



**COOKING CLASSES**  
AT SUR LA TABLE

**FAMILY FUN:  
GNOCCHI MAC & CHEESE**

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.

## Produce

- 2 pounds of russet potatoes
- 1 pound broccoli

## Dairy

- 2 large eggs
- 5 tablespoons unsalted butter
- 3 cups whole milk
- 2 cups cheddar cheese (freshly grated)
- 1 cup mozzarella cheese (freshly grated)
- 1/4 cup Parmigiano-Reggiano (freshly grated)
- 1 1/2 cups heavy whipping cream

## Pantry Items

- All-purpose flour
- 1/2 cup cake flour
- Kosher salt
- Dry mustard
- Freshly ground black pepper
- Granulated sugar
- 1/4 cup unsweetened cocoa powder
- 1 teaspoon vanilla bean paste
- 1/3 cup rock salt or coarse sea salt



# Equipment Needed

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

## Cutlery

- Chef's knife
- Paring knife
- Vegetable peeler
- 2 cutting boards

## Hand Tools/Gadgets

- Measuring cups and spoons
- Liquid measuring cup
- Blender
- Ice cream scoop
- Steaming basket
- Various-sized mixing bowls
- Silicone spatula
- Rimmed baking sheet
- Potato ricer or food mill
- Fine mesh strainer
- Bench scraper
- Whisk
- Spider or slotted spoon
- Wooden spoon

## Cookware

- Large saucepan
- Large pot
- Medium saucepan

## Tabletop

- Dinner plates

## Other

- Gallon-sized resealable bags
- Kitchen towel
- 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.

### Gnocchi Mac and Cheese

1. Roast potatoes prior to class, minimum 1 hour so they are cool enough to handle.

### Steamed Broccoli

1. Wash and dry broccoli.

### Chocolate Ice Cream in a Bag

1. Prep gallon bags with 6-8 cups ice, keep in freezer until needed (do not put salt in until ready to shake)



## GNOCCHI MAC AND CHEESE

**Yield:** 4 servings

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### **Potato Gnocchi:**

2 pounds russet potatoes

1/2 cup unbleached all-purpose flour, plus more as needed

1/2 cup cake flour, plus more as needed

2 large eggs, beaten

1 teaspoon kosher salt, plus more for simmering

### **For mac and cheese:**

3 tablespoons unsalted butter

3 tablespoons unbleached all-purpose flour

2 1/2 cups whole milk, plus more as needed

kosher salt

1/4 teaspoon dry mustard

1/8 teaspoon freshly ground black pepper

2 cups grated Cheddar cheese, plus more as needed

1 cup grated mozzarella cheese, plus more as needed

1/4 cup grated Parmigiano-Reggiano cheese

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1. **To bake the potatoes:** Pierce the potatoes all over with a fork. Place the potatoes onto a rimmed baking sheet and bake in the oven until tender at 350°F, about 1 hour. Set aside until cool enough to handle.
2. **To prepare the potatoes:** Using a kitchen towel and paring knife, carefully peel the potatoes and immediately process potatoes with a potato ricer or a food mill and evenly spread out on a clean flat surface or baking sheet.
4. **To prepare the gnocchi dough:** Using a fine-mesh strainer, dust the potatoes evenly with flours. Drizzle egg and salt over and knead until you have smooth, cohesive dough, about 2 minutes. If the dough feels sticky, incorporate up to 1/4 cup more cake flour. Set gnocchi aside, covered with a kitchen towel, to rest for 20 minutes.
5. **To work the gnocchi dough:** Place dough on a lightly floured work surface and cut into quarters with a bench scraper. Roll each portion into a long rope, about 3/4 inch in diameter. Using a bench scraper or a knife, cut the rope into 3/4-inch long pieces. Set the cut gnocchi on a lightly floured baking sheet and cover with a kitchen towel as you form the rest.
6. Bring a large pot of water to a gentle boil and season generously with salt.



7. **To prepare cheese sauce:** Melt butter in a medium saucepan over medium heat. When butter is melted, whisk in flour until smooth and continue to cook for 2 to 3 minutes, whisking frequently. Slowly pour in the milk, whisking continuously. If the sauce gets lumpy, continue whisking until smooth. Reduce heat to medium-low and simmer, whisking frequently, until sauce is creamy and smooth, 7 to 8 minutes. Add 1 1/2 teaspoons salt, mustard, and black pepper.

8. Remove from heat and whisk in cheese until melted and the sauce is smooth. Taste and adjust seasoning with salt and pepper.

9. **To cook the gnocchi:** Add gnocchi, in batches, to the simmering water and cook until they float to the surface, 2 to 3 minutes. Using a slotted spoon or spider, transfer cooked dumplings to a paper-lined baking sheet or plate, to drain. Return gnocchi to the pot and toss with the sauce until thoroughly coated. Reheat over low heat if necessary. The consistency of the mac and cheese can be adjusted as needed. Thin it out with milk or make it creamier by adding more cheese.



## STEAMED BROCCOLI

***Yield: 4 servings***

Steaming is a quick way to cook hearty vegetables like broccoli. Many kids are picky when it comes to the texture of their vegetables, so include them when deciding when to remove the broccoli from the steaming basket.

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*1 pound broccoli florets*

*2 tablespoons (1 ounce) unsalted butter at room temperature*

*Kosher salt and freshly ground black pepper*

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1. To a large saucepan set over medium-high heat add 2 inches of water and place a steaming basket insert inside. Bring water to a boil. Once water is boiling carefully add the broccoli florets onto the steaming basket and top with a tight fitting lid. Steam until broccoli is bright green and crisp-tender, about 3 minutes.
2. Carefully remove the steaming basket and transfer the broccoli florets to a medium mixing bowl and add the butter. Gently toss to coat, adding additional butter if desired. Add a pinch of salt and pepper, then taste and adjust seasoning as desired and serve immediately.



## CHOCOLATE ICE CREAM IN A BAG

**Yield:** 2 servings

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1 1/2 cups heavy cream  
1/2 cup whole milk  
1/4 granulate sugar  
1/4 cup unsweetened cocoa powder  
1 teaspoon vanilla bean paste

6 to 8 cups ice  
1/3 cup rock salt or coarse sea salt

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1. **To make ice cream base:** To a pitcher or a blender, combine cream, milk, cocoa powder, and vanilla, and blend until smooth. For best results, place the ice cream base in the refrigerator to chill for 1 hour or freezer for 30 minutes.
2. **To make ice cream:** To a gallon-sized resealable bag, add all of the ice cream base, push out excess air and seal. To a second gallon-sized resealable bag, add ice, rock salt, and sealed bag; seal and shake vigorously for 5 to 8 minutes. If the bag becomes too cold to handle, wrap it in a kitchen towel to create a barrier and help insulate the ice cream.
3. **To serve:** Remove the interior bag and lightly rinse off the salt from the outside. Scoop and serve immediately.

