



**COOKING CLASSES**  
AT SUR LA TABLE

**DATE NIGHT:  
SURF & TURF**

WITH SUR LA TABLE CHEF

# Ingredient Shopping List

Below is a list of ingredients you'll need to make the recipes in this packet. Please reach out for substitution suggestions.

## Proteins

- ☐ 2, 6-ounce New York strip steaks
- ☐ 4 to 6-ounce shell-on lobster tail, uncooked

## Produce

- ☐ 3 lemons
- ☐ 1 celery stalk
- ☐ 1 medium carrot
- ☐ 1 yellow onion
- ☐ 1 large leek
- ☐ Small bunch chives
- ☐ Small bunch thyme
- ☐ Small bunch parsley
- ☐ 1/2 pint raspberries

## Dairy

- ☐ 4 tablespoons unsalted butter
- ☐ 3/4 cup Parmigiano-Reggiano, finely grated
- ☐ 2 ounces heavy whipping cream

## Pantry Items

- ☐ Piment d'Espelette or smoked paprika
- ☐ Kosher salt
- ☐ Freshly ground pepper
- ☐ Finishing salt such as Bitterman Lemon finishing salt
- ☐ Olive oil
- ☐ 2 bay leaves
- ☐ Cocoa powder

## Dry/Canned Goods

- ☐ 3/4 cups arborio rice or carnaroli rice
- ☐ 1 1/4 cups dry white wine
- ☐ 3 cups seafood or vegetable stock
- ☐ 8 ounces high-quality semisweet chocolate like Valrhona or Callebaut
- ☐ Champagne
- ☐ Crème de Cassis or Chambord

# Equipment Needed

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

## Cutlery

- ☐ Chef's knife
- ☐ Serrated knife

## Hand Tools/Gadgets

- ☐ Cutting board
- ☐ Measuring cups and spoons
- ☐ Mixing bowls (various sizes)
- ☐ Prep bowls
- ☐ Tongs
- ☐ Instant-read thermometer
- ☐ Wooden spoon
- ☐ Vegetable peeler
- ☐ Whisk
- ☐ Fine-mesh sieve or flour sifter
- ☐ Cocktail jigger

## Cookware

- ☐ Grill pan or cast-iron skillet
- ☐ Medium saucepan
- ☐ Dutch oven
- ☐ Small saucepan

## Bakeware

- ☐ Loaf pan

## Tabletop

- ☐ Serving platters
- ☐ Serving bowl
- ☐ Champagne flutes

## Other

- ☐ Kitchen twine
- ☐ Parchment

## **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.

### **Espelette Rubbed New York Strip Steak**

1. 30 minutes before class, remove steaks from the refrigerator and allow to come to room temperature.
2. Preheat oven to 450°F.

### **Lobster Risotto**

1. Defrost lobster tails.
2. Wash and dry all the produce.

### **Champagne Chocolate Truffles**

1. No prep needed.

### **Kir Royale**

1. Chill Champagne.

## PEPPER RUBBED NEW YORK STRIP STEAK

***Yield:*** 2 servings

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*2 (6-ounce) New York strip steaks, about 1-inch-thick*  
*2 teaspoons Piment d'Espelette*  
*Kosher salt and freshly ground black pepper*  
*Vegetable oil, for seasoning grill*  
*Bitterman lemon finishing salt*

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Preheat the oven to 450°F and place a rack in the upper portion of the oven.

1. Season steaks generously with salt, pepper and piment d'Espelette.
2. ***To cook the steaks:*** Preheat grill or grill pan over medium-high heat. Brush grates with a thin coating of vegetable oil. Place steaks on the grill and cook until well-marked, about 3 to 4 minutes per side. (*You can rotate the steaks 90° halfway through cooking on each side to achieve the classic crosshatch pattern.*) To check for doneness, use a digital thermometer inserted into the thickest part of the meat. For medium-rare, the internal temperature should register 135°F. For especially thick steaks, transfer to a preheated oven to finish cooking to the desired temperature. Rest cooked steaks on a cutting board tented loosely with foil for 5 minutes.
3. ***To serve:*** Using a sharp carving knife at a 40° angle, slice steaks into 1/2-inch-thick pieces. Divide among 4 warmed serving plates and garnish with lemon finishing salt.

## LOBSTER RISOTTO

***Yield:*** 2 servings

Any risotto recipe can be done in a pressure cooker. Sauté ingredients, toast rice and deglaze with wine as you would on the stove top. Reduce stock by half of stovetop volume and pressure cook on high for 5 minutes with a manual release.

