CLASSIC FRENCH 75 + BITES

WITH SUR LA TABLE CHEF
Ingredient Shopping List

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

Produce
- 2 lemons
- Thyme
- 1 garlic clove
- 1 orange
- 1 ripe pear (any variety)

Dairy
- 2 ounces Roquefort (see recipes for substitutions)

Frozen
- Ice

Pantry Items
- Granulated sugar
- Kosher or sea salt
- Olive oil
- Fennel seeds
- Crushed red pepper flakes
- Honey

Dry/Canned Goods
- 1 cup mixed olives

Other
- Gin
- Champagne, or sparkling wine
- 1 demi baguette, French baguette, or seeded wheat loaf
Equipment Needed

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

Cutlery
- Chef’s knife
- Serrated or bread knife
- Cutting board

Hand Tools/Gadgets
- Citrus press or reamer
- Dry measuring cups
- Measuring spoons
- Small liquid measuring cups or jigger
- Wooden spoon
- Pastry brush
- Tasting spoons
- Microplane or zester
- Butter knife or offset spatula

Cookware
- Small saucepan (for making simple syrup)
- Small skillet

Bakeware
- Rimmed baking sheet

Barware
- Cocktail shaker
- Strainer
- Channel knife or vegetable peeler
- Champagne flute, coupe, or Collins glass
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.

French 75
1. Prepare simple syrup ahead of time and cool completely or purchase.
FRENCH 75

Yield: 1 cocktail

The origin of this cocktail comes from Paris in the 1920’s. The first recorded recipes included gin, Champagne, citrus and sugar. Named after a piece of artillery used during WWI, it was a favorite of royalty and of Americans during prohibition.

Simple syrup (makes 3/4 cup)
1/2 cup granulated sugar
1/2 cup water

Ice
1 ounce gin
1/2 ounce simple syrup
1/2 ounce freshly squeezed lemon juice
1 ounce Champagne or sparkling wine
Lemon twist for garnish

1. To prepare simple syrup: To a small saucepan over medium heat, heat water and sugar until the sugar has dissolved and the mixture begins to simmer. Remove from heat and cool completely.

2. To a cocktail shaker add a handful of ice, gin, lemon juice, and 1/2 ounce simple syrup. Shake until chilled, about 20 shakes. Strain into a chilled champagne flute or coupe, then top with champagne.

Recipe variations:
- Substitute your favorite vodka or cognac for gin.
- Simple syrup can be substituted with a flavored liqueur such as Saint Germain, Crème de Violet, or a homemade herb or floral syrup.
- Mini bottles of Champagne or sparkling wine should be purchased for this recipe unless you plan on making cocktails for a crowd.
- Substitute Champagne for club soda for a Tom Collins.

Simple syrup will keep 1 month in the refrigerator.
CITRUS AND FENNEL OLIVES

**Yield:** 2 servings

This recipe will keep in the refrigerator for up to a week. They are delicious served chilled, room temperature or warm.

1/4 cup olive oil  
1 sprig thyme  
1/2 teaspoon fennel seeds  
1 pinch crushed red pepper flakes  
1 garlic clove, thinly sliced  
1 cup mixed olives, rinsed of brine  
1 tablespoon orange zest  
2 teaspoons lemon zest

1. To a small skillet set over low heat add olive oil, thyme, fennel seed, red pepper flake. Heat over low heat until fragrant, 3-5 minutes. Add the garlic and toast until lightly golden brown, 1 minute. Remove from heat and remove thyme sprig and add olives. Stir to coat. Add orange and lemon zest and stir to combine.

2. Transfer olive mixture to a serving bowl and serve with a small dish to discard the olive pits.

**Recipe variations:**
- Choose any mix of olives you enjoy. The deli section at most grocery stores have a large variety.
ROQUEFORT, PEAR AND HONEY TARTINE

Yield: 2 servings

Extra-virgin olive oil, for brushing on bread
2, 1/2-inch thick slices of country bread such as baguette, batard or seeded wheat
Kosher salt
Freshly ground black pepper
2 ounces Roquefort blue cheese, room temperature
1/2 pear, thinly sliced
2 tablespoons honey

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

1. To toast bread: Lightly brush one side of each slice of bread with oil and season with salt and pepper. Place slices on a rimmed baking sheet and transfer to preheated oven. Toast in oven until golden brown, about 7 minutes. Remove from oven and place on serving plates.

2. To assemble: Divide cheese between the two toasted slices of bread. Arrange pear slices over the cheese and drizzle with honey.

Recipe variations:
- Any spreadable cheese variety can be substituted for Roquefort.
- Apples are equally as tasty with this as pears are.