



**COOKING CLASSES**  
AT SUR LA TABLE

**FALL HARVEST RISOTTO**

WITH SUR LA TABLE CHEF

# Ingredient Shopping List

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

## Produce

- 1 medium butternut squash
- 1 large bunch fresh sage
- 3 medium shallots
- 1 small bunch fresh thyme
- 1 green apple
- 1 small head radicchio
- 1 bunch curly or Italian kale
- 1 small head romaine lettuce

## Dairy

- 3 tablespoons unsalted butter
- 4 ounces Parmigiano-Reggiano cheese

## Pantry Items

- Vegetable oil
- 2 quarts low-sodium chicken stock
- Arborio or Carnaroli rice
- Kosher or sea salt
- Ground white pepper or freshly ground black pepper
- Whole nutmeg
- Dijon mustard
- Apple cider vinegar
- Honey
- Extra-virgin olive oil
- Flaky sea salt

## Dry/Canned Goods

- 1/2 cup hazelnuts

# 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)
- Microplane
- Cheese grater
- Potato masher or fork
- Slotted spoon
- Spatula
- Ladle
- Wooden spoon
- Whisk

## Appliances

- Food processor (optional)

## Cookware

- Small saucepan
- Stock pot or large saucepan
- Dutch oven or large saucepan

## Bakeware

- Rimmed baking sheet

## Other

- Paper towels
- Parchment paper or silicone baking mat

## **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.

### **Risotto and Salad**

1. Wash and dry all produce.
2. Toast and cool hazelnuts for salad.
3. Begin heating chicken stock.
4. Preheat oven to 425°F.

## BUTTERNUT SQUASH RISOTTO WITH FRIED SAGE

**Yield:** 4 servings

The addition of butternut squash gives this risotto a beautiful fall color. The fried sage leaves lend a little color and crunch to this dish—perfect for entertaining.

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*1/2 butternut squash (about 8 ounces), peeled, seeded and cut into 1/2" cubes*  
*1/4 cup, plus 2 tablespoons vegetable oil, divided*  
*12 to 16 fresh sage leaves*  
*6 to 8 cups low-sodium chicken stock, divided*  
*Hot water, as needed*  
*3 tablespoons unsalted butter, divided*  
*1/3 cup (about 2 medium) shallots, finely chopped*  
*2 cups (14 ounces) Arborio or Carnaroli rice*  
*Kosher salt and freshly ground white pepper*  
*1/8 teaspoon freshly grated nutmeg*  
*1/2 cup Parmigiano-Reggiano cheese, finely grated*

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Preheat oven to 425°F and line a rimmed baking sheet with parchment paper or a silicone baking mat.

- 1. To prepare butternut squash:** To a large bowl, toss squash with 2 tablespoons oil. Spread squash in an even layer on prepared baking sheet. Transfer baking sheet to oven and roast squash until tender, 15 to 20 minutes. Transfer squash to a large mixing bowl or food processor and mash or puree until smooth. Measure 8 ounces of puree. Remaining puree can be transferred to a plastic storage bag and frozen for up to 2 months.
- 2. To prepare sage leaves:** To a small saucepan set over medium-high heat, add remaining 1/4 cup oil and heat until a deep-fry thermometer reaches 365°F. In batches, fry sage leaves until crispy and golden brown, 3 to 5 seconds. Using a slotted spoon, transfer fried sage leaves to a paper towel-lined plate to drain.
- 3.** To a large saucepan or stockpot set over high heat, add stock and bring to a boil. Decrease to simmer and cover to keep hot.
- 4. To prepare risotto:** To a large Dutch oven set over a medium, add 2 tablespoons butter. When foaming subsides, add shallots and using a wooden spoon, cook until softened, about 3 to 4 minutes. Add rice and cook, stirring constantly until rice is evenly coated with butter and heated through, about 3 minutes.
- 5.** Using a ladle, add 1 cup of hot stock to rice. Using a wooden spoon and stirring constantly, cook rice until stock is almost fully absorbed. Add remaining stock 1/2 cup at a time, stirring constantly and adding more broth only after previous addition has been absorbed. Continue

cooking until rice begins to pull away from sides of pan, about 15 to 20 minutes. Adjust heat so rice simmers rapidly throughout cooking. If stock has been all used, but you still need to add more liquid to rice, add boiling water 1/2 cup at a time.

6. The risotto is done when it is creamy and the grains are plump and tender with a slight resistance. Remove rice from heat and stir in remaining 1 tablespoon butter, butternut squash purée, nutmeg, and Parmigiano-Reggiano. If risotto is thick, use any leftover stock or water to thin as needed. Taste risotto and season with salt and white pepper.

7. **To serve:** Ladle risotto into 4 warmed shallow serving bowls. Garnish with sage leaves and serve immediately.

***Recipe variations:***

- The risotto technique can be used as a base recipe to customize any risotto. Try folding in seasonal roasted or fresh vegetables and herbs.
- Substitute white pepper with freshly ground black pepper.

## HEARTY GREENS SALAD WITH CIDER VINAIGRETTE

**Yield:** 4 servings

Winter greens are hearty, leafy vegetables that range from mild and sweet to pleasantly bitter. Try a mixture of each to find your sweet spot.

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### **Vinaigrette:**

*1 teaspoon Dijon mustard*  
*1 tablespoon apple cider vinegar*  
*1 teaspoon honey*  
*1 1/2 tablespoons extra-virgin olive oil*  
*1 tablespoon shallot, minced*  
*1 teaspoon thyme, minced*  
*Kosher salt and freshly ground black pepper*

### **Salad:**

*1 tart green apple, cored and cut into thin slices*  
*1/2 cup hazelnuts, toasted and roughly chopped*  
*1 small head radicchio, halved, cored and thinly sliced*  
*1 bunch curly or Italian kale, ribs removed and leaves thinly sliced*  
*1 small head romaine, torn into bite sized pieces*  
*Flaky sea salt and freshly ground black pepper*

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1. **To prepare vinaigrette:** To a large bowl, add mustard, vinegar and honey; whisk to combine. While whisking, slowly add oil in a steady stream until smooth and emulsified. Whisk in shallots and thyme. Taste and adjust seasoning with salt and pepper.
2. **To assemble salad:** To the bowl with vinaigrette, add apples, hazelnuts and greens; gently toss to coat. Taste and adjust seasoning with salt and pepper.
3. **To serve:** Divide salad among four chilled salad plates and serve.

### **Recipe variations:**

- When pears are in season, substitute them for apples.
- Blue cheese or soft goat cheese make a delicious, creamy addition to the salad.
- The vinaigrette can be made ahead of time, covered and left at room temperature. When ready to assemble salad, re-whisk to emulsify before dressing salad.