



**COOKING CLASSES**  
AT SUR LA TABLE

**FREEZE & BAKE APPETIZERS**

WITH SUR LA TABLE CHEF

# Ingredient Shopping List

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

## Proteins

- 4 ounces thinly sliced prosciutto (see recipe for alternatives)
- 12 ounces sweet Italian sausage (see recipe for alternatives)

## Produce

- 20, 2-inch white or cremini mushrooms
- 4 medium shallots
- 3 garlic cloves
- 1 small bunch parsley

## Dairy/Refrigerated

- 1, 8-ounce wheel of brie cheese
- 2 eggs
- 3 ounces Parmigiano-Reggiano cheese, pre-grated, or freshly grated

## Frozen

- 1 box (2 sheets) puff pastry

## Pantry Items

- Finishing salt (like Maldon or flaky sea salt)
- All-purpose flour
- Olive oil

## Dry/Canned Goods

- Apricot jam
- Honey mustard
- 1 cup breadcrumbs or panko

# Equipment Needed

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

## Cutlery

- Paring knife or kitchen shears
- Chef's knife
- Cutting board

## Hand Tools/Gadgets

- Measuring cups and spoons
- Fork
- Mixing bowls (various sizes)
- Pastry brush
- Ruler (optional)
- Wooden spoon

## Cookware

- Large skillet

## Bakeware

- Rimmed baking sheets
- Parchment paper or silicone baking mats

## Other

- Plastic wrap
- Food storage containers

## **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.
- Preheat your oven to 400°F only if you are baking the appetizers off the day of the class instead of freezing them for later use.

### **Baked Brie en Croute with Apricot**

1. Transfer frozen puff pastry to refrigerator day before class to thaw or for about 1 hour at room temperature.

### **Honey-Mustard Prosciutto Palmiers**

1. Transfer frozen puff pastry to refrigerator day before class to thaw, or for about 1 hour at room temperature.

### **Italian Sausage Stuffed Mushrooms**

1. Clean mushrooms with a brush or clean kitchen towel.

## BAKED BRIE EN CROUTE WITH APRICOT JAM

**Yield:** 8 servings

Baking “en crouete” is French for baking delicious foods enclosed in pastry. We love the combination of sweet jam paired with creamy melty brie. The shatteringly crisp contrast of the flaky puff pastry is perfect with the warm savory cheese.

---

*1 sheet puff pastry, thawed overnight in refrigerator*  
*2 heaping tablespoons apricot jam*  
*1 wheel of brie (8 ounces)*  
*1 egg, beaten*  
*Finishing sea salt, like Maldon*

---

Preheat oven to 400°F if baking immediately, if not, skip this step. Line a rimmed baking sheet with parchment paper or a silicone baking mat.

1. **To prepare the brie:** To a clean, lightly floured surface place the puff pastry sheet, unfold. Using a rolling pin, lightly roll to close any cracks in the puff pastry. Spoon jam in center of the pastry then set the brie when on the jam. Fold pastry up over the cheese, forming a neat package. Using your hands, gently press the edges of the pastry against the brie to neaten up the sides and pinch the seams of the brie together to seal shut. Trim excess puff pastry and save to create decoration. Create decorations by cutting shapes out with a paring knife or punching out with a cookie cutter.

2. **To bake the brie:** Place brie bundle seam-side down on parchment and place on the prepared baking sheet. Using a pastry brush, brush the beaten egg over the tops and sides of the brie bundle, if decorating with the pastry scraps, brush those with egg wash and set on top of the wrapped brie, pressing lightly for the decoration to adhere to the pastry. Sprinkle finishing salt overtop. Transfer baking sheet with brie to the preheated oven and bake until the pastry is deeply golden brown, about 20 minutes.

3. **To serve:** Transfer the baked brie to a serving platter. Serve with crackers, bread, or sliced vegetables. Baked brie is best served warm or at room temperature, set a cheese knife or a triangle server for guests to serve themselves with.

### **Recipe variations:**

- Any jam, jelly, or chutney can be used in this recipe.

### **Freezing and Baking Instructions:**

- Once brie package is wrapped, before egg washing. Wrap the bundle and decorations tightly in plastic wrap and transfer to freezer. Frozen, wrapped brie can be stored in the freezer for up to 1 month.
- **To bake from frozen:** Preheat oven to 400°F, place frozen brie seam-side down on a

parchment-lined baking sheet. Brush with beaten egg, season lightly with finishing salt and transfer to preheated oven until pastry is golden and cheese is soft (a digital thermometer inserted into the middle should read over 140°F), about 30 minutes.

## HONEY-MUSTARD PROSCIUTTO PALMIERS

**Yield:** 20 palmier

Palmiers are beautiful, easy to make and loved by everyone. Named (in French) for their resemblance to a palm frond, they are also called elephant ears or butterfly wings. Because they are sliced and laid cut side down on the baking sheet, they expand sideways instead of upward, resulting in “ears” that showcase the many layers contained in the dough. Baked palmier will keep for 5 days in an airtight container at room temperature.

