



COOKING CLASSES
AT SUR LA TABLE

BASTILLE DAY 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.

Proteins

- 16 to 24 ounces New York strip steaks

Produce

- 1 small package fresh thyme
- 2 pounds russet potatoes
- 1 garlic clove
- 1 lemon

Dairy/Refrigerated

- 6 large eggs
- 4 ounces unsalted butter
- 16 ounces heavy whipping cream

Pantry Items

- Vegetable oil (minimum 2 quarts)
- Sea or kosher salt
- Black pepper
- ½ cup, plus 1 TBSP granulated sugar
- Vanilla bean paste or vanilla extract

Dry/Canned Goods/Specialty/Other

- Black truffle salt
- 8 ounce bittersweet chocolate bar
- 1 shot brewed espresso or 1 TBSP instant espresso powder

Equipment Needed

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

Cutlery

- Chef knife
- Serrated knife
- Cutting boards

Hand Tools/Gadgets

- Measuring cups and spoons
- Liquid measuring cups
- Heatproof mixing bowls, various sizes
- Tongs
- Digital thermometer
- Oven mits or dry kitchen towels
- Whisk
- Slotted spoon or spider
- Vegetable peeler
- Silicone spatula

Cookware

- Large cast iron or heavy bottom cast iron skillet
- Large Dutch oven or countertop fryer
- Medium saucepan

Appliances

- Immersion blender, optional
- Stand mixer, optional

Bakeware

- Wire cooling rack and rimmed baking sheet

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.

All Recipes

1. Wash and dry produce
2. Remove steaks from refrigerator 30 minutes before class.
3. Preheat oven to 400°F

CAST IRON STEAK

Yield: 4 servings

4 (5 to 6 ounce) NY Strip steak, about 1 1/2 inch thick
2 tablespoons vegetable oil
Sea salt and freshly ground black pepper
1 tablespoon minced fresh thyme, plus 3 sprigs

1. Preheat oven to 400°F.
2. Allow steak to sit at room temperature for 30 minutes before cooking.
3. **To prepare steak:** To a large cast iron skillet set over medium-high heat add oil. While skillet is heating, season steaks generously with salt, pepper, and minced thyme. When oil is shimmering and just begins to smoke, carefully place steaks into skillet and sear until browned, turning with tongs about 3 minutes. Transfer skillet to oven and roast until an instant-read thermometer registers 125° to 130° for medium-rare, 6 to 8 minutes.
4. Remove skillet from oven and transfer steak to a rack set over a rimmed baking sheet, reserving skillet with pan juices. Loosely tent steaks with foil to keep warm.
5. **To serve:** Place steaks onto warmed dinner plates; serve immediately.

FRITES WITH TRUFFLE AIOLI

Yield: 4 to 6 servings

4 large (about 2 pounds) russet potatoes, peeled and cut into ¼ x ¼ x 3-inch matchsticks

2 quarts vegetable or peanut oil, for frying

Kosher salt

1 large egg yolk

1 large garlic clove, minced

1 teaspoon water

1/4 cup olive oil

1/4 cup vegetable oil

1 tablespoon fresh lemon juice, plus more as needed

Black truffle salt and freshly ground black pepper

1. Preheat oven to 200°F and place a rack in the center. Set a wire rack on top of a rimmed baking sheet and place next to the stovetop.

2. **To prepare potatoes:** Soak cut potatoes in cold water for 30 minutes. To an electric deep fryer or large Dutch oven set over medium heat, add oil. Heat oil to 330°F.

3. **To prepare aioli:** To a medium mixing bowl add egg yolk, garlic, and water; whisk together. To a small liquid measuring cup add olive oil and vegetable oil, whisk to combine. While whisking the egg mixture vigorously, add oil in drops to form an emulsion. Continue whisking and slowly drizzling in the oil to form a thick sauce. Taste and adjust seasoning with lemon juice, black truffle salt, and pepper. Cover and keep refrigerated until ready to use.

4. **To fry potatoes:** Drain potatoes and thoroughly dry with paper towels. Working in batches, blanch potatoes in hot oil until nearly cooked through but not browned, 5 to 6 minutes, adjusting the heat of the stove to maintain oil temperature close to 330°F. Remove blanched potatoes from oil with a slotted spoon or spider and place on the cooling rack. Repeat process with remaining potatoes.

5. Increase heat so oil temperature registers 375°F. Working in batches, fry blanched potatoes until crispy and golden brown, 3 to 5 minutes. Remove fried potatoes from oil with a slotted spoon or spider, draining excess oil. Place back on the wire rack next to stovetop and salt immediately. Place rack and baking sheet in preheated oven to keep frites warm. Repeat with remaining frites and serve with truffle aioli.

ESPRESSO CHOCOLATE MOUSSE WITH WHIPPED CREAM

Yield: 4 servings

To achieve the best results, use high-quality chocolate with 66% or 70% cocoa solids.

7 ounces bulk bittersweet chocolate, divided

4 tablespoons unsalted butter, cubed

1 tablespoon instant espresso powder or 2 tablespoons freshly brewed espresso, cooled

2 cups heavy whipping cream, divided

1 teaspoon vanilla bean paste

1/8 teaspoon kosher salt

4 large egg yolks

1/2 cup plus 1 tablespoon granulated sugar

Chocolate curls, for serving

1. Prepare an ice bath in a large bowl and set aside.
2. Using a vegetable peeler, shave approximately 1 ounce of chocolate curls from the bulk chocolate. Transfer the curls to a small prep bowl and set aside. Using a serrated knife, chop the remaining chocolate into small pieces.
3. To a medium saucepan set over medium heat, add 2 inches of water and bring to a simmer. To a medium heatproof bowl, add the chopped chocolate, butter, and espresso powder and set the bowl over the simmering water; stir until the chocolate is melted and the mixture is smooth. Remove bowl from heat and set aside.
4. To a medium heatproof mixing bowl, whisk the egg yolks and sugar until smooth. To a medium saucepan set over medium heat, heat 3/4 cup of heavy whipping cream, vanilla and salt. Bring to a simmer. Temper the yolks by slowly adding the warm cream mixture into the yolks, 1 ladle at a time, whisking continuously. When about a third of the cream mixture has been added to the yolks, pour the warmed yolk mixture back into the saucepan with the rest of the cream and return to the stove over medium heat. Cook, stirring constantly until the mixture thickens and reaches 160°F on an instant-read thermometer. Do not allow the mixture to boil.
5. Whisk the chocolate mixture into the egg mixture until smooth. Strain the combined mixture through a fine-mesh strainer into a clean medium bowl over an ice bath stirring until the mixture is cool and thick. Cover the surface with plastic wrap and refrigerate until ready to use.
6. To the bowl of a stand mixer fitted with a whisk attachment, add the remaining heavy whipping cream and whisk until soft peaks form. Reserve 1/2 cup of the whipped cream for

garnish, cover with plastic wrap and refrigerate. Fold the remaining whipped cream into the chocolate mixture until thoroughly incorporated, the mousse is smooth and the color is even.

7. **To serve:** Spoon the mousse into individual serving dishes. The mousse can be served immediately or chilled up to 24 hours before serving. Top with the reserved chilled whipped cream and chocolate curls.