



COOKING CLASSES
AT SUR LA TABLE

FAMILY FUN: APRIL FOOL!

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 ground beef (preferably 85/15 or 80/20)

Produce

- 2 1/2 pounds russet potatoes
- 1 small bunch of fresh mint
- 6 edible flowers such as dandelions, nasturtiums, or mini roses (optional)

Dairy

- 1 egg
- 2 cups whole milk
- 1 cup plus 1 tablespoon heavy whipping cream
- 1/3 cup buttermilk
- 3/4 stick unsalted butter

Pantry Items

- Worcestershire sauce
- Ketchup
- Dijon mustard
- 1/2 cup unseasoned breadcrumbs
- Kosher salt
- Freshly ground black pepper
- Smoked paprika
- Granulated sugar
- Cornstarch
- Vanilla bean paste or vanilla extract

Dry/Canned Goods

- 9 ounces semisweet or bittersweet chocolate
- 2 cups crumbled chocolate cookies, such as Oreos or Nabisco Famous Chocolate Wafers
- Gummy worms
- Candy rocks (optional)

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)
- Silicone spatula
- Fork
- Spoon or ice cream scoop
- Knife or offset spatula
- Colander
- Potato ricer or food mill
- Whisk
- Digital thermometer (optional)
- Vegetable peeler

Cookware

- Stockpot or large saucepan
- Medium saucepan

Bakeware

- Muffin tin
- Cupcake liners
- Disposable or canvas pastry bag
- Large star tip

Tabletop

- 6, 9 oz clear plastic disposable cups or 8 oz clear drinking glasses

Other

- 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.

Meatloaf Cupcakes and Mashed Potato Frosting

1. Preheat the oven to 375°F.
2. Fill a muffin tin with cupcake liners.

Dirt Cups with Homemade Chocolate Pudding

1. Fill a large mixing bowl with ice.
2. Place 1 cup of heavy whipping cream in the refrigerator.

MEATLOAF CUPCAKES WITH MASHED POTATO FROSTING

Yield: 12 cupcakes

Meatloaf cupcakes:

*2 tablespoons Worcestershire sauce
1/4 cup ketchup, plus more for assembling
1/8 cup Dijon mustard
1/2 cup unseasoned breadcrumbs
1 pound ground beef, preferably 85/15 or 80/20
1 egg, beaten
1 1/2 teaspoons kosher salt
Freshly ground black pepper*

Mashed Potato Frosting:

*2 1/2 pounds russet potatoes, peeled and cut into 1-inch chunks
2 teaspoons kosher salt
1 tablespoon heavy whipping cream
1/3 cup buttermilk
2 ounces (1/2 stick) unsalted butter, cut into 1/2-inch pieces
Freshly ground black pepper
Smoked paprika for garnish*

Preheat the oven to 375°F and position the oven rack in the middle. Line a muffin tin with cupcake liners.

- 1. To prepare the meatloaf mixture:*** To a medium-sized bowl, add all the meatloaf ingredients and gently stir to combine until all ingredients are equally distributed.
- 2. To prepare the potatoes:*** To a stockpot or large saucepan, add the potatoes and cover with 2 inches of cold water. Bring to a boil over high heat and add 1 tablespoon of salt. Lower the heat to medium, cover partially and simmer until the potatoes are tender and can be pierced with a fork with little to no resistance, 15 to 20 minutes. Hold the potatoes in the hot water while the meatloaf bakes.
3. With a spoon or ice cream scoop, fill the cupcake liners with the meatloaf mixture about 2/3 full. With a knife or an offset spatula, level off the tops of the mixture, do not pack down.
- 4. To bake the meatloaf cupcakes:*** Transfer the muffin tin to the oven and bake the meatloaf for 20 minutes until an internal temperature reaches 165°F. Allow the meatloaf cupcakes to cool slightly.

5. **To make the mashed potatoes:** Drain the potatoes in a colander. Set a potato ricer on the rim of the pot used to cook the potatoes. Fill the ricer halfway with the cooked potatoes and press them through. Continue until all the potatoes have been riced.

6. Fold the cream, buttermilk and butter into the riced potatoes, using a silicone spatula until the desired consistency is reached. Taste and adjust the seasoning with salt and pepper.

7. **To assemble the meatloaf cupcakes:** Spoon a teaspoon of ketchup on the top of each cupcake. Transfer the mashed potatoes to a pastry bag fitted with a large star tip. Pipe the mashed potatoes on top of the meatloaf in a swirled manner, mimicking buttercream. Dust the tops of the mashed potatoes with paprika.

DIRT CUPS WITH HOMEMADE CHOCOLATE PUDDING

Yield: 6 servings

Fool your family with these adorable mini “dirt” filled flowerpots. Decorate your delicious pranks with edible flowers, candy rocks, gummy worms, or even buttercream succulents!

pudding:

1/2 cup granulated sugar

2 tablespoons cornstarch

2 cups whole milk, divided

1/4 teaspoon kosher salt

1 teaspoon vanilla bean paste or vanilla extract

9 ounces semisweet or bittersweet chocolate, chopped

2 tablespoons unsalted butter

1 cup heavy whipping cream

2 cups crumbled chocolate cookies, divided, such as Oreos or Nabisco Famous Chocolate Wafers

Toppings:

Candy rocks (optional)

Gummy worms

6 mint sprigs

6 edible flowers such as dandelions, nasturtiums or mini roses(optional)

1. To a medium saucepan, add the sugar and cornstarch and whisk to combine. Add the milk salt and vanilla and whisk until smooth. Set the saucepan over medium-high heat and whisk gently and often until the mixture comes to a simmer and thickens, about 6 minutes.
2. Remove the saucepan from the heat and add the chopped chocolate and butter. Whisk until the chocolate melts and the mixture is smooth. Transfer the pudding to a medium mixing bowl and set over a second larger bowl filled with ice water. With a silicone spatula, stir the pudding over the ice bath until it is cool to the touch. Press a piece of plastic wrap to the surface of the pudding and transfer to the refrigerator until it is cold, about 1 hour.
3. To a large mixing bowl, add the cream and whisk until soft peaks form. Using a silicone spatula, fold the whipped cream into the chilled chocolate pudding, carefully so as to not deflate the cream. Fold 1/2 cup of the crumbled chocolate cookies into the pudding mixture.
4. **To assemble the dirt cups:** Fill 6, 8-9 oz clear plastic cups or glass cups approximately 3/4 full, leaving 1 inch of space at the top of the cup. Sprinkle 1/4 cup of the crumbled cookies on the top of each cup. Push several gummy worms, half in and half out of the pudding. Arrange several candy rocks on top of the crumbled cookies. Push a mint sprig and a flower into the crumbled cookies. Serve immediately.