heat and simmer for 10 minutes. With a hand-held immersion blender, puree sauce. Taste and adjust seasoning with salt and pepper. A small amount of water can be added to thin the sauce if necessary.
3. *To prepare meatballs:* In a small bowl, combine milk and breadcrumbs and set aside to soak for 5 minutes. In a medium bowl, combine the rest of the meatball ingredients; add soaked breadcrumbs and mix thoroughly. Take a small spoonful of the meatball mixture and fry it in a small skillet with a little oil until cooked through. Taste and adjust seasoning with salt if necessary. Roll meatballs to 1 1/4 inches in diameter. Transfer to prepared baking sheet and bake for 10 minutes, or until golden brown. Using tongs, transfer cooked meatballs to the sauce. Simmer until meatballs are tender, 8 to 10 minutes. Taste and adjust seasoning with salt and pepper and stir in basil leaves.
4. *To cook pasta:* Heat a large pot of water over high heat until boiling; generously season with salt. Add pasta to the water and stir to prevent spaghetti from sticking together. Boil until al dente, 2 to 3 minutes. Reserve about 1 cup of pasta water and drain pasta through a colander. Transfer pasta to the skillet with the sauce and meatballs and mix well, using pasta water to loosen sauce and coat pasta as needed. Taste and adjust seasoning with salt and pepper.
5. *To serve:* Divide pasta among warm pasta bowls, garnish with Parmesan, and serve immediately.

INDIVIDUAL BERRY CRISPS

Yield: 4, 6-ounce ramekins

Easy to make, this classic berry crisp can be made with most fruits. In the summer, berries, plums, cherries, peaches and nectarines are divine. In the fall and winter, try apples or pears studded with cranberries. We are making these in individual ramekins. If doubling or tripling recipe, use a 9x9 or 9x13 baking dish.

Berry Filling

1/2 cup granulated sugar

1/4 teaspoon kosher salt

2 tablespoon cornstarch

1 teaspoon orange or lemon zest

5 cups berries such as blueberries, blackberries, strawberries or raspberries

1 teaspoon vanilla bean paste or extract

1/2 teaspoon freshly squeezed orange or lemon juice

Crisp Topping

1 cup rolled oats

4 tablespoons all-purpose flour

1/2 cup light brown sugar, packed

1/4 teaspoon kosher salt

1/4 teaspoon cinnamon

1/2 cup unsalted butter, room temperature

Preheat oven to 400°F and position rack into middle of oven.

1. **To make filling:** To a medium bowl add sugar, salt, cornstarch and zest, whisk to combine. Add berries, and gently toss to coat. Stir in vanilla and juice, stir to coat.

2. Divide fruit between ramekins.

3. **To make crisp topping:** To a small bowl add oats, flour, sugar, salt and cinnamon; stir to combine. Add butter, using your clean hands work the butter into the dry ingredients until the mixture resembles coarse crumbs.

4. Divide crisp topping over fruit. Transfer ramekins to preheated oven. Bake until crisp topping is golden brown, and fruit is bubbling, about 30 minutes.

5. **To serve:** Allow crisps to cool for about 10 minutes before serving.

Recipe Variations:

Substitute gluten-free flour, or almond meal for the all-purpose flour in the crisp topping.

Chopped, toasted nuts are also delicious to add to the crisp.

Filling variations:

Diced, mixed apples or pears

Pear and cranberry

Peaches, nectarines, plums, and cherries