



# COOKING CLASSES

AT SUR LA TABLE

## CIDER HOUSE MEAL

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

- 1 1/2 pounds boneless, skinless chicken thighs
- 5 slices thick-cut bacon

## Produce

- 3 green apples
- 1 medium yellow onion
- 1 garlic clove
- 1 small bunch sage
- 1 small bunch thyme
- 2 delicata squash

## Dairy

- 1/4 cup heavy whipping cream
- 3 ounces Parmigiano-Reggiano

## Pantry Items

- Vegetable oil
- Kosher salt
- Freshly ground black pepper
- Whole-grain mustard
- Olive oil
- Honey

## Dry/Canned Goods

- 1/2 cup brandy
- 2 cups apple cider

# 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
- Wooden spoon
- Offset spatula
- Vegetable peeler
- Silicone spatula
- Microplane (optional)
- Peppermill

## Cookware

- Dutch oven or heavy-bottomed saucepan
- Small saucepan

## Bakeware

- Rimmed baking sheet

## Tabletop

- Dinner plates
- Serving platter

## Other

- Paper towels
- 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.

### **Braised Chicken with Cider, Apples and Cream**

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

### **Roasted Delicata Squash with Shaved Parmesan and Honey**

1. Wash and dry produce.
2. Preheat oven to 400°F.
3. Line baking sheet with parchment.

## BRAISED CHICKEN WITH CIDER, APPLES, AND CREAM

**Yield:** 4 servings

This hearty, full-flavored dish is complete as a one-dish meal – just serve with a loaf of crusty bread.

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*2 tablespoons vegetable oil*  
*1 1/2 pounds boneless, skinless chicken thighs, trimmed*  
*Kosher salt and freshly ground black pepper*  
*3 tart green apples, peeled, cored, and cut into 1/2" thick wedges*  
*5 slices thick-cut bacon, cut crosswise into 1/4" pieces*  
*1 medium yellow onion, cut into 1/2" dice*  
*1 garlic clove, minced*  
*1/2 cup brandy*  
*2 cups apple cider*  
*2 tablespoons whole-grain mustard*  
*1/4 cup heavy whipping cream*  
*1 tablespoon fresh sage, finely chopped*

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Pat chicken thighs dry with paper towels and season with salt and pepper. Set aside.

1. **To sear chicken:** To a large Dutch oven set over medium-high heat, add oil. When oil is shimmering, add chicken and cook until well browned, working in batches if necessary. Transfer chicken to a plate.
2. To Dutch oven, add apples and cook, stirring frequently until just softened and caramelized, about 5 minutes. Transfer apples to plate with chicken and set aside.
3. To Dutch oven, add bacon and onion and cook, stirring occasionally, until onion is tender and bacon fat has rendered about 5 minutes. Add garlic and cook until fragrant, about 1 minute.
4. **To braise:** To Dutch oven, add brandy and stir with a wooden spoon to release any brown bits from bottom of pan, simmer until reduced by half. Add apple cider, bring to a boil and cook until liquid is reduced by half. Return chicken back to pan, cover and simmer until cooked through, about 5 to 7 minutes. Add mustard, cream, cooked apples and sage; stir to combine. Simmer, uncovered, until sauce thickens, about 10 minutes. Taste and adjust seasoning with salt and pepper.
5. **To serve:** Serve warm.

### **Recipe variations:**

- This recipe works beautifully when substituting pork loin for chicken thighs.
- In place of sage, try thyme, rosemary, or oregano.

## ROASTED DELICATA SQUASH WITH SHAVED PARMESAN AND HONEY

**Yield:** 4 servings

The skin of delicata squash is quite thin and delicate; there's no need to peel it. When roasted, the skin becomes crisp and offers a nice contrast to the tender flesh of the squash.

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*2 delicata squash*  
*2 tablespoons olive oil*  
*Kosher salt and freshly ground black pepper*  
*3 tablespoons honey*  
*1 teaspoon fresh thyme, chopped*  
*1 teaspoon fresh sage, chopped*  
*3 ounces Parmigiano-Reggiano, shaved*

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Preheat oven to 400°F and position rack in middle of oven. Line baking sheet with parchment paper.

1. **To prepare squash:** With a sharp knife, trim ends of delicata and cut in half, lengthwise. Using a spoon, scoop out seeds. Cut delicata halves into 1/2" half-moons. To a medium bowl, add squash, olive oil, salt and pepper; toss to combine.
2. **To roast squash:** To a parchment-lined baking sheet, arrange squash in an even layer. Transfer squash to preheated oven, flipping and stirring occasionally until squash is fork-tender and golden brown, about 30 minutes. Transfer roasted squash to a medium bowl.
3. To a small saucepan set over low heat, add honey and herbs. Cook until warmed through and fragrant, about 1 minute. Pour warmed honey over squash and toss to coat. Taste and adjust seasoning with salt and pepper.
4. **To serve:** Transfer glazed squash to a serving platter and top with shavings of Parmigiano-Reggiano. Serve immediately.

### **Recipe variations:**

- Peeled and seeded acorn or butternut squash is a great replacement to delicata. Peeled and wedged sweet potatoes are also great in this recipe.
- Substitute thyme and sage for chopped rosemary, oregano, or parsley.