



**COOKING CLASSES**  
AT SUR LA TABLE

**ONLINE DATE NIGHT:  
FRESH PASTA & SALAD**

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

- ☐ 8 ounces pancetta

## Produce

- ☐ 1 pound asparagus
- ☐ 2 garlic cloves
- ☐ 2 shallots
- ☐ 2 lemons
- ☐ 1 bunch mint
- ☐ 1 bunch basil
- ☐ 1 bunch rosemary
- ☐ 5 ounces baby arugula

## Dairy

- ☐ 4 large eggs
- ☐ 6 ounces goat cheese
- ☐ 2 ounces Parmigiano- Reggiano
- ☐

## Pantry Items

- ☐ Kosher salt
- ☐ All-purpose flour
- ☐ Extra Virgin olive oil
- ☐ Semolina flour

## Dry/Canned Goods

- ☐ 1/2 cup pine nuts
- ☐ 2 cups artichoke hearts, canned
- ☐ Whole grain mustard

# Equipment Needed

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

## Cutlery

- ☐ Chefs knife
- ☐ Cutting board

## Hand Tools/Gadgets

- ☐ Whisk
- ☐ Microplane
- ☐ Bench scraper

## Cookware

- ☐ Saute pan
- ☐ Stockpot

## Appliances

- ☐ Pasta roller

## Bakeware

- ☐ Baking sheet
- ☐ Mixing bowls, various sizes

## Tabletop

- ☐ Serving platters

## Other

- ☐ Plastic wrap

## **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.

### **Fresh Pasta Dough**

1. Set pasta roller.

### **Linguine with Roasted Asparagus, Pancetta, and Goat Cheese**

1. Bring a large pot of water to boil.
2. Preheat oven to 450°F

### **Arugula and Artichoke Salad with Lemon Vinaigrette**

1. Preheat oven to broil

## FRESH PASTA DOUGH

***Yield:*** 4 servings

Fresh pasta dough is so easy to make, you'll wonder why you never did it before. If you can find Italian "00" flour, use it to make very delicate, yet chewy pasta. If not, all-purpose or bread flours work well.

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*2 1/2 cups (12 1/2 ounces) "00" flour, plus more for dusting*

*1 teaspoon Kosher salt*

*4 large eggs*

*1 tablespoon extra-virgin olive oil*

*Semolina flour, for dusting pasta and surfaces*

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1. ***To make dough:*** To a large mixing bowl add the flour and salt, mix to combine. Make a well in the center of the flour and add eggs and oil. Using your fingers, blend the eggs into the flour mixture, stirring the flour from the sides of the well until all flour has been incorporated. Once the dough has come together, place on a clean work surface and knead until smooth, about 3 to 5 minutes. Wrap the dough in plastic wrap and allow to rest for at least 20 minutes

2. ***To roll pasta dough:*** Secure the pasta roller, either table-mounted or a mixer attachment. Using a bench scraper, cut dough into 3 portions. Keep dough covered in plastic wrap when not in use. With the heel of your hand, flatten the dough then lightly dust in flour. Feed past dough through pasta roller on largest setting, and roll. Take the dough and tri-fold like a letter and press to seal. Feed a folded edge through the pasta roller on the largest setting a second time.

3. Continue rolling pasta through the machine, without folding, adjusting machine to a smaller setting each time, until the desired thickness is reached. If pasta sheet becomes too long to handle, use a bench scraper to cut into more manageable sizes.

4. ***To cut pasta:*** Cut sheets to desired shapes, toss with semolina and set aside on a baking sheet dusted with semolina.

## LINGUINE WITH ROASTED ASPARAGUS, PANCETTA, AND GOAT CHEESE

**Yield:** 4 servings

Roasted asparagus is one of spring's most simple and delicious pleasures and is perfect when combined with fresh pasta and creamy goat cheese.

