



COOKING CLASSES
AT SUR LA TABLE

**DATE NIGHT:
ITALIAN STEAKHOUSE**

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, 10-ounce New York strip steaks

Produce

- Small bunch of thyme
- 2 large shallots
- 2 pounds Yukon Gold potatoes
- Small bunch of fresh sage leaves
- 1 lemon

Dairy

- 5 eggs
- 3 sticks unsalted butter
- 2 cups heavy whipping cream

Pantry Items

- Kosher or sea salt
- Balsamic vinegar
- All-purpose flour
- Freshly ground black pepper
- White pepper (see recipe for substitution suggestion)
- Vegetable oil
- 1/2 cup low-sodium beef or chicken broth
- Granulated sugar
- Vanilla bean paste

Dry/Canned Goods

- 1 cup Chianti or light to medium-bodied dry red wine
- 7 ounces bulk bittersweet chocolate
- Instant espresso powder or 2 tablespoons of freshly brewed espresso (cooled)

Equipment Needed

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

Cutlery

- Chef's knife

Hand Tools/Gadgets

- Cutting board
- Measuring cups and spoons
- Mixing bowls (various sizes)
- Prep bowls
- Wooden spoon
- Fork
- Potato ricer, food mill or potato masher
- Bench scraper
- Microplane
- Gnocchi paddle (optional)
- Slotted spoon or spider
- Instant-read thermometer
- Fine-mesh strainer
- Whisk
- Vegetable peeler

Cookware

- Large ovenproof skillet
- Large saucepan
- Stockpot
- Medium saucepan

Appliances

- Stand mixer or hand mixer with a whisk attachment

Bakeware

- Rimmed baking sheet
- 4 ramekins, individual bowls or cups for chocolate mousse

Other

- Clean kitchen towels
- Paper towels and plastic wrap
- Ice

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.

Strip Steak with Chianti Pan Sauce

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

Potato Gnocchi with Brown Butter and Sage Sauce

1. We will use the microwave cooking option in class. If you would rather use an oven, follow the instructions for baking your potatoes. Please be mindful of the time and begin baking your potatoes about an hour before class.
2. Wash and dry all the produce.

STRIP STEAK WITH CHIANTI PAN SAUCE

Yield: 4 servings

Telling when a steak is done is not an exact science. We recommend using an instant-read digital thermometer for perfect meats, hassle-free, every time.

2 (10-ounce) New York strip steaks (about 1-1/4 thick)
2 tablespoons vegetable oil
2 tablespoons minced fresh thyme
Kosher salt and freshly ground black pepper
3 tablespoons unsalted butter, divided
2 large shallots, minced
1 tablespoon balsamic vinegar
1 cup Chianti wine light to medium-bodied dry red wine
1/2 cup low-sodium beef or chicken broth
3 sprigs fresh thyme

Preheat the oven to 400°F.

1. Remove the steaks from the refrigerator and pat dry with paper towels. Rub both sides of the steak with oil, sprinkle with thyme and season with salt and pepper. Let the steak stand at room temperature for 30 minutes.
2. **To cook the steak:** Heat a large ovenproof skillet over medium-high heat until hot. Once the pan is hot, add the steaks and sear, about 2 minutes per side. Transfer the pan to the oven and cook to desired doneness, 6 to 8 minutes for medium-rare. Transfer the steaks to a plate and tent loosely with foil.
3. **To prepare the sauce:** Return the skillet to the stove over medium heat and add 2 tablespoons of butter. When the butter melts and the foaming subsides, add the shallots and cook, occasionally stirring until browned, about 3 minutes. Stir in the vinegar, wine and broth, using a wooden spoon to loosen any browned bits on the bottom of the pan. Add the thyme sprigs and increase the heat to medium-high; bring to a boil. Once boiling, reduce the heat to medium and continue to simmer until the sauce is reduced to about 1/2 cup, about 5 minutes. Remove the pan from the heat, remove thyme sprigs and whisk in the remaining 1 tablespoon of butter. Taste and adjust seasoning with salt and pepper.
4. **To serve:** Cut the steaks against the grain into 1/3-inch thick slices. Divide the steak between 4 warmed dinner plates, ladle the sauce over the steak and serve immediately.

POTATO GNOCCHI WITH BROWN BUTTER AND SAGE

Yield: 4 servings

A favorite of many, these Italian potato dumplings should be light and pillowy in texture. After forming the gnocchi, refrigerate and cook within 2 to 3 hours or freeze for up to 1 month. To freeze, lay gnocchi on a sheet tray and place in the freezer. Once they're frozen, gently scrape them off the sheet pan and place them in an airtight container.

2 pounds Yukon Gold potatoes
2 teaspoons kosher salt, plus more for baking
1 1/4 cups all-purpose flour, plus more for dusting
1 egg, beaten
1/4 teaspoon freshly ground white pepper

1/2 pound (2 sticks) unsalted butter
6 tablespoons finely chopped fresh sage leaves
1 tablespoon lemon zest
Freshly ground black pepper, to taste

Preheat the oven to 400°F and place a rack in the center.

