



COOKING CLASSES
AT SUR LA TABLE

VEGETARIAN THANKSGIVING FEAST

WITH SUR LA TABLE CHEF

Ingredient Shopping List

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

Produce

- ☐ 1 pound cremini mushrooms
- ☐ 2 shallots
- ☐ 2 garlic cloves
- ☐ 1 small bunch thyme
- ☐ 2 pounds sweet potatoes
- ☐ 1 medium yellow onion
- ☐ 1 small bunch of kale
- ☐ 1 lemon
- ☐ 1/4 cup pomegranate seeds

Dairy

- ☐ 2 sticks unsalted butter
- ☐ 3 ounces blue cheese
- ☐ 6 eggs
- ☐ 3 cups heavy cream

Pantry Items

- ☐ All-purpose flour
- ☐ Granulated sugar
- ☐ Fine kosher salt
- ☐ Olive oil
- ☐ Sherry wine
- ☐ Freshly ground pepper
- ☐ Vanilla bean paste or vanilla extract
- ☐ Ground cinnamon
- ☐ Ground ginger
- ☐ Freshly grated nutmeg
- ☐ Cornstarch

Dry/Canned Goods

- ☐ 2 cups low-sodium vegetable broth
- ☐ 1/3 cup bourbon
- ☐ 12 ounces pumpkin purée
- ☐ 1 cup farro

Equipment Needed

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

Cutlery

- ☐ Chef's knife

Hand Tools/Gadgets

- ☐ Cutting board
- ☐ Measuring spoons
- ☐ Measuring cups
- ☐ Prep bowls
- ☐ Mixing bowls (various sizes)
- ☐ Rolling pin
- ☐ Wooden spoon
- ☐ Pastry brush
- ☐ Colander
- ☐ Whisk
- ☐ Bench scraper
- ☐ Fine-mesh strainer

Cookware

- ☐ Large skillet
- ☐ Medium saucepan
- ☐ Medium saucepan with lid
- ☐ Large nonstick skillet

Appliances

- ☐ Food processor or large mixing bowl with a pastry blender
- ☐ Mixer with a whisk attachment or large mixing bowl with a whisk

Bakeware

- ☐ 2 baking sheets lined with parchment or silicone baking mat
- ☐ 8, 4-ounce ramekins or glasses

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.

Wild Mushroom Galette

1. Chill butter for the crust.
2. Clean mushrooms.
3. Wash and dry other produce.

Farro, Kale and Sweet Potato Salad with Pomegranate Seeds

1. Preheat oven to 375°F.
2. Wash and dry all produce.
3. Rinse and drain farro.

Pumpkin Mousse with Bourbon Whipped Cream

1. Chill heavy whipped cream.

PERFECT PIE CRUST

Yield: 1, 9-inch pie crust

This recipe produces a simple, lightly sweetened crust that can be used with all types of fillings. You can make the dough ahead of time, wrap in plastic and refrigerate up to 2 days, or freeze for 1 month. For any lattice work or braiding, double the recipe to ensure an ample amount of dough.

1 1/4 cups (6 1/4 ounces) unbleached all-purpose flour

1 tablespoon granulated sugar

1/2 teaspoon fine kosher salt

1 stick (4 ounces) cold, unsalted butter, cut into 1/2-inch cubes

3 to 4 tablespoons ice water

1. ***To prepare the dough:*** Place flour, sugar and salt in the bowl of a food processor or large mixing bowl. By pulsing or using a pastry blender, cut the butter into the flour until the butter is the size of small peas.

2. ***To work the dough:*** Sprinkle ice water, 1 tablespoon at a time, over the flour mixture. Pulse or stir the mixture until large clumps form. When enough water has been added to allow the dough to hold together, transfer to a lightly floured work surface. Gather the dough together to form a ball. Flatten the dough into a disk about 6 inches wide; cover in plastic wrap and refrigerate for 30 minutes before using.

WILD MUSHROOM GALETTE

Yield: 4 servings

Mushrooms:

1 tablespoon olive oil
1 tablespoon unsalted butter
1 pound cremini mushrooms, sliced
2 tablespoons shallots, minced
1 tablespoon garlic, minced
1 tablespoon fresh thyme leaves, minced
Kosher salt and freshly ground black pepper
3 tablespoons sherry wine
3 ounces blue cheese, crumbled

1 perfect pie crust (recipe included)
1 large egg, beaten

Preheat oven to 400°F and line a rimmed baking sheet with parchment paper or a silicone baking mat.

1. Generously flour a work surface and place the chilled dough disk on the flour. Dust the top of the dough with flour. Using a rolling pin, roll chilled dough into a circle, turning with a bench scraper and flouring under the dough as needed to prevent sticking, until the circle measures 14" wide and 1/8" thick. Starting at one edge, roll the dough around the rolling pin and transfer to the baking sheet. Refrigerate for 30 minutes.

2. **To prepare the mushrooms:** To a large skillet set over medium-high heat, add olive oil and butter. When the butter is melted, add mushrooms. Sauté the mushrooms until golden brown, about 5 minutes. Reduce heat to medium and add shallots, garlic and thyme; season generously with salt and pepper. Sauté until fragrant, about 3 minutes. Add the sherry and cook until the wine is evaporated, about 2 minutes. Take off the heat and stir to cool.

