



COOKING CLASSES
AT SUR LA TABLE

CELEBRATION OF SPICES

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 (5 ounce) chicken breasts

Produce

- ☐ 1 large shallot
- ☐ 1 bunch flat-leaf parsley
- ☐ 1 kabocha squash (see recipe for substitutions)
- ☐ 1 large, sweet onion
- ☐ 1 fennel bulb
- ☐ 1 lemon
- ☐ 3 assorted apples
- ☐ 2 cups packed arugula
- ☐ 1 garlic clove

Dairy

- ☐ 2 sticks unsalted butter
- ☐ 2 large eggs
- ☐ 1 1/2 cups sour cream

Pantry Items

- ☐ Kosher salt
- ☐ Black pepper
- ☐ Vegetable oil
- ☐ Extra-virgin olive oil
- ☐ Red wine vinegar
- ☐ Ground cloves
- ☐ Ground sage
- ☐ 3 cups low-sodium chicken broth
- ☐ All-purpose flour
- ☐ Light brown sugar
- ☐ Granulated sugar
- ☐ Ground cinnamon
- ☐ Baking powder
- ☐ Baking soda
- ☐ Freshly grated nutmeg
- ☐ Ground allspice
- ☐ Vanilla bean paste or extract
- ☐ Ground cardamom
- ☐ Confectioners' sugar (optional)

Dry/Canned Goods

- ☐ 3 tablespoons za'atar (see recipe for substitutions)
- ☐ 1/2 cup dry red wine
- ☐ 1/2 cup pomegranate molasses (see recipe for substitutions)
- ☐ 3 tablespoons walnuts

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)
- ☐ Tongs
- ☐ Instant-read thermometer
- ☐ Wooden spoon
- ☐ Metal spoon
- ☐ Ladle
- ☐ Silicone spatula
- ☐ Citrus press or reamer
- ☐ Whisk
- ☐ Cake tester
- ☐ Microplane
- ☐ Silicone pastry brush
- ☐ Vegetable peeler

Cookware

- ☐ Large oven-safe skillet
- ☐ Large Dutch oven

Appliances

- ☐ Blender or immersion blender
- ☐ Food processor
- ☐ Stand mixer with paddle attachment

Bakeware

- ☐ Rimmed baking sheet
- ☐ 9" cake pan

Other

- ☐ 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.

Spice Roasted Chicken Breast with Pomegranate Sauce

1. Wash and dry produce.
2. 30 minutes prior to class remove chicken from refrigerator and allow to come to room temperature.

Kabocha Squash Soup with Arugula Pistou

1. 1 hour prior to class, halve squash, coat with 2 tablespoons of olive oil and season with ground cloves, sage, salt and pepper. Roast at 400°F until tender, about 30 to 40 minutes (step 1 of recipe).
2. Wash and dry produce.
3. Toast and cool 3 tablespoons of chopped walnuts.

Spiced Apple Cake

1. Preheat oven to 325°F.

SPICE ROASTED CHICKEN BREAST WITH POMEGRANATE SAUCE

Yield: 4 servings

This intensely aromatic ancient spice blend is the perfect addition to a variety of dishes, from grilled meats to freshly baked bread. The mixture is traditionally made with dried herbs such as thyme and oregano.

4 (5 ounce) skinless, boneless chicken breasts, trimmed
Kosher salt and freshly ground black pepper
3 tablespoons za'atar spice mixture
2 tablespoons vegetable oil

Pomegranate sauce:

1 tablespoon olive oil
2 tablespoons shallots, peeled and minced
1/2 cup dry red wine
1/2 cup pomegranate molasses
1 tablespoon red wine vinegar
1 tablespoon unsalted butter
Kosher salt and freshly ground black pepper
2 tablespoons flat-leaf parsley, minced

Preheat oven to 400°F and position rack in middle of oven.

1. **To prepare chicken:** Using paper towels, pat chicken breasts dry and generously season with salt, pepper and za'atar.
2. **To cook chicken:** To a large ovenproof skillet set over medium-high heat, add oil. When oil is shimmering, carefully add chicken breasts and cook until golden brown, about 4 minutes. Using tongs, flip chicken and transfer skillet into preheated oven. Roast until an instant-read thermometer inserted into thickest part of chicken registers 165°F, about 12 to 14 minutes. Transfer chicken to a cutting board and allow to rest for 5 minutes before slicing.
3. **To prepare pomegranate sauce:** Return skillet to medium heat and add 1 tablespoon of olive oil. When oil is shimmering, add shallots and cook, stirring constantly with a wooden spoon until softened, about 1 to 2 minutes. Add red wine, scraping up any brown bits on bottom of pan. Increase heat to high. Add pomegranate molasses and sherry vinegar and bring to a simmer, stirring often, until liquid has thickened, about 3 to 5 minutes. Taste and adjust seasoning with salt and pepper.
4. **To serve:** Slice chicken breasts into 1" slices. Spoon pomegranate sauce over chicken and garnish with parsley.

