



COOKING CLASSES
AT SUR LA TABLE

DATE NIGHT: ITALIAN EATERY

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 ounces bacon

Produce

- ☐ 1 large garlic clove
- ☐ 1 lemon
- ☐ 1 shallot
- ☐ 1 teaspoon thyme
- ☐ 2 Pears
- ☐ 1 Fennel Bulb
- ☐ 1 head Radicchio
- ☐ 2 Belgin Endive

Dairy

- ☐ 2 1/4 cups heavy whipping cream
- ☐ 1 cup Parmesan cheese, grated
- ☐ 3 ounces Pecorino
- ☐ 6 large eggs
- ☐ 1 cup Whole Milk

Pantry Items

- ☐ Kosher Salt
- ☐ Black Pepper
- ☐ All Purpose Flour
- ☐ Semolina Flour
- ☐ Extra Virgin Olive Oil
- ☐ Apple Cider Vinegar
- ☐ Vanilla Bean Paste
- ☐ Granulated Sugar

Dry/Canned Goods

- ☐ 2 teaspoons Whole Grain Dijon Mustard
- ☐ 2 1/2 teaspoons unflavored gelatin
- ☐ 6 ounces semi-sweet chocolate

Equipment Needed

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

Cutlery

- ☐ Chef's knife
- ☐ Pairing knife
- ☐ Serrated Knife
- ☐ Cutting board
- ☐ Mandolin

Hand Tools/Gadgets

- ☐ Whisk
- ☐ Tongs
- ☐ Spider
- ☐ Fine Mesh Strainer

Cookware

- ☐ Large stock pot
- ☐ Saute Pan
- ☐ Small saucepan

Appliances

- ☐ Pasta Roller

Bakeware

- ☐ Mixing bowls, various sizes
- ☐ Measuring cups and spoons
- ☐ Ramekins

Tabletop

- ☐ Serving Platter
- ☐ Serving Dish

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.

Spaghetti alla Carbonara

1. Cut bacon
2. Bring a pot of water to a boil

Homemade Pasta Dough

Shaved Fennel and Pear Salad

1. Wash and dry produce

Chocolate Panna Cotta

1. Finely chop chocolate

SPAGHETTI ALLA CARBONARA

Yield: 4 servings

With just a handful of ingredients you can create the most delicious plate of pasta in under 15 minutes. The secret to this dish is timing and having everything prepped before you start cooking.

2 tablespoons heavy whipping cream
3/4 cup parmesan cheese, grated
2 large eggs
2 tablespoons flat-leaf parsley, coarsely chopped
Kosher salt
4 ounces bacon, sliced crosswise into 1/4-inch thick pieces
1 large garlic clove, minced
1 recipe Homemade Fresh Pasta, recipe included
Freshly ground black pepper
Parmesan, for serving

1. To a small bowl add the cream, eggs and parsley, whisk to combine and set aside

2. **To prepare the carbonara:** To a large skillet set over medium heat, add bacon and cook until the fat has been rendered and bacon is golden brown and crispy, about 5 minutes. Add the garlic and cook until fragrant, about 1 minute

3. **To cook pasta:** To a large pot of water set over high heat, bring to a rolling boil. Generously season water with salt. Add pasta and stir immediately to prevent it from sticking together. Cook until al dente, 2 to 3 minutes. Using a spider or tongs remove pasta from pot and transfer to sauté pan with bacon and garlic

4. **To finish:** Remove skillet from heat and add reserved cream mixture. Working quickly, use tongs to toss and evenly coat noodles with sauce. The residual heat from the pan will cook the eggs and working quickly will prevent the eggs from scrambling. If the pasta looks dry, add just enough of the reserved pasta water until you have achieved a saucy well coated pasta. Taste and adjust seasoning with salt and generously with black pepper.

5. To serve: Using tongs transfer pasta onto 4 warmed pasta bowls, top with extra parmesan. Serve immediately.

Recipe variations:

- Add in sliced mushrooms, sun dried tomato or other vegetables to make this classic your own.
- Other variations include substituting guanciale for bacon, add in fresh spring peas, or stir in truffle oil.

HOMEMADE PASTA DOUGH

Yield: 4 servings

Fresh pasta dough is so easy to make, you'll wonder why you never did it before. In class, you will prepare two full batches of dough.

2 1/2 cups (12 1/2 ounces) unbleached all-purpose flour, plus more for dusting

1 teaspoon fine kosher salt

4 large eggs

1 tablespoon extra-virgin olive oil

Semolina flour, for dusting pasta and surfaces

1. ***To make the dough:*** To a large mixing bowl, add the flour and salt and whisk to combine. Make a "well" in the center of the flour mixture and add the eggs and oil. Using a fork, blend the eggs into the flour mixture, stirring the flour in from the sides of the well and working outwards. When the pasta dough is thoroughly mixed, turn it out on a lightly floured work surface. Knead the dough until it is smooth and flexible but not sticky, adding small amounts of flour as needed; about 5 minutes. Shape the dough into a ball and flatten it into a disk. Cover with plastic wrap and allow to rest for at least 20 minutes or up to an hour at room temperature.

