



**COOKING CLASSES**  
AT SUR LA TABLE

**FRENCH CHICKEN DINNER**

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 (5 ounce) skinless, boneless chicken breasts

## Produce

- 3 shallots
- 1 garlic clove
- 2 lemons
- 1 bunch fresh herbs (such as parsley, thyme, rosemary, sage, or oregano)
- 1 pound baby, marble, or fingerling potatoes
- 1 pound green beans

## Dairy

- 2 tablespoons unsalted butter

## Pantry Items

- Kosher salt
- Black pepper in grinder
- Vegetable oil
- Olive oil
- Low sodium chicken broth

## Dry goods

- 1/4 cup dry white wine

## Frozen

- Ice

# 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

- Instant-read thermometer
- Wooden spoon
- Mixing bowls (various sizes)
- Spider
- Tongs
- Microplane or citrus zester
- Whisk
- Citrus juicer (optional)

## Cookware

- Stockpot or large saucepan
- Large sauté pan
- Oven-safe skillet

## Bakeware

- Rimmed baking sheet

## Tabletop

- Serving bowl
- Large serving dish
- Small serving dish

## Other

- Paper towels
- Aluminum foil

## **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.

### **Pan-Roasted Chicken Breasts with White Wine Herb Sauce**

1. 30 minutes prior to class, remove chicken from refrigerator and pat dry using paper towels.
2. Wash and dry produce.

### **Oven Roasted Baby Potatoes**

1. Preheat oven to 400°F.
2. Wash and dry produce.

### **Sautéed Green Beans**

1. Wash and dry produce.
2. Bring large pot of water to boil.
3. Prepare ice bath.

## PAN-ROASTED CHICKEN BREASTS WITH WHITE WINE HERB SAUCE

**Yield:** 4 servings

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4, 5 ounce skinless, boneless chicken breasts

Kosher salt and freshly ground black pepper

1 tablespoon vegetable oil

2 shallots, minced

1/4 cup dry white wine

1 1/2 cups chicken broth

2 tablespoons fresh lemon juice

2 tablespoons chopped fresh herbs such as parsley, thyme, rosemary, sage, or oregano

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Preheat oven to 400°F degrees.

1. **To prepare chicken:** Using paper towels, pat chicken breasts dry and season with salt and pepper on both sides; set aside.

2. **To cook chicken:** To a large ovenproof skillet set over medium-high heat, add oil. When oil is shimmering, carefully add chicken breasts and cook until golden brown, about 4 minutes. Using tongs, flip chicken and transfer skillet to oven to roast until an instant-read thermometer inserted into thickest part registers 165°F, about 12 to 14 minutes. Transfer chicken to a plate and tent with aluminum foil to keep warm, reserving the skillet.

3. **To prepare pan sauce:** Return skillet to stove over medium-high heat, add shallots and cook until tender about 2 minutes. Add wine, chicken broth and lemon juice; use a whisk to incorporate any browned bits from bottom of pan. Bring liquid to a boil and continue to cook until it has reduced by half. Add herbs; taste and adjust seasoning with salt and pepper.

4. **To serve:** Place chicken breasts on dinner plates, spoon sauce over chicken and serve immediately.

### **Recipe variations:**

- Bone-in, skin-on chicken breast, or thighs can be substituted in this recipe. Please note that cooking times will be longer.
- No wine? Just omit from the recipe.

## OVEN-ROASTED BABY POTATOES

**Yield:** 4 servings

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*1 pound baby, marble, or fingerling potatoes, cut into bite-sized pieces*

*2 tablespoons olive oil*

*Kosher salt and freshly ground black pepper*

*1 tablespoon unsalted butter, at room temperature*

*2 tablespoons chopped fresh herbs such as parsley, thyme, rosemary, sage, or oregano*

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Preheat oven to 400°F. Preheat a rimmed baking sheet in oven while prepping ingredients.

1. To a medium bowl, add potatoes, oil, salt and pepper; toss until thoroughly coated. Carefully, spread potatoes cut side down on preheated baking sheet. Transfer potatoes to oven and roast, stirring halfway until tender and golden-brown, about 30 to 35 minutes.

2. **To serve:** Transfer potatoes to a large serving bowl and toss together with butter and herbs. Taste and adjust seasoning with salt and pepper.

### **Recipe variations:**

- Try other seasonal vegetables in this recipe like sunchokes or heirloom carrots.

## SAUTÉED GREEN BEANS

**Yield:** 4 servings

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*Kosher salt*

*1 pound green beans, trimmed*

*1 tablespoon olive oil*

*1 tablespoon unsalted butter*

*1 shallot, minced*

*1 garlic clove, minced*

*1 teaspoon lemon zest*

*1 teaspoon fresh lemon juice*

*1 tablespoon fresh herbs such as parsley, thyme, rosemary, sage, or oregano, chopped*

*Freshly ground black pepper*

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1. **To blanch beans:** Prepare a large bowl of ice water and set aside. Bring a large pot of water to a rolling boil over high heat. Generously season water with salt. Add beans and cook until crisp-tender, about 2 minutes. Remove green beans from boiling water and transfer to a bowl of ice water; cool and drain well, set aside.

2. **To sauté beans:** To a large skillet set over medium heat, add oil and butter. When butter is melted and foaming has subsided, add shallots and cook until tender, about 2 minutes. Add garlic and cook until fragrant, about 1 minute. Add beans and cook, stirring occasionally until beans are warmed throughout, about 3 minutes. Stir in zest, juice and herbs. Taste and adjust seasoning with salt and pepper.

3. **To serve:** Transfer beans to a warmed serving bowl or serve individually onto warmed plates. Serve immediately.

### **Recipe variations:**

- Try this recipe with other vegetables like thin asparagus or halved Brussel sprouts.