



COOKING CLASSES
AT SUR LA TABLE

STEAK & CHIMICHURRI

WITH SUR LA TABLE CHEF

Ingredient Shopping List

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

Proteins

- 2, 12 ounce flank steaks
- 4 ounces bacon

Produce

- 1 bunch fresh flat-leaf parsley
- 1 bunch fresh cilantro
- 1 package fresh oregano
- 1 package fresh tarragon
- 1 shallot
- 2 garlic cloves
- 1 medium red onion
- 2 large beefsteak tomatoes
- ½ pint heirloom cherry tomatoes
- 1 orange or lemon
- 5 cups mixed berries

Dairy/Refrigerated

- 1/2 cup unsalted butter

Pantry Items

- Kosher salt
- Freshly ground black pepper
- Vegetable oil
- 1/2 cup, plus more olive oil
- Ground cumin
- Ground cinnamon
- Red pepper flakes
- Red wine vinegar
- Balsamic vinegar
- Honey
- Vanilla bean paste or extract

Dry/Canned Goods

- Cornstarch
- 1 cup rolled oats
- All-purpose flour
- Granulated sugar
- Light brown sugar

Equipment Needed

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

Cutlery

- Chef knife
- Paring knife
- Serrated or tomato knife
- Cutting boards

Hand Tools/Gadgets

- Measuring cups and spoons
- Liquid measuring cups
- Mixing bowls, various sizes
- Tongs
- Digital thermometer
- Whisk
- Citrus juicer
- Microplane zester
- Silicone spatula

Cookware

- Large, heavy-bottomed or cast iron skillet.
- Medium skillet

Appliances

- Food processor or blender

Bakeware

- 4, 6 ounce ramekins or an 8x8 or 9x9-inch baking dishes
- Rimmed baking sheet

Tabletop

- Serving bowls and platters

Other

- Paper 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.

1. Wash and dry all produce.
2. Preheat oven to 400°F.
3. About 30 minutes before class set the flank steaks and butter out at room temperature.

FLANK STEAK WITH CHIMICHURRI SAUCE

Yield: 4 servings

Steak:

2, 12-ounce flank steaks

Kosher salt and freshly ground black pepper

Vegetable oil

Chimichurri sauce:

1 cup packed fresh flat-leaf parsley leaves

1/2 cup packed fresh cilantro leaves

1/2 cup extra-virgin olive oil

1 tablespoon shallot, coarsely chopped

2 garlic cloves, chopped

1/2 teaspoon ground cumin

1 tablespoon fresh oregano leaves

1/2 teaspoon red pepper flakes

2 tablespoons red wine vinegar

Kosher salt and freshly ground black pepper

Preheat oven to 400°F and position a rack in the upper third of oven.

1. Remove steaks from refrigerator and pat dry with paper towels. Rub both sides of steaks with oil, season with salt and pepper. Let steaks stand at room temperature for 30 minutes.

2. **To cook steak:** Preheat a large heavy-bottomed skillet over medium-high heat. When pan is hot, carefully add steaks and sear, about 2 minutes per side. Transfer pan to oven and cook to desired doneness, 6 to 8 minutes for medium-rare (or 125°F on an instant-read thermometer when inserted into thickest part of steak). Transfer steaks to a cutting board and tent loosely with foil.

3. **To prepare chimichurri sauce:** To the bowl of a food processor, combine all ingredients. Pulse until herbs are finely chopped, stopping to scrape down sides of bowl as needed. Transfer chimichurri to a medium bowl. Taste and adjust seasoning with salt and pepper.

4. **To serve:** Slice steaks crosswise into 1/2-inch slices; serve with chimichurri sauce.

Recipe variation:

Most cuts of steak will work well for this recipe. The cooking technique will be the same, the suggested cook times might vary based on thickness of steak.

BEEFSTEAK TOMATO, BACON, AND RED ONION SALAD

Yield: 4 servings

1 *tablespoon red wine vinegar*
1/2 *medium red onion, thinly sliced*
1 *cup water*
1 1/2 *tablespoons balsamic vinegar*
1 *teaspoon honey*
4 *tablespoons extra-virgin olive oil*
4 *ounces sliced bacon, cut lengthwise into 1" strips and then sliced crosswise into 1/2" pieces*
2 *large beefsteak tomatoes, cut into 1" slices*
1/2 *pint heirloom cherry tomatoes, halved*
1 *teaspoon sugar*
1 *teaspoon flaky salt*
1/2 *teaspoon freshly ground black pepper*
6 *sprigs fresh tarragon*

1. **Pickled red onion:** To a small mixing bowl, add red wine vinegar, sliced red onions and 1 cup water, set aside.
2. **To prepare dressing:** To a small mixing bowl, whisk together balsamic vinegar, honey and olive oil. Taste and adjust seasoning with salt and pepper.
3. **To prepare bacon:** To a skillet set over medium heat, add bacon. Cook bacon until crispy, about 5 to 7 minutes. Transfer bacon to a paper towel-lined plate to drain.
4. **To assemble salad:** To a serving platter, arrange beefsteak tomato slices in a single layer. Top with cherry tomatoes and season with flaky salt, pepper, and sugar. Add onions and drizzle with vinaigrette. Garnish with tarragon leaves and bacon. Serve immediately.

Recipe variations:

- Running low on tomatoes? Try adding in wedges of stone fruit like peaches or nectarines.
- Basil makes a great substitute for tarragon in this recipe.