COOKING CLASSES

AT SUR LA TABLE

DATE NIGHT: COOKING WITH WINE

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

- ☐ 12 ounces sea scallops (we recommend the 10/20 count)

Produce

- ☐ 2 small shallots
- ☐ 2 garlic cloves
- ☐ 2 lemons
- ☐ 1 bunch fresh chives
- ☐ 1 bunch parsley

Dairy and Refrigerated

- ☐ 3 ounces heavy whipping cream
- ☐ 5 tablespoons unsalted butter
- ☐ 2 ounces Parmigiano-Reggiano cheese
- ☐ 1 ounce pecorino cheese

Frozen

- ☐ 4 ounces frozen peas

Pantry Items

- ☐ Kosher salt
- ☐ Freshly ground black pepper
- ☐ Olive oil

Dry/Canned Goods

- ☐ 3 cups vegetable or chicken broth
- ☐ ½ cup Arborio or Carnaroli rice
- ☐ 8 ounces semi-sweet, high-quality chocolate
- ☐ 4 tablespoons cocoa powder

Alcohol

- ☐ 1/2 cup Sauvignon Blanc
- ☐ 3 tablespoons Prosecco
- ☐ 1/3 cup Chardonnay

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

- ☐ Measuring cups and spoons
- ☐ Mixing bowls (various sizes)
- ☐ Prep bowls
- ☐ Tongs
- ☐ Wooden spoon
- ☐ Cutting board
- ☐ Whisk
- ☐ Microplane
- ☐ Fine-mesh strainer
- ☐ Box grater (optional)
- ☐ Ladle
- ☐ Corkscrew
- ☐ Silicone spatula

Cookware

- ☐ Large nonstick skillet
- ☐ Medium saucepan
- ☐ Large saucepan or large straight-sided skillet

Bakeware

- ☐ 8-inch loaf pan

Other

- ☐ Paper towels
- ☐ Aluminum foil
- ☐ Parchment paper

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.

Seared Scallops with Sauvignon Blanc Butter Sauce
1. Thaw scallops overnight in the refrigerator if purchased frozen. Remove scallops from the refrigerator just before the start of class.

Chardonnay, Pecorino and Pea Risotto
1. Thaw and drain frozen peas.

Prosecco Chocolate Truffles
1. Truffles will be prepared fully in class using a quick freezing method.

SEARED SCALLOPS WITH SAUVIGNON BLANC BUTTER SAUCE

Yield: *2 servings*

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12 ounces sea scallops (10/20 count), tough side ligament removed
Kosher salt and freshly ground black pepper
1 tablespoon olive oil, plus more if needed
1 small shallot, minced
1 garlic clove, minced
1/2 cup Sauvignon Blanc, or other dry white wine
2 tablespoons heavy whipping cream
2 tablespoons unsalted butter, cut into small pieces
2 teaspoons fresh lemon juice
1 tablespoon chopped fresh chives, plus more for garnish

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1. Remove scallops from the refrigerator and bring to room temperature. Pat dry with paper towels and season with salt and pepper.

2. ***To sear the scallops:*** To a large nonstick skillet set over high heat, add the oil. When the oil is shimmering, carefully add the scallops to the skillet and sear until browned on both sides and just opaque in the center, 1 to 2 minutes per side. Using tongs, transfer the scallops to a plate and tent with foil to keep warm.

3. ***To prepare the sauce:*** Return the skillet over medium heat and add more olive oil if the pan is dry. When the oil is shimmering, add the shallots and cook until translucent. Add the garlic and cook until fragrant, about 1 minute. Add the wine and bring to a boil; cook, scraping up the browned bits from the bottom of the pan with a silicone spatula. Pour in the cream and continue to cook until the mixture has thickened to a sauce-like consistency, about 8 minutes. Remove the pan from the heat and whisk in the butter, a few cubes at a time. Stir in the lemon juice and chives, taste and adjust seasoning with salt and pepper.

4. ***To serve:*** Ladle the sauce onto the bottom of 2 warmed serving plates. Divide scallops between plates, garnish with chives and serve immediately.

CHARDONNAY, PECORINO AND PEA RISOTTO

Yield: *2 servings*

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2 to 3 cups vegetable or chicken broth
1 tablespoon olive oil
1 shallot, minced
1 garlic clove, minced
1/2 cup Arborio or Carnaroli rice
1/3 cup Chardonnay
2 teaspoons lemon zest
1 tablespoon unsalted butter
4 ounces frozen peas, thawed and drained
1/4 cup Parmigiano-Reggiano cheese, grated, plus more for garnish
1/4 cup pecorino cheese, grated, plus more for garnish
Kosher salt and freshly ground black pepper
2 tablespoons fresh flat-leaf parsley, chopped
Juice of 1 lemon

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1. To a medium saucepan set over medium heat add the broth. Bring to a simmer, reduce heat to low, cover and keep warm.

