



COOKING CLASSES
AT SUR LA TABLE

FOCUS SERIES
BRAISING
VEGETABLES

WITH SUR LA TABLE CHEF

MENU:

**BRAISED LEEKS WITH TARRAGON-MUSTARD
VINAIGRETTE**
BUTTER HERB BRAISED CARROTS AND PARSNIPS
SOUTHERN BRAISED GREENS

Ingredient Shopping List

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

Produce

- 4 medium leeks
- 1 bunch thyme
- 1 bunch flat-leaf parsley
- 2 lemons
- 5 garlic cloves
- 3 medium shallots
- 1 bunch tarragon
- 1 bunch chervil or dill
- 3/4 pound carrots
- 3/4 pound thin parsnips
- 1 1/2 pounds collard greens
- 1 large yellow onion

Dairy

- 5 tablespoons unsalted butter

Pantry Items

- Kosher salt
- Freshly ground black pepper
- Dijon mustard
- White wine vinegar
- Extra-virgin olive oil
- Red pepper flakes
- Apple cider vinegar

Dry/Canned Goods

- 1 2/3 cup low-sodium vegetable broth
- 1/4 cup dry white wine

Equipment Needed

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

Cutlery

- Chef's knife
- Cutting board

Hand Tools/Gadgets

- Measuring cups and spoons
- Mixing bowls (various sizes)
- Whisk
- Wooden spoon
- Microplane (optional)
- Bench scraper (optional)
- Kitchen twine
- Citrus juicer or reamer

Cookware

- 2 large skillets with lids
- Stockpot
- Large Dutch oven with lid or large saucepan with lid

Other

- Aluminum foil

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.

All Recipes

1. Wash and dry produce.

BRAISED LEEKS WITH TARRAGON MUSTARD VINAIGRETTE

Yield: 4 servings

2 tablespoons unsalted butter

4 medium leeks, white and pale green parts only, cut in half lengthwise and washed well

Kosher salt and freshly ground black pepper

3/4 cup low-sodium vegetable broth

1/4 cup dry white wine

6 fresh thyme sprigs

1 tablespoon fresh flat-leaf parsley, chopped

Vinaigrette:

1 teaspoon Dijon mustard

2 teaspoons white wine vinegar

1 teaspoon fresh lemon juice

1 teaspoon garlic, minced

1 tablespoon shallot, minced

1 tablespoon fresh tarragon, minced

1 1/2 tablespoons extra-virgin olive oil

Kosher salt and freshly ground black pepper

1. **To braise leeks:** To a large skillet set over medium heat, add butter. When butter melts and foam subsides, add leeks, cut side down, and cook until softened and lightly golden, 3 to 4 minutes. Turn leeks and cook on other side until softened, 3 minutes. Turn leeks again and season with salt and pepper. Add broth, wine and thyme sprigs; cover and cook until leeks are completely tender, about 10 minutes. Uncover pan and cook until liquid is reduced, 2 to 3 minutes. Discard thyme sprigs and divide leek halves equally among 4 warm salad plates.

2. **To prepare vinaigrette:** To a medium bowl, add mustard, vinegar, lemon juice, garlic, shallot and tarragon; whisk to combine. While whisking continuously, add oil in a steady stream. Taste and adjust seasoning with salt and pepper.

3. **To serve:** Drizzle vinaigrette over leeks and top with chopped parsley.

Recipe variations:

- The vinaigrette is a wonderful addition to salads and other braised vegetables, such as green beans.
- Try this cooking method on shallots, fennel, or radicchio.

BUTTER HERB BRAISED CARROTS AND PARSNIPS

Yield: 4 servings

2 tablespoons unsalted butter
2 tablespoons extra-virgin olive oil
1/3 cup shallots, diced
3/4 pound carrots, scrubbed and sliced in half
3/4 pound thin parsnips, scrubbed and sliced in half
1/2 cup low-sodium vegetable broth
3 sprigs fresh thyme, tied with kitchen twine
Pinch of crushed red pepper flakes
Kosher salt and freshly ground black pepper
Juice of 1 lemon
1/4 cup fresh flat-leaf parsley, chervil, or dill, coarsely chopped

1. To a large Dutch oven, that's large enough for carrots and parsnips to lie flat, set over medium-high heat. Add butter and olive oil. When oil is shimmering, add shallots and sauté until tender, about 3 minutes. Add carrots and parsnips and arrange them in a single layer. Add broth, thyme, red pepper flakes, 2 teaspoons salt and 1/2 teaspoon black pepper. Bring to a boil.
2. Reduce heat to a simmer and cover Dutch oven tightly with a lid. Cook until vegetables are tender and liquid has reduced, about 30 minutes.
3. Remove lid. If liquid remains, increase heat to medium-high and boil off remaining liquid. Taste and adjust seasoning with lemon juice, salt and pepper.
4. **To serve:** Discard thyme and garnish with fresh herbs. Serve warm, cold, or room temperature.

Recipe variations:

- To braise in the oven, preheat oven to 325°F. After step 1, transfer Dutch oven to oven and braise for 1 1/2 to 2 hours until carrots and parsnips are tender.

SOUTHERN BRAISED GREENS

Yield: 4 servings

Adjust the heat of the collard greens by adding more or less red pepper flakes. If you want an extra kick, add a few dashes of Tabasco hot sauce just before serving.

1 1/2 pounds collard greens, stems removed
1 tablespoon unsalted butter
1 tablespoon extra-virgin olive oil
3 garlic cloves, minced
1 large yellow onion, thinly sliced
1/2 teaspoon red pepper flakes, or to taste
1/3 cup low-sodium vegetable broth
1 tablespoon apple cider vinegar, plus more to taste
Kosher salt and freshly ground black pepper

1. **To blanch collards:** Bring a large stockpot of water to a boil and generously season with salt. Plunge collard greens into boiling water and cook for 3 minutes. Drain greens in a colander and let cool briefly. Squeeze greens to remove as much water as possible and cut into 1/2" thick ribbons.

2. **To braise collards:** To a large skillet set over medium heat, add oil. When oil is shimmering, add garlic, onion and red pepper flakes. Cook, stirring occasionally, until onions are tender, about 7 minutes. Add collard greens, broth and vinegar. Cook greens, stirring often, until most of liquid has evaporated and greens are very tender, about 10 minutes. Taste and adjust seasoning with salt and pepper.

3. **To serve:** Transfer greens to a large serving bowl and serve warm.

Recipe variations:

- For the carnivores in your life, omit butter and olive oil. Cut 4 slices thick-cut bacon into 1/4" dice and cook until fat is rendered. Remove bacon and sauté vegetables in rendered bacon fat. Continue with step 2 above. Serve collards garnished with crispy bacon.