- 1. To prepare the potatoes:** Prick the potato skins several times with a fork and place on a rimmed baking sheet; sprinkle with kosher salt. Bake the potatoes until easily pierced with a sharp paring knife, about 50 to 60 minutes.
2. Remove the potatoes from the oven and allow them to cool slightly, about 5 minutes. Using a kitchen towel and paring knife, carefully peel the potatoes and immediately process with a potato ricer or food mill over a rimmed baking sheet. Let the riced potatoes cool slightly.
3. Sprinkle the cooled potatoes with the flour, egg, salt and pepper and knead into a smooth, moist dough. If the dough feels sticky, incorporate up to another 1/4 cup of flour.
4. Place the dough on a lightly floured work surface and cut into fourths with a bench scraper. Roll each portion into a long rope about 3/4 inch in diameter. Using the bench scraper, cut the rope into 1-inch pieces. Roll each piece with your thumb, forming an indentation on one side, or roll the gnocchi over a gnocchi paddle or the back of a fork. Set the gnocchi on a lightly floured baking sheet and cover with a kitchen towel as you form the remaining gnocchi.
- 5. To cook the gnocchi:** To a stockpot or large saucepan, fill 2/3 with water. Heat on high and bring to a simmer. Generously salt the simmering water and add the gnocchi in batches. Cook until they rise to the surface, about 2 to 3 minutes. Using a slotted spoon or spider, drain gnocchi and transfer to a large serving bowl.

6. **To make the sauce:** To a large skillet set over medium heat, melt the butter. Cook stirring occasionally until the butter turns golden-brown and gives off a nutty aroma, about 3 to 5 minutes. Remove the skillet from heat and stir in the chopped sage and lemon zest. Add the cooked gnocchi to the skillet and toss until thoroughly coated with the sauce. Taste and season with salt and pepper.

7. **To serve:** Divide cooked gnocchi between 4 warmed pasta bowls and serve immediately.

Gnocchi cooking variation:

- Use the microwave to cook the potatoes quickly. Prick each potato a few times with the tines of a fork and microwave until tender, about 8 minutes per pound of potatoes.

Substitutions:

- Try substituting yams or sweet potatoes for some of the potatoes.
- Freshly ground black pepper is a great substitute for white pepper.

ESPRESSO CHOCOLATE MOUSSE WITH WHIPPED CREAM

Yield: 4 servings

To achieve the best results, use high-quality chocolate with 66% or 70% cocoa solids.

7 ounces bulk bittersweet chocolate, divided

4 tablespoons unsalted butter, cubed

1 tablespoon instant espresso powder or 2 tablespoons freshly brewed espresso, cooled

2 cups heavy whipping cream, divided

1 teaspoon vanilla bean paste

1/8 teaspoon kosher salt

4 large egg yolks

1/2 cup plus 1 tablespoon granulated sugar

Chocolate curls, for serving

1. Prepare an ice bath in a large bowl and set aside.
2. Using a vegetable peeler, shave approximately 1 ounce of chocolate curls from the bulk chocolate. Transfer the curls to a small prep bowl and set aside. Using a serrated knife, chop the remaining chocolate into small pieces.
3. To a medium saucepan set over medium heat, add 2 inches of water and bring to a simmer. To a medium heatproof bowl, add the chopped chocolate, butter, and espresso powder and set the bowl over the simmering water; stir until the chocolate is melted and the mixture is smooth. Remove bowl from heat and set aside.
4. To a medium heatproof mixing bowl, whisk the egg yolks and sugar until smooth. To a medium saucepan set over medium heat, heat 3/4 cup of heavy whipping cream, vanilla and salt. Bring to a simmer. Temper the yolks by slowly adding the warm cream mixture into the yolks, 1 ladle at a time, whisking continuously. When about a third of the cream mixture has been added to the yolks, pour the warmed yolk mixture back into the saucepan with the rest of the cream and return to the stove over medium heat. Cook, stirring constantly until the mixture thickens and reaches 160°F on an instant-read thermometer. Do not allow the mixture to boil.
5. Whisk the chocolate mixture into the egg mixture until smooth. Strain the combined mixture through a fine-mesh strainer into a clean medium bowl over an ice bath stirring until the mixture is cool and thick. Cover the surface with plastic wrap and refrigerate until ready to use.
6. To the bowl of a stand mixer fitted with a whisk attachment, add the remaining heavy whipping cream and whisk until soft peaks form. Reserve 1/2 cup of the whipped cream for

garnish, cover with plastic wrap and refrigerate. Fold the remaining whipped cream into the chocolate mixture until thoroughly incorporated, the mousse is smooth and the color is even.

7. **To serve:** Spoon the mousse into individual serving dishes. The mousse can be served immediately or chilled up to 24 hours before serving. Top with the reserved chilled whipped cream and chocolate curls.

Steps to Perfect Gnocchi:

1. We recommend you use Yukon Gold potatoes. Russets will do fine, but the nutty flavor of Yukon Golds is a common favorite amongst gnocchi masters.
2. Bake the potatoes instead of boiling them. This keeps the gnocchi dough from becoming wet (and requiring more flour). Baking captures and seals in the potato flavor, whereas boiling can cause some of the flavor to seep out into the water.
3. When baking potatoes, pierce each potato several times with a fork and sprinkle with salt to draw out any excess moisture.
4. When the potatoes are slightly cooled, pass the potatoes through a potato ricer. This tool will produce small crumbles of potatoes that release more moisture for fluffier gnocchi. A potato masher will produce a thicker consistency and a denser dough.
5. Be careful not to overmix the dough during the mixing or kneading process, as it will make the gnocchi tough. The dough should feel very delicate.
6. Use a bench scraper to incorporate the potatoes and the flour. This helps prevent overworking the dough.
7. Classic Italian gnocchi is made by pressing the dough over a floured fork, which imparts traditional ridges. However, it is becoming increasingly more common to find gnocchi cut into small, uniform squares resembling little pillows. Strive for gnocchi that is consistent in shape and size.