



# COOKING CLASSES

AT SUR LA TABLE

## HOLIDAY COOKIE DECORATING

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.

## Dairy

- 8 ounces unsalted butter
- 2 large eggs
- 1/2 cup plus 2 tablespoons of pasteurized egg whites, meringue powder or 5 large egg whites from pasteurized eggs

## Pantry Items

- All-purpose flour
- Baking powder
- Kosher or sea salt
- Granulated sugar
- Vanilla bean paste or extract
- 2 pounds confectioners' sugar
- Cream of tartar
- Clear, flavored extracts such as almond (optional)
- Assorted gel food coloring

# Equipment Needed

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

## Hand Tools/Gadgets

- Measuring cups and spoons
- Mixing bowls (various sizes)
- Whisk
- Silicone spatula
- Bench scraper
- Rolling pin
- Ruler (optional)
- Small spoons
- Toothpicks or cake tester

## Appliances

- Stand mixer or hand mixer
- Paddle and whisk attachments

## Bakeware

- 2 rimmed baking sheets lined with parchment paper or silicone baking mat
- Cookie cutters (shapes of your choice)
- Wire cooling rack
- A pastry bag for each of your colors
- Couplers (optional)
- 1/8-inch open tip such as Wilton #3 or #5, or Ateco #3 or #4

## Other

- Plastic wrap
- Sprinkles, crushed candies, shredded coconut or mini chocolate chips for decorating

## **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.

### **Sugar Cookie Dough**

1. Remove the butter from the refrigerator 30 minutes before class.
2. Preheat oven to 350°F.

## SUGAR COOKIE DOUGH

**Yield:** 3 dozen cookies

---

*3 cups unbleached all-purpose flour, plus more for rolling*

*3/4 teaspoon baking powder*

*1/4 teaspoon fine kosher salt*

*8 ounces (2 sticks) unsalted butter, room temperature*

*1 1/4 cups granulated sugar*

*2 large eggs*

*1 tablespoon vanilla bean paste*

---

1. To a large mixing bowl, add flour, baking powder and salt; whisk to combine.
2. To the bowl of a stand mixer fitted with a paddle attachment, add butter and sugar and beat together at medium speed until light and fluffy, 3 to 4 minutes. Beat in the eggs, 1 at a time, mixing until incorporated and scraping down the sides of the bowl with a silicone spatula as needed. Add the vanilla bean paste and mix for 30 seconds.
3. Turn the stand mixer off and add the dry ingredients. Beat at a very low speed, scraping the side of the bowl occasionally, just until the flour is mixed in and the dough is smooth, about 30 seconds. Divide dough in half, pat each half into discs and wrap in plastic wrap; refrigerate until chilled and firm, at least 1 hour.
4. Preheat oven to 350°F and position the racks in the center of the oven. Line two baking sheets with a silicone baking mat or parchment paper.
5. **To prepare the dough:** Roll the dough on a lightly floured work surface to 1/4-inch thickness. Cut out shapes using cookie cutters. Carefully transfer the cookies onto the prepared baking sheet, leaving 1 inch between each cookie.
6. **To bake:** Bake until cookies are pale but set, 8 to 10 minutes, (baking times will vary based on the size and thickness of your cookies), rotating sheets halfway through. Remove sheets from the oven and transfer cookies to a wire cooling rack. Cool completely before decorating.

**Note:** Cookies can be stored in airtight containers, up to 1 week.

## ROYAL ICING

**Yield:** 4 1/2 cups

We offer three options for the type of egg whites you can use in this recipe. Pasteurized egg whites, meringue powder (dehydrated egg whites that you rehydrate) or egg whites from pasteurized eggs.

---

*2 pounds confectioners' sugar*

*1/2 teaspoon cream of tartar (for creating a bright white color)*

**Egg white options, use ONE of the following:**

*1/2 cup plus 2 tablespoons of pasteurized egg white*

*Meringue powder, follow the manufacturers' directions based on the quantity of confectioners' sugar*

*5 large egg whites from pasteurized eggs*

*Clear flavored extract to taste (optional)*

*Assorted gel colors*

---

1. **To prepare the icing:** To the bowl of a stand mixer fitted with a whip attachment, add the confectioners' sugar and cream of tartar. With the mixer on very slow speed, whisk to combine. Slowly add the egg whites to the sugar, scraping down the sides as needed. Gradually increase speed to medium-high. Whip on medium-high until the icing is stiff, white and fluffy, 2 to 3 minutes. If using a flavoring, whisk it in now.

2. With a silicone spatula, divide the icing into bowls for coloring. Coloring before any water is added will ensure even color distribution. Start with a few drops of color as gel colors are very concentrated.

**Water additions for thinning 1 cup of icing:**

**Outlining:** 1/2 to 3/4 teaspoon water

**Piped decorations:** 1 1/2 to 2 teaspoons water

**Flooding:** 2 to 3 teaspoons water

3. Add the water in small amounts, testing for flow once each addition is thoroughly mixed in. Keep bowls of icing covered with plastic wrap pressed on the surface of the icing to prevent icing from drying out.

4. **To decorate:** Transfer icing to disposable piping bags fitted with a 1/8-inch tip. Store prepared bags in tall glasses with damp paper towels at the bottoms; this prevents the tips from crusting over.

## COOKIE DECORATING 101

*Decorating cookies is a fun way to create edible works of art! The canvas is a delicious buttery sugar cookie and your medium is royal icing. To achieve a high-gloss form and finish there are a few steps to take.*

Having everything ready before you start decorating is crucial, so set up at your work area before you get started. Royal icing dries quickly, so have color gels, spatula, piping bags, damp paper towels for wiping, toothpicks for dragging, decorative candies, paintbrushes, bowls, mixing spoons, plastic wrap for covering bowls, scissors, measuring spoons and water for thinning.

**Consistency** of the icing depends on how it will be used. When you lift a bit of the icing up and it falls back into self in a line, the amount of time (number of seconds) it takes to disappear into the icing will be how you tell if you have the proper consistency.

**Outlining:** Line disappears after 20 seconds

**Piped decorations:** After 15 seconds

**Flooding:** After 10 seconds

Should the consistency become too thin, simply sift in confectioners' sugar until the desired texture is achieved. Before piping directly onto a cookie, practice on a sheet of parchment paper to ensure your consistency is correct and the flow is what you want.

**Outlining:** Creates a border or a dam to hold in the flooded icing. The icing should be able to flow with gentle pressure when piped from a parchment pastry cone or piping bag with a 1/8-inch tip.

**Flooding:** Once the outline is dry you can flood the center. Pipe the flooding icing to evenly cover the cookie. Gently nudge the icing with either a toothpick or the back of a small teaspoon to fill the outer edges and any holes. Let this dry completely before piping any beadwork.

**Beadwork or decorative work:** To create a bead or small Swiss dot, fill the piping bag with icing at piped decoration consistency. Hold the pastry bag at a 90-degree angle and apply gentle pressure and squeeze and quickly release, creating dots or designs. Practice on parchment beforehand.

**Marbling:** Prepare icing at piping consistency and flooding consistency in two separate piping bags. Outline and flood the cookie. Quickly pipe dots or lines onto the freshly flooded cookie with the piping consistency icing and immediately drag a toothpick through the design, creating a marbled effect.