



COOKING CLASSES
AT SUR LA TABLE

**QUICK MEAL:
PAN-SEARED SALMON AND
HARICOTS VERTS**

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

- 4 salmon fillets (4 to 5 ounces)

Produce

- 1 lemon
- 1 small bunch flat-leaf parsley or other tender herbs
- 1 pound haricots verts or green beans
- 1 shallot

Dairy

- 5 tablespoons unsalted butter

Pantry Items

- Kosher salt
- Freshly ground black pepper
- Vegetable oil
- Sherry vinegar

Dry/Canned Goods

- 2 tablespoons capers
- 1/4 cup dry white wine

Equipment Needed

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

Cutlery

- Chef's knife
- Cutting board

Hand Tools/Gadgets

- Measuring cups and spoons
- Mixing bowls (various sizes)
- Prep bowls
- Fish tweezers
- Citrus juicer or reamer
- Tongs
- Wooden spoon
- Whisk
- Slotted spoon or spider
- Bench scraper (optional)
- Silicone spatula

Cookware

- Large nonstick oven-safe skillet
- Large saucepan
- Large skillet

Other

- Ice

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.

Pan-Seared Salmon with White Wine Pan Sauce

1. 30 minutes prior to class, remove salmon from the refrigerator and allow it to come to room temperature.
2. Drain, rinse and dry the capers.
3. Wash and dry the produce.
4. Preheat oven to

Sautéed Haricots Verts

1. Wash and dry produce.

PAN-SEARED SALMON WITH WHITE WINE PAN SAUCE

Yield: 4 servings

4 (4 to 5 ounce) salmon fillets, pin bones removed
Kosher salt and freshly ground black pepper
2 tablespoons vegetable oil
3 tablespoons unsalted butter, divided
2 tablespoons capers, rinsed and roughly chopped
2 tablespoons fresh lemon juice
1/4 cup dry white wine
2 tablespoons fresh flat-leaf parsley, finely chopped

If your salmon fillets are more than 1 1/2" thick, preheat the oven to 350°F.

- 1. To prepare salmon:** Season fillets generously on both sides with salt and pepper. To a large nonstick oven-safe skillet set over medium-high heat, add oil. When the oil is shimmering, carefully place fillets skin-side down in the skillet. Sear the salmon until the skin is very crisp and browned, about 3 minutes. Using a fish spatula, turn fillets and sear until nicely browned, about 3 more minutes depending on the thickness of the fillet. If fillets are more than 1 1/2" thick transfer to preheated oven.
2. To check for doneness, the salmon flesh should be just slightly springy when lightly pressed and not too firm or falling apart. The flesh in the thickest part of the fillet should be very pink but no longer translucent. Remove salmon from the skillet and place on a large plate; tent loosely with foil to keep warm. (Salmon will continue to cook internally after it is removed from the heat so it's better to slightly undercook fillets for perfect final results.)
3. Discard the oil from the skillet and return it to the stovetop over medium heat. Add 2 tablespoons of butter to the skillet and melt, stirring to release any browned bits from the bottom of the skillet and cooking until the butter turns golden brown and smells nutty, about 2 to 3 minutes. Add capers, lemon juice and white wine and simmer, stirring constantly for 2 to 3 minutes longer. Whisk in the remaining 1 tablespoon of butter, remove skillet from the heat and stir in chopped parsley. Taste and adjust seasoning with salt and pepper.
- 4. To serve:** Place salmon fillets on warmed dinner plates and spoon pan sauce over the fish; serve immediately.

SAUTÉED HARICOTS VERTS

Yield: 4 servings

Haricots verts are a smaller and a more tender variety of green beans with a delicate flavor. Make sure to salt the blanching water to taste like seawater to enhance the color and flavor of the beans. Be sure to remove the beans when they are just crisp-tender to avoid overcooking.

1 pound haricots verts or green beans, ends trimmed

1 tablespoon unsalted butter

1/2 shallot, minced

1 tablespoon sherry vinegar

Kosher salt and freshly ground black pepper

2 tablespoon chopped fresh herbs such as parsley, dill, or tarragon

Prepare an ice bath by filling a large mixing bowl 1/3 full with ice and enough water to cover the ice by about 2".

1. Bring a large saucepan with water set over high heat to a boil and generously season with salt. Add green beans and cook until just crisp-tender, about 2 to 3 minutes. When green beans are crisp-tender, transfer from blanching water using a slotted spoon or spider to the ice bath, cool and then drain well.
2. To a large skillet set over medium-high heat, add butter. When butter is melted, and foaming subsides add shallots. Cook shallots stirring often until translucent, about 5 minutes. Move the skillet off the heat and carefully add the sherry vinegar, the vinegar may splatter. Season with salt and pepper.
3. Add the green beans to the skillet and toss in the sauce and cook until heated through. Taste and adjust seasoning with salt and pepper. Transfer the green beans to a serving platter, garnish with chopped herbs.