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### ***Court bouillon poached lobster:***

*4 to 6-ounce shell-on lobster tail*

*1 cup dry white wine*

*2 cups water*

*2 teaspoons salt*

*1 lemon, halved and juiced*

*1 stalk celery, peeled and sliced*

*1 medium carrot, peeled and sliced*

*1/2 medium yellow onion, thinly sliced*

*Bouquet garni of thyme, parsley and bay leaves*

*3 cups low-sodium seafood stock*

*1 tablespoons olive oil*

*2 tablespoons unsalted butter, divided*

*1/2 large leek, white and light-green parts only, cut crosswise into thin slices and thoroughly washed*

*3/4 cup Arborio or Carnaroli rice*

*1/4 cup dry white wine*

*4 to 6 ounces poached lobster tail, cut into 1/2-inch pieces*

*1 teaspoon lemon zest*

*1/2 cup Parmigiano-Reggiano cheese, finely grated, plus more for garnish*

*Kosher salt and freshly ground black pepper*

*2 tablespoons chives, chopped*

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1. ***To poach the lobster tails:*** In a medium saucepan, bring wine, water, salt, lemon, lemon juice, celery, carrot, onion and bouquet garni to a boil; reduce to a simmer and cook 10 minutes. Place the lobster tails into the pot and simmer for 5 minutes. Turn off the heat and allow lobster tails to sit in court bouillon for 10 minutes. Plunge lobster into an ice bath and remove the meat from the shell. Strain court bouillon through a sieve and remove solids. Reserve liquid.

2. Combine poaching liquid and broth into a medium saucepan and bring to a simmer; reduce

heat to low and cover to keep hot.

3. **To prepare the leeks:** To a large saucepan or Dutch oven set over medium-high heat, add the oil and 1 tablespoon of butter. When foaming subsides, add the leeks and sauté, stirring occasionally, until translucent, about 10 minutes. Add the rice and sauté, stirring constantly, until rice is evenly coated with the butter and translucent around the edges, about 2 minutes. Add the wine and cook until it is almost evaporated, about 3 more minutes.

4. **To cook the risotto:** Using a ladle, add about 1 cup of hot broth to the rice, stirring continuously with a wooden spoon. Add the additional broth, 1 cup at a time, stirring constantly and adding more broth only after the previous addition has been absorbed. The risotto is done after about 20 minutes when it is creamy and the rice grains are plump and tender. Add the poached lobster meat and stir until heated through. Remove from heat and stir in the lemon zest, 1 tablespoon of butter and Parmigiano. Taste and adjust seasoning with salt and pepper.

4. **To serve:** Perfect risotto should flow gently when ladled into a serving dish. Adjust consistency with a little hot broth and garnish with chives and extra Parmigiano before serving.

## CHAMPAGNE CHOCOLATE TRUFFLES

***Yield:*** 1 dozen truffles

These luscious, soft-centered truffles with a rich chocolate outer layer are easy to make but do take some time to set. We encourage you to serve your chocolates at room temperature for decadent, melt-in-your mouth results.

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*8 ounces high-quality semi-sweet chocolate, like Valrhona or Callebaut, cut into small pieces*

*1 ounce (2 tablespoons) unsalted butter, cut into small pieces*

*2 ounces (1/4 cup) heavy whipping cream*

*1/4 teaspoon fine kosher salt*

*3 tablespoons Champagne or sparkling wine*

*3 to 4 tablespoons cocoa powder, sifted*

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1. Lightly butter an 8-inch loaf pan and line with a sling of parchment paper, leaving a few inches of overhang on two sides. The butter will help the parchment paper stick to the pan without slipping.

2. ***To prepare the chocolate:*** Combine the chocolate, butter, cream, and a pinch of salt in a heatproof bowl and set it over a pan of simmering water. Make sure the water does not touch the bottom of the bowl. Stir the mixture over the simmering water until just melted and smooth. Remove from the heat and whisk in the Champagne.

3. ***To chill the chocolate block:*** Transfer the chocolate into the prepared loaf pan with a spatula and smooth the surface. Chill in the refrigerator for at least 8 hours or up to 24 hours, until set firmly (there will still be some slight give, which is good).

4. ***To slice the truffles:*** Warm a knife in hot water, dry it off, and then run it around the rim of the pan to loosen the chocolate block. Lift out the block using the parchment sling. Trim the ends of the truffle to square them off if you want. (And save the trimmings for yourself!) Cut the block in half through the middle to make two squares. Cut each square into thirds and then cut into fourths to make cubes. As needed to prevent sticking, wipe down your knife, dip it again in warm water, and wipe dry.

5. ***To coat the truffles with cocoa:*** Place the sifted cocoa powder in a bowl. Carefully toss each cube in cocoa powder.

6. ***Serving and storing:*** If serving the same day, arrange the truffles on a plate and store in the fridge until serving. Take them out of the fridge a little bit before serving to take the chill off. Truffles can also be stored in an airtight container (in the refrigerator) for up to 3 days.



***Recipe variations:***

- Swap Champagne for 1-2 tablespoons of your favorite liquor, like bourbon, sambuca or Kahlua.
- For flavored truffles, add 1 teaspoon of naturally flavored extract like lemon, almond or vanilla or 1/2 a teaspoon of ground cinnamon, nutmeg or cardamom.
- Sprinkle the top of the melted chocolate with finishing sea salt before transferring it to the refrigerator.

## KIR ROYALE

***Yield: 1 serving***

The Kir Royale was invented by a WW2 resistance fighter in defiance of Nazi-occupied France. An elegant special occasion cocktail that combines the richness of black currant and the effervescence of Champagne. Cheers!

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*1/3 ounce Crème de cassis or Chambord*  
*3 ounces Champagne, chilled*  
*Lemon twist and fresh raspberries for garnish*

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1. To a Champagne flute, add 2-3 raspberries. Carefully pour in the crème de cassis and top with chilled Champagne. Garnish with a lemon twist.