



COOKING CLASSES
AT SUR LA TABLE

FRENCH CELEBRATION

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

- 1 to 1 ½ pounds NY strip steaks, about 1 inch thick

Produce

- 3 large yellow onions
- 1 large eggplant
- 1 red bell pepper
- 2 garlic cloves
- 2 small or zucchini
- 4 tomatoes, about 1 ¼ pound tomatoes
- 1 package fresh basil
- 1 shallot
- 1 bunch flat-leaf parsley
- 1 package chives

Dairy/Refrigerated

- 10 TBSP unsalted butter

Frozen

- 1 package frozen puff pastry

Pantry Items

- Vegetable oil
- Kosher salt
- Freshly ground black pepper
- ¼ cup olive oil

Equipment Needed

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

Cutlery

- Chef knife
- Paring knife
- Cutting board

Hand Tools/Gadgets

- Measuring cups and spoons
- Liquid measuring cup
- Mixing bowls, various sizes
- Silicone or natural bristle pastry brush
- Rolling pin
- Silicone spatula

Cookware

- Large saucepan or Dutch oven
- Large skillet
- Grill pan or another large skillet

Bakeware

- Rimmed baking sheet
- Parchment paper or silicone baking mat

Tabletop

- Serving plates

Other

- Fork
- Plastic wrap and aluminum foil

Pre-Class Mise en Place and Notes

- Please gather all ingredients before 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.

Pan-Seared Steak with Shallot and Herb Compound Butter

1. Remove steaks and 4 ounces butter from refrigerator and set out on counter 30 minutes before class.

Caramelized Onion Tart

1. Thaw one package of puff pastry overnight in refrigerator.

All Recipes

1. Wash and dry produce before class.

PAN SEARED STEAK WITH SHALLOT AND HERB COMPOUND BUTTER

Yield: 4 servings

Before you sear steaks, take them out of the refrigerator and let them come to room temperature for 30 to 45 minutes. You can prepare the compound butter and store it in the refrigerator for 1 week or in the freezer for 2 months.

Compound butter:

4 ounces (1 sticks) unsalted butter, at room temperature

1 tablespoons minced shallot

1 tablespoon minced fresh flat-leaf parsley

1 tablespoon minced fresh chives

Kosher salt and freshly ground black pepper

2 (8-ounce) New York strip steaks, about 1 inch thick

Olive oil, for coating steaks

Kosher salt and freshly ground black pepper

Vegetable oil, for brushing grill grates

1. To prepare the compound butter: To a medium bowl, add butter, shallot, parsley, chives, tarragon, salt, and pepper. Using a silicone spatula, combine the ingredients until they come together. Place a large piece of plastic wrap on a work surface and transfer butter mixture to the center of the plastic wrap. Form butter into a rough log about 1 1/2 inches in diameter. Roll plastic wrap tightly around butter to form a smooth log. Tightly twist ends of plastic wrap to close and place butter in freezer until firm, about 30 minutes. Cut butter into thin slices before serving.

2. To prepare the steaks: Coat the steaks with olive oil and generously season with salt and pepper. Preheat a grill pan or a large skillet over medium-high heat. Using a silicone brush, lightly coat pan with vegetable oil. Place steaks in the pan and cook 4 to 5 minutes per side, until an instant-read thermometer inserted into the middle of the steak registers 130°F for medium-rare. Using tongs, transfer steak to a cutting board, loosely tent with foil, and allow steak to rest for 5 minutes before carving.

3. To serve: Slice the steak into 1/2-inch slices against the grain and arrange on a warmed platter. Place thin slices of compound butter between each slice of steak and serve immediately.

SUMMER RATATOUILLE

Yield: 4 servings

1/4 cup olive oil

1 large eggplant, stemmed and cut into 3/4-inch dice

1 yellow onion, cut into 1/4-inch dice

1 red bell pepper, cored and cut into 1/2-inch dice

2 garlic cloves, minced

2 small zucchinis, stemmed and cut into 1/2-inch dice

4 tomatoes, cored and cut into 1/2-inch dice

1/2 cup chopped fresh basil

Kosher salt and freshly ground black pepper

1. To a large saucepan or Dutch oven set over medium-high heat, add oil. When oil is shimmering, add the eggplant and sauté until browned; add the onion and pepper and cook until the onion softens and turns translucent, about 8 minutes. Add the garlic, zucchini, and tomatoes and cook until stew consistency is reached, about 25 minutes more.

2. Stir in basil and taste and adjust seasoning with salt and pepper.

CARAMELIZED GRUYÈRE AND ONION TARTLET

Yield: 1 tart, about 8 servings

2 tablespoons unsalted butter
1 tablespoon olive oil
2 medium yellow onions, thinly sliced
1 teaspoon fresh thyme
Kosher salt and freshly ground pepper
2 to 4 tablespoons all-purpose flour
1 sheet frozen puff pastry, thawed
4 ounces Gruyère, grated
Egg wash
Sea salt and freshly ground pepper
Finishing salt, like Maldon, optional

Heat oven to 425 degrees. Line two rimmed baking sheets with parchment paper or silicone baking mats. Arrange oven rack in upper third of oven.

1. **To caramelize the onions:** To a large skillet set over medium heat, add oil and butter. When butter melts, add onions, thyme, salt, and pepper. Cook until onions are deep golden brown, stirring occasionally, 20 to 25 minutes. Taste and adjust seasoning. Allow to cool to room temperature.
2. **To prepare tart:** Lightly flour a clean surface. Place puff pastry onto surface and roll out to a 10" x 14" rectangle. Using a paring knife, lightly score a border around the perimeter of the puff pastry about a ¼-inch away from the edges. Transfer puff pastry to the prepared baking sheet, and using a fork, prick the pastry inside the border to prevent puffing in the center. Brush the outside perimeter with egg wash. Add the caramelized onions to the center fork-pricked area and spread into an even layer, sprinkle the grated cheese over top the onions.
4. Transfer to preheated oven and bake until golden brown, about 20 minutes. Remove from oven, sprinkle with finishing salt, and allow to cool slightly.
5. To serve: Cut into 8 pieces and serve warm or at room temperature.