



COOKING CLASSES
AT SUR LA TABLE

FLAVORS OF FALL

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.

Protein

- ☐ 1 pound medium shrimp, peeled and deveined

Produce

- ☐ 1 medium butternut squash (about 1 pound)
- ☐ 4-6 sprigs of fresh sage
- ☐ 1 bunch flat leaf parsley
- ☐ 3 medium shallots
- ☐ 1 small bunch fresh thyme
- ☐ 1 tart green apple
- ☐ 1 small head radicchio
- ☐ 1 bunch curly or Italian kale
- ☐ 1 small head romaine lettuce
- ☐ 2 garlic cloves
- ☐ 1 lemon

Dairy

- ☐ 5 tablespoons unsalted butter
- ☐ 2-4 ounces Parmigiano-Reggiano cheese

Pantry Items

- ☐ Vegetable oil
- ☐ 2 quarts chicken stock
- ☐ Arborio or Carnaroli rice
- ☐ Kosher or sea salt
- ☐ Ground white pepper (can substitute freshly ground black pepper)
- ☐ Nutmeg, optional
- ☐ Dijon mustard
- ☐ Apple cider vinegar
- ☐ Honey
- ☐ Olive oil

Dry/Canned Goods/Other

- ☐ 1/2 cup hazelnuts
- ☐ 2 ounces dry white wine
- ☐ 2 TBSP capers

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

- ☐ Microplane
- ☐ Measuring cups and spoons
- ☐ Mixing bowls (various sizes)
- ☐ Microplane or cheese grater
- ☐ Potato masher or fork
- ☐ Slotted spoon
- ☐ Spatula
- ☐ Ladle
- ☐ Wooden spoons
- ☐ Whisk
- ☐ Tongs

Cookware

- ☐ Small saucepan
- ☐ Medium-large saucepan
- ☐ Dutch oven or large, deep skillet
- ☐ Large skillet

Bakeware

- ☐ Silicone baking sheet or parchment paper, optional
- ☐ Rimmed baking sheet

Tabletop

- ☐ Serving dishes and utensils

Other

- ☐ Paper towels

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.

Shrimp

1. Peel and devein shrimp if needed

Risotto and Salad

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

SAUTEED SHRIMP WITH CAPERS AND LEMON

Yield: 4 servings

1 pound medium shrimp, peeled and deveined

Sea salt and freshly ground black pepper

2 tablespoons unsalted butter

1 tablespoon olive oil

1 shallot, minced

2 garlic cloves, sliced

1/4 cup dry white wine

2 tablespoons capers, rinsed

1 lemon, zested

1 tablespoon chopped fresh flat-leaf parsley

1. Pat shrimp dry with paper towels and season with salt and pepper.
2. To a large skillet set over medium heat, add butter and oil. When butter is melted and foam subsides, add shallot and garlic and cook until aromatic, about 30 seconds. Add shrimp and sauté until opaque, 2 to 3 minutes.
3. *To prepare the sauce:* Add wine and capers to the skillet with the shrimp and cook until the sauce thickens slightly, 2 to 3 minutes. Taste and adjust seasoning with salt and pepper.
4. *To serve:* Divide shrimp and sauce between plates, garnish with lemon zest and parsley, and serve immediately.

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.

1/2 butternut squash (about 8 ounces), peeled, seeded and cut into 1/2 inch cubes

1/4 cup, plus 2 tablespoons vegetable or canola 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) finely chopped shallots

2 cups (about 14 ounces) Arborio or Carnaroli rice

Kosher salt and freshly ground white pepper

1/8 teaspoon freshly grated nutmeg, or to taste, optional

1/2 cup finely grated Parmigiano-Reggiano cheese

1. **To prepare the butternut squash:** Preheat the oven to 425°F. Place the squash into a large bowl and toss with 2 tablespoons oil. Spread the squash in an even layer on a silpat-lined baking sheet. Transfer the baking sheet to the oven and roast until tender, 15 to 20 minutes. Using a potato masher or fork, mash the squash until smooth or puree in a food processor. Measure 8 ounces of puree and reserve and freeze remaining for another use.
2. **To prepare the sage leaves:** Place remaining 1/4 cup oil in a small saucepan and heat over medium-high heat until a deep-fry thermometer reaches 365°F. In batches of 4 leaves, fry sage leaves for 3 to 5 seconds per batch. Transfer fried sage leaves to a paper towel-lined plate with a slotted spoon to drain. Set aside.
3. Pour the chicken stock into a large saucepan and bring to a boil over high heat. Decrease the heat to the lowest setting, cover and keep hot.
4. **To prepare the rice for the risotto:** In a large Dutch oven over a low-heat, add 2 tablespoons butter and heat until butter foams. When the foaming subsides, cook shallots until softened, stirring frequently with a wooden spoon, about 3 to 4 minutes. Add rice and cook, stirring constantly until evenly coated with butter and heated through, about 3 minutes.
5. **To prepare the risotto:** Increase heat to medium and, using a ladle, add about 1 cup of hot stock to the rice. While stirring constantly with a wooden spoon, cook the rice until the stock is almost fully absorbed. Add the remaining stock 1/2 cup at a time, stirring constantly and adding more broth only after the previous addition has been absorbed, or until the rice begins to pull away from the sides of the pan, about 16 to 20 minutes.

6. Adjust the heat so the rice simmers rapidly throughout the cooking. If the stock has been all used, but you still need to add more liquid to the rice, use some boiling water to not overpower the delicate flavors of the dish.

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

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

Recipe variations:

- This risotto technique is the perfect recipe base to customize with different roasted or fresh vegetables and herbs.
- Freshly ground black pepper is a fine substitute for white 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; play around with varieties to find a mixture that you enjoy the most.

For the vinaigrette:

1 teaspoon Dijon mustard
1 tablespoon apple cider vinegar
1 teaspoon honey
1 1/2 tablespoons olive oil
1 tablespoon minced shallot
1 teaspoon minced thyme
Sea salt and freshly ground black pepper

For the 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, cut into bite sized pieces
Flaky sea salt and freshly ground black pepper

1. **To prepare the vinaigrette:** In a large bowl, add the mustard, vinegar and honey. While whisking, slowly add the oil in a steady stream. Whisk in shallots, and thyme. Taste and adjust seasoning with salt and pepper.
2. **To assemble the salad:** Add the apple, hazelnuts and greens to the bowl with the vinaigrette. 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:

- Pears can be substituted for apples.
- Blue cheese or soft goat cheese make a delicious, creamy addition to the salad.
- Vinaigrette can be made ahead of time. Whisk to emulsify before dressing salad ingredients.