Recipe variations:

- If unable to find pomegranate molasses, substitute aged balsamic vinegar.
- If unable to find za'atar, substitute with 1 tablespoon dried oregano, 1 tablespoon sesame seeds, 1 tablespoon lemon zest and 1/2 teaspoon salt.

KABOCHA SQUASH SOUP WITH ARUGULA PISTOU

Yield: 4 servings

Pistou is a cold sauce traditionally made with garlic, basil, olive oil that is crushed in a mortar and pestle. In this updated version, peppery arugula is used to complement the sweet, nutty taste of kabocha squash. Shaped like a small pumpkin with green skin, kabocha squash is a popular Japanese variety. Both the soup and pistou can be made in advance.

1 medium kabocha squash, halved lengthwise and seeded
5 tablespoons plus 1/3 cup extra-virgin olive oil, divided
1/4 teaspoon ground cloves
1/4 teaspoon ground sage
Kosher salt and freshly ground black pepper
1 large, sweet onion, peeled and thinly sliced
1 fennel bulb, trimmed and cut into 1/2" dice
3 cups low-sodium chicken broth
Juice of 1/2 lemon

Pistou:

2 cups packed fresh arugula leaves
1 garlic clove
3 tablespoons chopped walnuts, toasted
Juice of 1/2 lemon

Preheat oven to 400°F and position rack in middle of oven.

1. **To roast squash:** To a rimmed baking sheet, place squash halves flesh side up and coat with 2 tablespoons olive oil. Season squash with ground cloves, sage, salt and pepper. Transfer to preheated oven and roast until flesh is caramelized and tender, about 30 to 40 minutes. Remove from oven and set aside to cool.

2. **To prepare soup:** To a large Dutch oven set over medium heat, add 3 tablespoons olive oil. When oil is shimmering, add onions and fennel. Cook, stirring often until tender, about 7 to 9 minutes. Add chicken broth and bring to a low simmer. Using a metal spoon, scoop flesh from roasted squash and add to Dutch oven. Remove Dutch oven from heat. Working in batches, ladle soup into a blender and purée until smooth. Return puréed soup to Dutch oven. Alternatively, purée soup in Dutch oven using an immersion blender. Taste and adjust seasoning with salt, pepper and lemon juice. Cover and keep soup warm over low heat.

3. **To prepare pistou:** To the bowl of a food processor fitted with a metal blade, add arugula, garlic, remaining 1/3 cup olive oil and walnuts; process until smooth. Add juice of 1/2 lemon, pulse to incorporate. Taste and adjust seasoning with salt, pepper and additional lemon juice.

4. **To serve:** Using a ladle, portion soup into bowls and top with a drizzle of pistou.

Recipe variations:

- If you can't find kabocha squash both butternut and acorn squash are great substitutes.

SPICED APPLE CAKE

Yield: 1, 9" cake

We like to use an assortment of apples from tart, like a granny smith to sweet-tart, like a honey crisp and pink lady apples.

Streusel:

1/2 cup all-purpose flour
2 tablespoons light brown sugar
1/2 teaspoon ground cinnamon
1/4 teaspoon kosher salt
1/4 cup unsalted butter, plus more for greasing pan, room temperature

Cake:

2 cups all-purpose flour
1 teaspoon baking powder
1 teaspoon baking soda
1/2 teaspoon kosher salt
1/4 teaspoon freshly grated nutmeg
1/8 teaspoon ground allspice
1/8 teaspoon ground cardamom
1/2 cup unsalted butter, room temperature
3/4 cup granulated sugar
2 large eggs
1 cup sour cream, plus more for serving
1 teaspoon vanilla bean paste or extract
3 assorted apples, peeled, cored and coarsely chopped into bite-size pieces

Preheat oven to 375°F and position rack in middle of oven. Lightly grease a 9" cake pan with butter.

1. **To make streusel:** To a small bowl, add flour, sugar, cinnamon and salt; stir to combine. Using your clean hands, work butter into dry ingredients until mixture resembles coarse crumbs.

2. **To make batter:** To a medium bowl, add flour, baking powder, soda, salt and spices; whisk to combine.

3. To the bowl of a stand mixer fitted with a paddle attachment, add butter and sugar. Mix on medium speed, scraping down sides of bowl as needed with a spatula, until light and fluffy, about 3 minutes. Reduce speed to low and add eggs, one at a time, until combined. Add sour cream and vanilla, mix until combined. Add dry ingredients and mix on low speed until just incorporated. Using a silicone spatula, fold apples into batter.

4. **To bake cake:** Transfer batter into prepared pan. Crumble streusel over top of batter in an even layer. Transfer pan to preheated oven and bake until a cake tester comes out clean, about 55 to 60 minutes.

5. Transfer cake to a wire rack and cool until warm. Slice and serve with a dollop of sweetened sour cream.

Recipe variations:

- Pears or plums are a great substitution for apples in this cake.
- **To serve with sweetened sour cream:** Whisk 2 tablespoons of confectioners' sugar into 1/2 cup of sour cream. Serve each slice with a dollop of sour cream.