2. ***To prepare the risotto:*** To a large saucepan or straight-sided skillet set over medium heat, add the oil. When the oil is shimmering, add the shallots, garlic and rice; sauté, stirring constantly until the rice is evenly coated with oil and translucent around the edges and the shallots are soft, 3 to 4 minutes. Add the wine and cook until the pan is almost dry, about 3 more minutes.

3. Using a ladle, add about 1 cup of hot broth to the rice, stirring continuously with a wooden spoon. Add additional broth, 1 cup at a time, stirring constantly and adding more broth only after the previous addition has been absorbed. After about 15 minutes add the lemon zest. The risotto is done after about 20 minutes, when it is creamy, and the rice grains are plump and tender with a slight resistance to the bite. Remove from the heat and stir in the butter, peas, Parmigiano-Reggiano, pecorino and parsley. Taste and adjust the seasoning with salt, pepper, and lemon juice.

4. ***To serve:*** Perfect risotto should flow gently when ladled into a serving dish. If prepared in advance it will thicken as it sits. Just before serving, thin the risotto with a little hot broth or water to a creamy consistency. Ladle the risotto into 2 warmed, shallow serving bowls. Garnish each with Parmigiano-Reggiano and pecorino and serve immediately.

Recipe Variations:

- Any dry white wine is acceptable to substitute here.
- For a spring risotto, substitute peas with blanched asparagus.
- Render 4 ounces of pancetta until crispy and remove from the saucepan. Sauté the shallots, garlic and rice in rendered pancetta fat. Top the finished risotto with the crispy pancetta.

PROSECCO CHOCOLATE TRUFFLES

Yield: *2 dozen truffles*

These luscious, soft-centered truffles with a rich chocolate outer layer are easy to make but do take some time to set. We encourage you to serve your chocolates at room temperature for decadent, melt-in-your-mouth results.

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8 ounces semi-sweet Valrhona chocolate, cut into small pieces
1 ounce (2 tablespoons) unsalted butter, cut into small pieces
2 ounces (1/4 cup) heavy whipping cream
1/4 teaspoon fine kosher salt
3 tablespoons Prosecco or sparkling white wine
3 to 4 tablespoons cocoa powder, sifted

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1. Lightly butter an 8-inch loaf pan and line it with parchment paper, leaving a few inches of overhang on the sides. The butter will help the parchment paper stick to the pan without slipping.

2. ***To prepare the chocolate****:* Combine the chocolate, butter, cream and salt in a heatproof bowl and set it over a pan of simmering water. Make sure the water does not touch the bottom of the bowl. Stir the mixture over the heat until just melted and smooth. Remove from the heat and whisk in the Prosecco.

3. ***To chill the chocolate block****:* Transfer the chocolate into the prepared loaf pan with a spatula and smooth the surface. Chill in the refrigerator for at least 8 hours or up to 24 hours, until set firmly (there will still be some slight give, which is good) or freeze 1 hour until firm.

4. ***To slice the truffles****:* Warm a knife in hot water, dry it off and then run it around the rim of the pan to loosen the chocolate block. Lift out the block using the parchment sling. Trim the ends of the truffle to square them off if you want. (And save the trimmings for yourself!) Cut the block in half through the middle to make two squares. Cut each square into thirds and then cut into fourths to make cubes. Wipe down your knife to prevent sticking, dip again in warm water, and wipe dry.

5. ***To coat the truffles with cocoa****:* Place the sifted cocoa powder in a bowl. Carefully toss each cube in cocoa powder.

6. ***Serving and storing****:* If serving the same day, arrange the truffles on a plate and store in the fridge until serving. Take them out of the fridge a little bit before serving to take the chill off. Truffles can be stored in an airtight container (in the refrigerator) for up to 3 days.

Recipe variations:

- Swap Prosecco for 1-2 tablespoons of your favorite liquor, like bourbon, sambuca, or Kahlua.
- For flavored truffles, add 1 teaspoon of naturally flavored extract like lemon, almond or vanilla or 1/2 a teaspoon of ground cinnamon, nutmeg, or cardamom.
- Sprinkle the top of the melted chocolate with finishing sea salt before transferring it to the refrigerator.