3. **To assemble the galette:** Mound the mushroom filling in the center of the chilled dough round, leaving a 1 1/2-inch border. Sprinkle the top of the filling with blue cheese. Fold the border up and around the filling, pleating it to make a pretty, circular enclosure and leaving the center open. Brush the top of the pleated dough with beaten egg.

4. Bake galette until the crust is deep golden brown and cheese is melted, 25 to 30 minutes. Use a metal spatula to lift the galette slightly and check the underside of the crust, which should be a beautiful brown color. Transfer to a rack to cool for 15 minutes.

5. **To serve:** Cut into slices and serve warm.

Recipe variations:

- Vegetable stock can be substituted for sherry wine.
- For a fruit galette, swap the mushrooms for 1/2 cup granulated sugar, zest and juice of 1 lemon, 2 tablespoons cornstarch and 3 cups of your favorite fruit.
- Swap mushrooms for caramelized onions and top with sliced tomatoes. Sprinkle with goat cheese and bake.

FARRO, KALE AND SWEET POTATO SALAD WITH POMEGRANATE SEEDS

Yield: 4 servings

Farro, with its complex nutty taste, looks similar to brown rice. Because farro is so easily digested and low in gluten, it can often be eaten by people who are gluten intolerant. Farro can be cooked as a grain but is often cooked into the style of risotto.

3 tablespoons olive oil, divided
2 pounds sweet potato (about 2), peeled and cut into 1/2-inch cubes
Kosher salt and freshly ground black pepper
1 cup farro, rinsed and drained
2 cups vegetable broth, low-sodium
2 cups warm water
1 medium yellow onion, cut into 1/4-inch dice
1 medium garlic clove, minced
4 ounces kale, preferably Tuscan, center stems removed and cut into 1/2-inch pieces
1 tablespoon lemon juice, plus more if needed
1/4 cup pomegranate seeds

Preheat the oven to 375°F and position the rack in the middle of oven.

1. **To roast the sweet potatoes:** In a large bowl, combine 2 tablespoons of olive oil with sweet potatoes, salt and pepper and toss until well combined. Transfer the mixture onto a rimmed baking sheet, spreading evenly. Place the baking sheet into the oven to roast, stirring every 15 minutes, until fork-tender, about 30 minutes.

2. **To cook the farro:** In a medium saucepan, combine the farro, broth and water and place on the stove over moderate-high heat. When the liquid is boiling, reduce the heat to medium-low; cover and simmer until the grains are tender, about 25 minutes. Using a colander, drain to remove excess water and transfer to a large bowl. Taste and season with salt and pepper. Allow to cool.

3. **To cook the kale:** In a large nonstick skillet, add the remaining oil and, when shimmering, add the onion and cook until translucent, about 6 minutes. Add the garlic and cook until fragrant, about 60 seconds. Add the kale and cook until wilted, about 2 minutes. Add the lemon juice and transfer the kale to the bowl with farro and toss until well combined. Taste and adjust seasoning with salt, pepper and additional lemon juice.

4. **To serve:** Arrange the farro salad onto a large platter, place the cooked sweet potato on the top and sprinkle with pomegranate seeds. Serve.

PUMPKIN MOUSSE WITH BOURBON WHIPPED CREAM

Yield: 8, 4-ounce servings

Mousse:

3/4 cup granulated sugar
1 1/2 teaspoon vanilla bean paste
1 1/2 teaspoon ground cinnamon
1 teaspoon ground ginger
1/2 teaspoon freshly grated nutmeg
1/4 teaspoon fine kosher salt
2 tablespoons cornstarch
5 large egg yolks
1/4 cup bourbon
1 3/4 cups heavy whipping cream, divided
12 ounces pumpkin purée

Whipped cream:

1 cup heavy whipping cream
1 tablespoon bourbon
1/4 teaspoon vanilla bean paste

1. **To prepare the pumpkin mixture:** To a medium saucepan, whisk sugar, vanilla, spices, salt and cornstarch until the mixture is smooth. Whisk in yolks, 1/2 a cup of cream and pumpkin purée and whisk again until the mixture is free of lumps. Heat the mixture over medium heat and using a silicone spatula, cook, stirring constantly, until mixture thickens, about 5 minutes. Strain the mixture through a fine-mesh strainer, removing any cooked solids. Transfer to refrigerator to cool for about 15 minutes.
2. To a large bowl, add remaining heavy cream. Whisk vigorously until medium peaks form. Using a silicone spatula, gently fold whipped cream into cooled pumpkin mixture.
3. **To allow the mousse to set:** Divide the mousse between 8, 4-ounce ramekins and refrigerate until set (minimum of 1 hour).
4. **To prepare the whipped cream:** To a large bowl, add heavy cream. Whisk vigorously until medium peaks form. Fold in the bourbon and vanilla bean paste.
5. **To serve:** Top each mousse cup with a dollop of whipped cream and serve immediately.