



COOKING CLASSES
AT SUR LA TABLE

COZY FALL FARE

WITH SUR LA TABLE CHEF

Ingredient Shopping List

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

Proteins

- ☐ 4 chicken leg quarters, about 2 pounds

Produce

- ☐ 1 pound mixed mushrooms, such as button, cremini, chanterelle, shiitake, portabella, oyster, and other wild mushrooms
- ☐ 3 garlic cloves
- ☐ 1 shallot
- ☐ 1 package fresh thyme
- ☐ 1 bunch flat-leaf parsley

Dairy/Refrigerated

- ☐ 3 TBSP unsalted butter
- ☐ 1 pint whole milk
- ☐ 1/3 cup grated Parmigiano-Reggiano (or about 2 ounce block)

Pantry Items

- ☐ Kosher salt
- ☐ Freshly ground black pepper
- ☐ All-purpose flour
- ☐ Olive oil
- ☐ 5 cups chicken broth (low sodium is preferred)

Dry/Canned Goods/Other

- ☐ 2/3 cup Marsala wine
- ☐ 1 1/2 cups quick-cooking polenta

Equipment Needed

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

Cutlery

- ☐ Chef knife
- ☐ Boning knife, optional
- ☐ Cutting board

Hand Tools/Gadgets

- ☐ Measuring cups and spoons
- ☐ Liquid measuring cups
- ☐ Mixing bowls, various sizes
- ☐ Tongs
- ☐ Wooden spoon
- ☐ Whisk
- ☐ Microplane grater, or cheese grater

Cookware

- ☐ Large shallow Dutch oven, large oven-proof skillet with lid, or braiser with lid
- ☐ Large saucepan

Bakeware

- ☐ Rimmed baking sheet

Tabletop

- ☐ Serving platters

Pre-Class Mise en Place and Notes

- Please gather all ingredients before 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.

All Recipes

1. Wash and dry produce.
2. 30 minutes before class remove chicken from refrigerator and set on counter.
3. Preheat oven to 350°F.

MARSALA BRAISED CHICKEN WITH MUSHROOMS

Yield: 4 servings

This oven-braised version of the classic Chicken Marsala is lovely, rustic, and easy to execute at home. Serve this braised dish with creamy polenta for an exquisitely comforting Autumn dinner.

4 chicken leg quarters, about 2 pounds
Kosher salt and freshly ground black pepper
1/2 cup unbleached all-purpose flour
2 tablespoons olive oil
2 tablespoons unsalted butter
1 pound mixed mushrooms
3 garlic cloves, minced
1 shallot, halved and thinly sliced
2/3 cup Marsala wine
4 sprigs fresh thyme
1 1/2 cups low-sodium chicken broth
2 tablespoons chopped fresh flat-leaf parsley

Preheat oven to 350°F.

1. Place chicken leg quarters on a cutting board. Using the tip of a boning knife, cut around the knee joint to detach the drumstick from the thigh. Season chicken generously with salt and pepper.
2. Place flour in a shallow bowl and lightly dredge the chicken in the flour, shaking off any excess.
3. To a large shallow Dutch oven or ovenproof skillet set over medium-high heat, add oil. When oil is shimmering, add chicken, working in batches, and cook until evenly golden brown, about 4 minutes per side. Transfer chicken to a plate or baking sheet; set aside.
4. Return pan to medium-high heat and add butter. When butter is melted and foam subsides, add mushrooms and season with salt and pepper; sauté, stirring occasionally, until golden, about 5 minutes. Add garlic and shallot and cook until translucent, about 2 minutes. Add Marsala; cook until reduced by half. Return chicken to the pan and add thyme sprigs and broth.
5. Bring pan liquids to a simmer, cover pan with a tight-fitting lid, and transfer to preheated oven. Braise until the chicken is fork-tender, 30 to 40 minutes. Remove thyme sprigs, stir in parsley, and taste and adjust seasoning with salt and pepper.
6. **To serve:** Divide chicken among 4 warmed bowls, spoon sauce evenly over the top, and serve immediately.

CREAMY PARMESAN POLENTA

Yield: 4 servings

This Italian favorite is simple to prepare and provides a new side dish twist to roasted or grilled meats. If using regular polenta, be sure to follow cooking instructions on the package.

3 1/2 cups low-sodium chicken broth
2 cups whole milk
1 1/2 cups quick-cooking polenta
1/3 cup grated Parmigiano-Reggiano cheese
1 tablespoon unsalted butter
Kosher salt and freshly ground black pepper

1. To a large saucepan set over medium-high heat, add broth and milk; bring to a boil. While whisking vigorously, slowly pour polenta into boiling milk mixture. Reduce heat to maintain a simmer. Cook polenta, stirring often with a wooden spoon, until grains are completely tender, about 5 minutes.

2. **To serve:** Remove saucepan from heat and stir in Parmesan and butter. Taste and adjust seasoning with salt and pepper. Divide polenta between 4 warmed shallow bowls; serve immediately.