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*1 recipe Fresh Pasta Dough, rolled into semi-thin sheets, cut into 1/8"-wide ribbons*

*1 pound asparagus, stemmed and sliced into 1-inch pieces*

*6 tablespoons extra-virgin olive oil, divided, plus more as needed*

*Sea salt and freshly ground black pepper*

*8 ounces pancetta, diced into 1/4-inch pieces*

*2 medium garlic cloves, minced*

*1 large shallot, thinly sliced*

*1 tablespoon lemon zest*

*1/4 cup mint leaves, roughly chopped*

*1/3 cup basil leaves, torn*

*2 to 3 tablespoons fresh lemon juice*

*6 ounces (about 1 1/3 cups) good-quality goat cheese, divided, crumbled*

*1/2 cup pine nuts, toasted*

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Preheat oven to 450°F. Bring large pot of water to a boil. Line baking sheet with parchment.

1. **To roast asparagus:** To parchment-lined baking sheet add the asparagus and toss with 2 tablespoons olive oil. Season asparagus with salt and pepper. Transfer baking sheet to preheated oven, roast asparagus until tender, about 6 to 8 minutes. Once cooked, remove from oven and set aside.

2. To a large skillet set over medium-high heat, add remaining olive oil. Once oil is shimmering add the pancetta and cook until crispy, about 3 minutes. To the crispy pancetta add the garlic, shallots and cook until soft about 2 minutes. Reduce heat to low, add lemon zest and stir to combine.

2. **To cook pasta:** To a large pot of boiling water, season generously with salt. Add pasta and stir immediately to prevent pasta from sticking together. Cook pasta until al dente, about 2 minutes.

4. Transfer pasta into skillet with pancetta, stir to combine. Return skillet to medium heat and add 1/4 cup pasta water, roasted asparagus, herbs, lemon juice, and half the goat cheese, toss to combine. Taste and adjust seasoning, adding additional pasta water as necessary adjust sauce consistency.

***Recipe variations:***

- Substitute the pancetta for bacon, guanciale, or go meatless and substitute with mushrooms.
- Many spring vegetables can be substituted for asparagus including snow peas, snap peas, or pea shoots

## ARUGULA AND ARTICHOKE SALAD WITH LEMON VINAIGRETTE

**Yield:** 4 servings

Use good-quality canned or frozen artichoke quarters and roast them under a broiler to get a light roasted flavor and texture that is perfect for salads, pasta, and antipasto.

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*2 cups artichoke quarters, good-quality canned or frozen and thawed*

*4 sprigs of rosemary*

*1 cup extra-virgin olive oil, plus more as needed*

*Kosher salt and freshly ground black pepper*

*1 teaspoon lemon zest*

*3 tablespoons fresh lemon juice*

*1 tablespoon shallot, minced*

*1 tablespoon whole-grain mustard*

*1 clove garlic, halved*

*5 ounces baby arugula or other hearty greens*

*2 ounces Parmigiano-Reggiano, shaved*

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Preheat oven to broil, rack placed in the upper portion of the oven.

1. **To roast artichokes:** Drain artichokes of any liquid and place on baking sheet. To the artichokes add the rosemary, drizzle with 1/3 cup olive oil, and season with salt and pepper. Transfer artichokes to preheated oven and roast until crisp and browned about 8 minutes. Set aside to cool.

2. **To make vinaigrette:** To a mixing bowl add the lemon zest, lemon juice, shallot, mustard, whisk to incorporate. Stream in 2/3 cup olive oil while whisking vigorously. Taste and season with salt and pepper.

3. To a large mixing bowl, rub the inside with cut clove of garlic, then add artichokes and arugula. Dress with vinaigrette and toss to coat.

4. **To serve:** Transfer dressed salad to serving platter and top with shaved Parmigiano-Reggiano, serve immediately.

### **Recipe variations:**

Substitute arugula for little gem, romaine, or mixed greens.

If good quality artichokes aren't available use a mix of other Italian antipasti. Try marinated borlotti beans or roasted red peppers.