



COOKING CLASSES
AT SUR LA TABLE

**BRITISH BAKING:
HIGH TEA**

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

- ☐ 2 cups shredded cooked chicken

Produce

- ☐ 2 lemons
- ☐ 1 medium yellow onion

Dairy and Refrigerated

- ☐ 1 cup buttermilk
- ☐ 2 large eggs
- ☐ 2 sticks plus 1 tablespoon unsalted butter
- ☐ 4 tablespoons heavy whipping cream
- ☐ Mayonnaise

Pantry Items

- ☐ Vanilla bean paste or extract
- ☐ All-purpose flour
- ☐ Granulated sugar
- ☐ Baking powder
- ☐ Kosher or sea salt
- ☐ Confectioners' sugar
- ☐ Red gel food coloring
- ☐ Curry powder
- ☐ 1 bay leaf
- ☐ 8 slices white or wheat sandwich bread

Dry/Canned Goods

- ☐ 1/2 ounce freeze-dried strawberries (found in the snack aisle or bulk section)
- ☐ Prepared mango chutney
- ☐ Tomato paste
- ☐ 1/4 cup chopped dried apricots

Equipment Needed

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

Cutlery

- ☐ Chef's knife
- ☐ Serrated or bread knife

Hand Tools/Gadgets

- ☐ Cutting board
- ☐ Measuring cups and spoons
- ☐ Liquid measuring cup
- ☐ Mixing bowls (various sizes)
- ☐ Kitchen scale
- ☐ Whisk
- ☐ Rubber or silicone spatula
- ☐ Bench scraper (optional)
- ☐ Natural or silicone pastry brush
- ☐ Ruler (optional)
- ☐ Rolling pin
- ☐ Wooden spoon

Cookware

- ☐ Medium skillet

Appliances

- ☐ Food processor
- ☐ Spice grinder (see strawberry pinwheel headnote for alternative options)

Bakeware

- ☐ 2 to 3 baking sheets lined with parchment paper
- ☐ Wire cooling rack

Other

- ☐ 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.

All Recipes

1. Preheat the oven to 425°F.
2. Two recipes require kneading dough on a countertop, please have a space cleared of clutter and cleaned.
3. It is highly recommended to pre-measure all ingredients for this class.

Strawberry Pinwheel Cookies

1. Process freeze-dried strawberries into a powder using one of the methods suggested in the recipe headnote.

BUTTERMILK SCONES WITH LEMON DRIZZLE

Yield: 8 scones

These scones are great plain, but you can also add about 3/4 cups of fresh or frozen berries. If adding berries, fold them with the dry ingredients before stirring in the buttermilk mixture.

1 cup buttermilk
1 large egg, beaten
1 teaspoon vanilla bean paste
1 teaspoon lemon zest
2 1/2 cups unbleached all-purpose flour, plus more for dusting the work surface
5 tablespoons granulated sugar
1 tablespoon baking powder
1/2 teaspoon fine kosher salt
6 tablespoons cold unsalted butter, cubed
2 tablespoons heavy whipping cream
1/2 cup confectioners' sugar
1 tablespoon fresh lemon juice

Preheat the oven to 425°F. Line a baking sheet with parchment paper.

1. To a small bowl, whisk together the buttermilk, egg, vanilla and lemon zest; set aside.
2. To the bowl of a food processor fitted with a metal blade, add the dry ingredients and process for 10 seconds until well combined. Add the cold butter pieces and pulse mixture until the butter is cut into pea-size pieces. Transfer the mixture to a large bowl and make a well in the center. Pour in the buttermilk mixture and fold with a rubber spatula just until a shaggy dough forms and holds together when pressed into a clump. Turn the dough onto a lightly floured work surface, forming into a cohesive disc, about 1-inch thick and 8 inches in diameter.
3. Cut the disc into 8 wedges and transfer the wedges to the prepared baking sheet, leaving 1/2-inch between each scone. Brush the tops of the scones with heavy cream and bake until firm to the touch and golden brown, 14 to 16 minutes, rotating pan halfway through baking. Transfer scones to a wire rack to cool.
4. ***To make the lemon drizzle:*** In a small bowl, whisk together the confectioners' sugar and lemon juice until well combined and smooth. With a spoon, drizzle the tops of the scones. Enjoy warm or at room temperature.

STRAWBERRY PINWHEEL COOKIES

Yield: about 32 cookies

Freeze-dried strawberries give these swirled pink and white biscuits their rosy hue - perfect for a kid's party, or as an afternoon tea treat. Use a food processor, spice grinder or a mortar and pestle to turn the freeze-dried strawberries into a powder.