2. ***To roll out and cut the dough:*** Secure a pasta machine to the edge of a long countertop. Using a bench scraper, cut the dough into 2 pieces. Keep the extra dough covered in plastic wrap while working with one piece. With a rolling pin or your hand, roll or flatten the piece of dough into a rough rectangle that will fit inside the widest setting of the pasta machine. Roll the dough through the machine, catching it with one hand as you roll with the other. Take the dough and trifold it like a letter. Turn the dough so one open end faces the machine and roll it through on the widest setting again. Fold, turn and roll once more on the widest setting.

3. Continue rolling the pasta through the machine without folding, adjusting the rollers to a smaller setting each time. Roll out each sheet to the second to the last thinnest setting. If the pasta sheet becomes too large to handle, use a bench scraper to cut it into more manageable lengths and continue rolling.

4. ***To cut the spaghetti:*** Liberally flour one sheet of pasta and loosely roll it into a cylinder. Using a sharp knife, cut the roll into 1/8-inch ribbons. Unwrap the ribbons, toss them with semolina flour and form into piles on baking sheets dusted with semolina. The pasta can be cooked immediately or covered with plastic wrap and refrigerated for up to 24 hours before use.

SHAVED FENNEL AND PEAR SALAD WITH BITTER GREENS AND PECORINO

Yield: 4 servings

Using a mandolin makes quick work of slicing fennel paper-thin. Use crisp pears such as Bartlett, Bosc or Anjou for this salad.

Vinaigrette:

*2 teaspoons whole-grain Dijon mustard
1 tablespoon apple cider vinegar
1 teaspoon fresh lemon juice
3 tablespoons extra-virgin olive oil
1 tablespoon shallots, minced
1 teaspoon thyme, minced
Kosher salt and freshly ground black pepper*

Salad:

*2 pears, cored and julienned
1 medium fennel bulb, trimmed, quartered, cored and thinly sliced
1 medium head radicchio, halved, cored and thinly sliced
2 heads Belgian endive, ends and outer leaves trimmed, halved and cut crosswise into strips
3 ounces pecorino, shaved*

Preheat oven to 375°F and position rack in middle of oven. Pat chicken breasts dry with paper towels and season with salt and pepper. Set aside.

1. ***To prepare vinaigrette:*** To a medium bowl, add the mustard, vinegar and lemon juice. While whisking, add the oil in a steady stream. Add the shallots and thyme, stir to combine. Taste and adjust seasoning with salt and pepper.

2. ***To assemble salad:*** To a large bowl add the pears, fennel, radicchio and endive. To the salad add a small amount of vinaigrette, toss to coat. Taste and adjust seasoning with salt and pepper.

3. ***To serve:*** Divide salad among four salad plates, top with shaved pecorino and serve.

Recipe variations:

Try varying combinations of cheese and fruit to make this crunchy salad all year round. Gouda with apples, blue cheese and nectarine or chevre with strawberries.

CHOCOLATE PANNA COTTA

Yield: 8 4 ounce servings

This velvety Italian cream, lightly set with gelatin, is quick and easy to make. It will set in 2 hours but can be made ahead and will keep, covered, in the refrigerator for 3 days.

1 cup whole milk
2 1/2 teaspoons unflavored powdered gelatin
2 cups heavy whipping cream
1 teaspoon vanilla bean paste or vanilla extract
1/2 cup granulated sugar
1/4 teaspoon kosher salt
6 ounces semi-sweet chocolate, finely chopped

1. **To bloom gelatin:** To a medium mixing bowl, add milk and sprinkle with gelatin. Let stand until gelatin blooms and softens, about 5 minutes.
2. **To prepare panna cotta:** To a medium saucepan set over medium heat, add cream, vanilla sugar and salt. Cook until sugar is dissolved and mixture just comes to a boil, about 4 minutes. Remove cream from heat and whisk in chocolate until melted. Whisk gelatin into warm chocolate cream, stirring until gelatin is dissolved. Strain mixture through a fine-mesh strainer to into a large liquid measuring cup.
3. Set 6 ramekins on a rimmed baking sheet. Carefully fill ramekins with panna cotta mixture and refrigerate them until firm and set, about 2 hours.
4. **To serve:** Serve panna cotta chilled.

Recipe variations:

- Panna cotta is delicious served with unsweetened whipped cream, chocolate curls or fresh berries.
- Panna cotta can set in ramekins, high ball glasses, mason jars or small bowls.
- Serve panna cotta in ramekins or unmold by dipping bottom of ramekin in hot water for 30 seconds and invert onto a dessert plate.