



**COOKING CLASSES**  
AT SUR LA TABLE

**INDIAN RESTAURANT FAVORITES**

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

- ☐ 1 pound boneless, skinless chicken thighs

## Produce

- ☐ 4 inch piece of fresh ginger
- ☐ 6 garlic cloves
- ☐ 3 lemons
- ☐ 1 small yellow onion
- ☐ 2 shallots
- ☐ 2 carrots
- ☐ 1 red bell pepper
- ☐ 1 cup green beans
- ☐ 2 cups spinach leaves
- ☐ 1 lime
- ☐ Small bunch of cilantro

## Dairy

- ☐ 1/4 cup whole-milk plain yogurt
- ☐ 1/3 cup ghee or coconut oil
- ☐ 2 cups heavy whipping cream

## Dry/Canned Goods

- ☐ 28-ounce can crushed, peeled tomatoes
- ☐ 13-ounce can coconut milk
- ☐ 1/2 cup cashews, toasted

## Pantry Items

- ☐ Ground cumin
- ☐ Ground mace
- ☐ Freshly ground nutmeg
- ☐ Ground cardamom
- ☐ Chile powder
- ☐ Ground turmeric
- ☐ 1/2 cup tomato paste
- ☐ Crushed red chile flakes
- ☐ 16 green cardamom pods
- ☐ Garam masala
- ☐ Ground coriander
- ☐ Ground cumin
- ☐ Kosher salt
- ☐ Vegetable oil
- ☐ Curry powder
- ☐ Cayenne pepper
- ☐ 1 1/2 cups basmati rice
- ☐ Caraway seeds
- ☐ 1 bay leaf
- ☐ 1/2 cinnamon stick
- ☐ 2 whole cloves

# 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 bowl (various sizes)
- ☐ Silicone spatula
- ☐ Whisk
- ☐ Wooden spoon
- ☐ Colander
- ☐ Fork
- ☐ Lemon juicer
- ☐ Microplane
- ☐ Vegetable peeler

## Cookware

- ☐ 2 large skillets
- ☐ Medium saucepan with a lid

## 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.

### **Classic Butter Chicken**

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

### **Cardamom-Scented Basmati Rice**

1. Wash and dry produce.

## CLASSIC BUTTER CHICKEN

***Yield:*** 4 servings

Don't be intimidated by the list of ingredients; the recipe is actually quick and easy to make. Both the sauce and the marinated chicken can be prepared ahead of time and cooked at the last minute.

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### ***Chicken marinade:***

*1/4 cup whole-milk plain yogurt*  
*1 tablespoon fresh ginger, minced*  
*1 tablespoon garlic, minced*  
*1 teaspoon ground cumin*  
*1/4 teaspoon ground mace*  
*1/4 teaspoon freshly ground nutmeg*  
*1/4 teaspoon ground cardamom*  
*1/4 teaspoon chile powder*  
*1/4 teaspoon ground turmeric*  
*3 tablespoons fresh lemon juice*  
*1 pound boneless, skinless chicken thighs, cut into 1-inch pieces*

### ***Butter chicken sauce:***

*1/4 cup ghee or coconut oil*  
*1 small yellow onion, thinly sliced*  
*2 teaspoons garlic, minced*  
*2 teaspoons fresh ginger, minced*  
*1/2 cup tomato paste*  
*12 green cardamom pods*  
*1 teaspoon crushed red chile flakes*  
*4 teaspoons ground turmeric*  
*2 teaspoons garam masala*  
*2 teaspoons ground coriander*  
*2 teaspoons ground cumin*  
*1 (28-ounce) can crushed, peeled tomatoes*  
*2 cups heavy whipping cream*  
*Kosher salt*  
*1 tablespoon fresh lemon juice, plus more to taste*

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1. ***To marinate the chicken:*** To a large bowl, add the yogurt, ginger, garlic, spices and lemon juice; whisk to combine. Add the chicken and stir to coat completely. Cover and marinate in the refrigerator for at least 2 hours or up to 8 hours.

2. ***To prepare the butter chicken sauce:*** To a large skillet, add the ghee and heat over medium-high heat until the ghee is hot and shimmering; add the onion and cook until browned, about 5 minutes. Add the garlic and ginger and cook until fragrant, about 1 minute. Stir in the tomato paste, cardamom, and chile flakes and cook, stirring often, until the tomato paste darkens in color, about 2 minutes. Add the remaining spices and cook, stirring often, until fragrant, about 2 minutes.

3. Add the tomatoes and marinated chicken to the sauce and bring to a boil, stirring often. Reduce heat to a simmer, scraping up the browned bits on the bottom of the pot. Stir in the cream and simmer, stirring occasionally, until the chicken is cooked through and sauce thickens, 20 to 25 minutes. Taste and adjust seasoning with salt and lemon juice.

4. ***To serve:*** Transfer the chicken and sauce to a warmed serving dish.

## CARDAMOM-SCENTED BASMATI RICE

***Yield:*** 6 servings

Soaking the rice is optional but highly recommended to prevent the delicate rice from breaking during cooking. If you don't want whole spices in the final dish, make a sachet with cheesecloth and butcher's twine to hold the spices and remove it before serving.

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*1 1/2 cups basmati rice*  
*1 1/2 tablespoons ghee or vegetable oil*  
*1/2 teaspoon caraway seeds*  
*4 green cardamom pods*  
*1 bay leaf*  
*1/2 cinnamon stick*  
*2 whole cloves*  
*2 cups water*  
*Kosher salt*  
*Zest and juice of 1 lemon*

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1. ***To prepare the rice for cooking:*** Rinse the basmati rice with cold water until the water runs clear and is no longer cloudy. Soak the rinsed rice for at least 30 minutes in cold water before proceeding with the next step.

2. To a medium saucepan over medium-high heat add the ghee and spices. Cook until toasted and fragrant, about 1 minute. Add the rice and 2 cups water and bring to a boil. Reduce to a simmer, cover and cook for 10 minutes or until tender. Fluff the rice with a fork; taste and adjust seasoning with salt. Keep warm until serving. Right before serving, fold in the lemon zest. Taste and adjust seasoning with lemon juice.