



COOKING CLASSES
AT SUR LA TABLE

FAMILY FUN: LUNCH BREAK

WITH SUR LA TABLE CHEF



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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

- 1 1/2 pounds chicken tenderloins or boneless skinless chicken breasts

Produce

- 1/2 cup cherry tomatoes
- 1 red bell pepper
- 1/2 cup sweet mini or bell orange peppers
- 1/2 cup baby orange carrots
- 1/2 cup yellow cherry tomatoes
- 1 small yellow squash
- 1 medium cucumber
- 1/2 cup broccoli florets
- 1/2 cup purple grapes
- 1/2 cup purple or black olives
- 1 garlic clove
- 1 lemon
- 1 small bunch chives
- 1 small bunch dill

Dairy

- 1/4 cup Parmigiano-Reggiano, finely grated
- 1/2 cup mayonnaise
- 1/4 cup buttermilk

Pantry Items

- Frank's Red Hot Sauce
- Extra-virgin olive oil
- Dijon mustard
- Honey
- 1 1/4 cup cornflakes
- Kosher salt
- Freshly ground black pepper

Dry/Canned Goods

- 1/2 cup panko breadcrumbs



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Equipment Needed

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

Cutlery

- Chef's knife
- Cutting boards
- Serrated paring knife or kid's knife

Hand Tools/Gadgets

- Measuring cups and spoons
- Whisk
- Wooden skewers
- Mixing bowls
- Prep bowls
- Silicone spatula
- Tongs
- Citrus juicer or reamer
- Microplane (optional)
- Meat hammer/small skillet/rolling pin (optional if using chicken breast)
- Cheese grater

Bakeware

- 2 rimmed baking sheets
- 2 wire baking racks

Tabletop

- 2 platters
- Small bowl

Other

- Disposable gloves (optional)
- Plastic storage bag



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Welcome to Family Fun: Lunch Break!

Depending on the age and skill level of your Junior Chef, an adult may need to assist at certain points during your class. Below, you will see the before class prep and a list of tasks *Kids Can Do!* and *A Little Help Please!* These sections break out what tasks parents may need to assist with – please read them carefully before class.

- 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

Cornflake-Crusted Chicken

Before Class Prep:

1. ***Kids Can Do:*** Right before class, remove the chicken from the refrigerator. Remove from the packaging and place on a paper towel-lined plate.
2. ***A Little Help Please:*** Preheat the oven to 450°F.

Kids Can Do!

- Wash hands.
- Pound chicken with meat hammer/small skillet/rolling pin if using chicken breast.
- Wash and disinfect the cutting board, work surface, meat hammer and hands after pounding the chicken.
- Measure and mix the marinade.
- Coat chicken tenders in the marinade with a silicone spatula.
- Crush cornflakes in a plastic storage bag with a rolling pin or skillet.
- Grate the cheese.
- Measure and mix the panko breadcrumb mixture.
- Coat marinated chicken tenders in breadcrumbs and transfer to wire racks.
- Wash and disinfect work surface and hands.

A Little Help Please!

- Cut chicken breast into tenders.
- Transfer the chicken to the oven.
- Remove the chicken from the oven.
- Turn off the oven.
- Using tongs, transfer hot tenders to a platter.



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Rainbow Skewers with Ranch Buttermilk Dip

Before Class Prep:

1. Wash and dry all the produce.

Kids Can Do!

- Wash hands.
- Wash and dry the produce.
- Pit olives with a paperclip, if needed.
- Thread veggies onto skewers.
- Measure and whisk the dip.
- Mince the garlic on a microplane.
- Juice lemon with citrus juicer or reamer.
- Compost vegetable scraps.
- Clean and disinfect work surface and hands.

A Little Help Please!

- Cut veggies. Serrated paring knives are great for kids to learn with.
- Mince herbs.



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CORNFLAKE-CRUSTED CHICKEN

Yield: 18 chicken fingers

These yummy chicken fingers are first soaked in a sweet and tangy marinade, then rolled in crunchy cornflakes and breadcrumbs. These are great for lunch, dinner, or a snack.

1/4 cup Frank's Red Hot sauce

4 tablespoons extra-virgin olive oil

1/2 cup Dijon mustard

2 tablespoons honey

1 1/2 pounds (about 18) chicken tenderloins or chicken breast pounded and cut into 1" strips

1 1/4 cups finely crushed cornflakes

1/2 cup panko breadcrumbs

1/4 cup Parmigiano-Reggiano cheese, finely grated

1 teaspoon kosher salt

1/2 teaspoon freshly ground black pepper

Preheat the oven to 450°F and position a rack in the middle of oven.

1. Combine the hot sauce, olive oil, Dijon mustard and honey in a large mixing bowl. Add the chicken tenderloins, stirring well to coat. Let the chicken stand at room temperature for no more than 30 minutes. Place a wire rack on each of the two rimmed baking sheets.

2. To a shallow bowl, combine the cornflakes, panko, Parmigiano-Reggiano, salt and pepper. Drain the excess marinade from the chicken fingers and dredge them in the panko mixture to coat completely, pressing to adhere. Arrange the coated chicken tenders on the wire racks, spacing evenly. Place the chicken in a preheated oven and bake until golden brown and cooked through, about 15 to 18 minutes.

3. **To serve:** Transfer the chicken tenders to a serving platter and serve with ranch buttermilk dip.

Recipe variations:

- Adjust the heat in your marinade by reducing or increasing the hot sauce.



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RAINBOW SKEWERS WITH RANCH BUTTERMILK DIP

Yield: 8 servings

Skewers:

1/2 cup cherry tomatoes
1 red bell pepper, stemmed and seeded, cut into 1-inch squares
1/2 cup baby orange carrots or carrots cut into 1/4-inch rounds
1/2 cup sweet mini or bell orange peppers
1/2 cup yellow cherry tomatoes
1/2 cup yellow squash, cut into 1/4-inch rounds
1/2 cup green cucumbers, cut into 1/4-inch rounds
1/2 cup green broccoli florets
1/2 cup purple grapes
1/2 cup purple/black olives, pitted
Wooden skewers

Ranch Buttermilk Dip:

1/2 cup mayonnaise
1/4 cup buttermilk
1 small clove garlic, minced
1 tablespoon fresh lemon juice, plus more as needed
1 tablespoon chives, minced
1 tablespoon fresh dill, minced
Kosher salt and freshly ground black pepper

1. **To prepare the ranch:** To a small bowl, whisk together the mayonnaise, buttermilk, garlic, lemon juice and herbs. Taste and adjust seasoning with salt, pepper and additional lemon juice as needed. Cover and keep refrigerated until ready to use.
2. Thread the cut vegetables onto the bamboo skewer two colors at a time. Repeat with additional colors to make a rainbow. Serve with the ranch buttermilk dip.

Recipe variations:

- Choose any of your favorite fresh veggies to create your crunchy and healthy rainbow skewers.



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