---

*1 sheet frozen puff pastry dough, thawed overnight in refrigerator*  
*All-purpose flour for dusting*  
*3 tablespoons honey mustard*  
*4 ounces prosciutto*  
*1 cup freshly grated Parmigiano-Reggiano cheese*  
*1 egg*  
*2 teaspoons olive oil*

---

Preheat oven to 400°F and place a rack in the center. Line two rimmed baking sheets with parchment paper or silicone baking mats.

1. To a clean, lightly floured work surface, unroll 1 sheet of thawed puff pastry. Using a rolling pin, roll to a 16x10-inch rectangle. Top the rolled pastry with honey mustard, spread to evenly cover. Arrange prosciutto slices overtop. Sprinkle grated Parmigiano overtop.
2. Position the dough so that one of the long edges is parallel to the edge of your work surface.
3. Using a ruler and the back of a chef's knife, mark a line dividing the dough in half vertically where each half measures 8x10 inches. Using the ruler and knife again, mark each half vertically into quarters (every 2 inches). Fold the two short edges toward the center, bending them at the first mark and lining up the edges at the second mark in each half.
4. Repeat until the folded edges reach the center mark. Tighten each side to leave a 1/4-inch space down the center of the dough. Fold one side on top of the other, forming a 10-inch long cylinder. If you look at an end of the cylinder, you'll see the shape of a heart. Wrap in plastic and refrigerate for 10 minutes.
5. **To cut and bake:** Trim the ends of the cylinder if they are uneven, then cut through the cylinder in 1/4-inch thick slices. Arrange slices on prepared baking sheet and transfer to preheated oven. Bake until the palmiers are golden at the edges, 7 to 10 minutes. Using a small metal spatula, flip each palmier over and return to oven and bake until the second side is golden brown, 7 to 10 minutes.
6. Transfer baked palmiers to a wire rack to cool completely. Serve at room temperature.

***Recipe variations:***

- Substitute this filling with your favorite spread, we love basil pesto, olive tapenade and sundried tomato spread.

***Freezing and Baking Instructions:***

- Wrap the folded cylinder tightly in plastic wrap. The frozen palmier cylinder can be kept in the refrigerator for up to one month.
- ***To bake from frozen:*** If you are able, cut frozen palmier cylinder into 1/4-inch thick slices and bake as stated in step 5. Note, you may need to bake each side for an additional 2 to 4 minutes. If it is too hard to slice the frozen cylinder, set at room temperature for about 20 minutes to soften slightly before slicing. Baked palmiers can be kept at room temperature in an air-tight food storage container for up to 5 days.

## ITALIAN SAUSAGE STUFFED MUSHROOMS

**Yield:** 20 mushrooms

Impress your holiday guests with this quick and tasty appetizer.

---

20, 2-inch white or cremini mushrooms

4 tablespoons olive oil, divided

12 ounces sweet Italian sausage, removed from casing

1/2 cup finely chopped shallots

1 teaspoon finely chopped garlic

3/4 cup plus 2 tablespoons breadcrumbs or panko

2 tablespoons chopped parsley

3 tablespoons freshly grated Parmigiano-Reggiano cheese, divided

2 tablespoons seasoned dry breadcrumbs

---

Preheat oven to 400°F and line a rimmed baking sheet with parchment paper or a silicone baking mat.

1. Wipe mushrooms with a damp paper towel. Trim the bottom of the stems and remove them from the mushrooms. Finely chop the stems and set aside.

2. **To prepare filling:** To a large skillet set over medium heat, add olive oil. When oil is hot and shimmering, add sausage, cook for about four minutes, using a wooden spoon to break up the sausage into small pieces. Add shallots, chopped mushroom stems and garlic. Cook, stirring often until shallots are softened and mixture is lightly browned, about 5 minutes. Remove from heat, add breadcrumbs, parsley and 2 tablespoons of Parmigiano, stir to combine. Taste and adjust seasoning with salt and pepper.

3. **To stuff and bake mushrooms:** Fill each mushroom cap with a hefty tablespoon of stuffing, mounding it in the center. Combine the remaining tablespoon of Parmigiano with dry bread crumbs and sprinkle generously over the top of the mushrooms. Drizzle with the remaining olive oil. Bake for 15 to 18 minutes or until the mushrooms are tender and lightly brown on top.

### **Recipe variations:**

- Chicken sausage or vegetarian sausage can be easily substituted in this recipe.

### **Freezing and Baking Instructions:**

- Place filled and topped mushrooms on a rimmed baking sheet with about 1/2-inch between them. Transfer to freezer and freeze until solid, about 3 hours. Once frozen, the mushrooms can be transferred to a food storage container and kept in freezer for up to one month.

- **To bake from frozen:** Preheat oven to 350°F. Transfer frozen mushrooms to a parchment paper-lined baking sheet and bake for 35 minutes, to crisp the topping, increase heat after 35 minutes to 400°F and bake until topping is crispy, about 10 minutes. Mushrooms can be served warm or at room temperature. Do not re-freeze leftovers, refrigerate and reheat only one more time.