9 ounces all-purpose flour, plus extra for dusting
5 ounces unsalted butter, cut into 1/2-inch pieces
1/8 teaspoon kosher salt
3 1/2 ounces confectioners' sugar
1 teaspoon vanilla bean paste
1 large egg yolk
2 tablespoons heavy whipping cream
1/2 ounce freeze-dried strawberry pieces, processed into a powder
Red gel food coloring

1. ***To prepare the dough:*** To the bowl of a food processor, add the flour, butter and salt, pulse a few times to mix. Add in the confectioners' sugar and pulse again. Add the butter and pulse until the mixture resembles a coarse meal.
2. To a small bowl, add the vanilla, yolk and cream and whisk to combine. Add the wet ingredients into the flour mixture and pulse until the dough clumps around the blade and forms marble-sized balls.
3. Remove half of the dough from the food processor, about 9-10 ounces. Transfer to a lightly floured surface and knead lightly until the dough comes together. Lay down a piece of plastic wrap and set the dough on top. Form the dough into an approximately 5 x 5-inch square, cover in plastic wrap and transfer to freezer.
4. To the remaining dough in the food processor, add the strawberry powder and a few drops of the red food coloring. Pulse until the color is evenly distributed, adding as much as needed to achieve a dark, bright pink. Transfer the dough to the lightly floured surface and knead lightly until the dough comes together. Lay down a piece of plastic wrap and set the dough on top. Form the dough into an approximately 5 x 5-inch square, cover in plastic wrap and transfer to freezer. Chill for 15 minutes.
5. ***To prepare the pinwheel:*** Remove both pieces of dough from the freezer (allow to soften for about 5 minutes before rolling). Working with one color at a time, roll into a rectangle about 6 x 11-inches. Carefully set one color on top of the other and roll with a bit of pressure to adhere the colors together. Roll the combined dough into an even thickness.

6. Starting from one of the long sides, roll the dough into tight log. Wrap the dough in plastic wrap and transfer to the freezer for 15 minutes.

Preheat the oven to 325°F and position the racks in the upper and lower third positions. Line two rimmed baking sheets with parchment paper.

7. **To bake the cookies:** Remove the dough from the freezer and unwrap. Using a knife, trim off the ends, then cut the log into 1/4-inch thick slices. Arrange the slices on the prepared baking sheets, spaced about 1-inch apart. Transfer the baking sheets to a preheated oven and bake, rotating halfway through for 15-17 minutes, or until biscuits are firm. Cool the cookies on a baking sheet for 5 minutes before transferring to a wire rack to cool completely.

Recipe notes:

- Any flavor of freeze-dried fruit can be substituted, if not using a berry, choose a food coloring to enhance the natural color.
- The wrapped dough log can be kept in the freezer for up to one month. To prepare, start at step 7.

CORONATION CHICKEN SANDWICHES

Yield: 4 sandwiches or 16 triangle sandwiches

Coronation chicken was created for the coronation of Queen Elizabeth II in 1953. While there are many variations of this dish, this version includes a tomato and vinegar reduction that adds a complexity of flavor.

Coronation Chicken:

1 tablespoon unsalted butter
1 cup yellow onion, finely diced
2 tablespoons red wine vinegar
3 tablespoons mango chutney
2 tablespoons tomato paste
2 tablespoon curry powder
1 tablespoon fresh lemon juice
2 tablespoons water
1 bay leaf
1/3 cup mayonnaise
2 cups cooked shredded chicken
1/4 cup chopped dried apricots
Kosher salt and freshly ground black pepper, as needed

For the tea sandwiches:

1/2 loaf (8 slices) sliced white or wheat bread

1. To a medium skillet set over medium heat, add the butter. When the butter is melted and the foaming subsides, add the onion. Cook stirring often until the onions are soft and translucent, about 5 minutes. Add the red wine vinegar, chutney, tomato paste, curry powder, lemon juice, water and bay leaf, stir to combine. Bring to a simmer and cook, stirring occasionally until the mixture is thick and dark, about 8 minutes. Remove from the heat and discard the bay leaf.

2. To a medium mixing bowl, add the onion mixture, let cool to room temperature.

3. To the bowl with the onion mixture, add the mayonnaise, roasted chicken and apricots, stir to combine. Taste and adjust seasoning with salt and pepper.

4. ***To assemble the tea sandwiches:*** Divide the chicken mixture evenly between 4 slices of bread, spread into an even layer and top with the remaining 4 slices of bread. Using a serrated knife, remove the crusts from the bread. Then cut each sandwich diagonally into quarters, creating 4 triangles. Arrange on a platter and serve.