



COOKING CLASSES
AT SUR LA TABLE

**FRENCH DINING AT YOUR
FINGERTIPS**

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

- 4 bone-in, skin-on chicken thighs (about 1 1/2 pounds)

Produce

- 2 shallots
- Small bunch of tarragon
- Small bunch of flat-leaf parsley, chives, dill, or mint
- 1 large head Bibb lettuce
- 4 Bosc pears
- 1 lemon

Dairy

- 1 cup heavy whipping cream

Frozen

- 1 pint premium vanilla ice cream

Pantry Items

- Kosher salt
- Freshly ground black pepper
- Vegetable oil
- Dijon mustard
- 2 teaspoons capers
- Red wine vinegar
- Extra-virgin olive oil
- Granulated sugar
- Cinnamon stick
- Black peppercorns
- Vanilla bean paste

Dry/Canned Goods

- 1/2 cup dry white wine (such as Sauvignon Blanc and Pinot Grigio)
- 1/2 cup sweet wine like Riesling
- 2 cups apple cider, apple juice, or pear cider

Equipment Needed

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

Cutlery

- Chef's knife
- Paring knife

Hand Tools/Gadgets

- Cutting board
- Measuring cups and spoons
- Mixing bowls (various sizes)
- Wooden spoon
- Tongs
- Instant-read thermometer
- Whisk
- Ice cream scoop
- Vegetable peeler
- Spoon
- Fine-mesh strainer

Cookware

- Ovenproof skillet
- Medium saucepan

Other

- Aluminum foil
- 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.

Pan-Roasted Chicken with Tarragon Cream Sauce

1. Wash and dry all the produce.
2. 30 minutes before class, remove the chicken from the refrigerator and allow it to come to room temperature.
3. Preheat the oven to 450°F.

Salad Verte with French Vinaigrette

1. Wash and dry all the produce.

White Wine Poached Pears and Vanilla Ice Cream

1. Wash and dry all the produce.

PAN-ROASTED CHICKEN WITH TARRAGON CREAM SAUCE

Yield: 4 servings

4 bone-in, skin-on chicken thighs, trimmed (about 1 1/2 pounds)

Kosher salt and freshly ground black pepper

1 tablespoon vegetable oil

1 small shallot, minced

2 teaspoons Dijon mustard

2 teaspoons capers, rinsed and drained

1/2 cup dry white wine such as Sauvignon Blanc and Pinot Grigio

1 cup heavy whipping cream

2 tablespoons fresh tarragon leaves, chopped, plus more for garnish

Preheat the oven to 450°F.

2. To prepare the chicken: Season both sides of the chicken with salt and pepper. To a large ovenproof skillet set over medium-high heat, add the oil. When the oil is shimmering, add the chicken, skin side down and cook until golden brown, about 5 minutes. Turn the chicken and transfer the skillet to the oven and roast until the chicken is cooked through, about 25 minutes. Insert an instant-read thermometer into the thickest part of the meat to make sure the chicken registers at 165°F. Once it does, transfer the chicken to a serving platter. Loosely cover with foil to keep warm and set it aside.

3. Pour off all but 2 tablespoons of fat from the skillet and return to medium heat. Add the shallots and cook, stirring often until translucent, about 3 minutes.

4. To make the tarragon sauce: Stir in the mustard, capers and wine, scraping the bottom of the pan with a wooden spoon to release any browned bits. Increase the heat to medium-high and bring to a boil. Reduce the heat to medium and simmer until the wine is almost evaporated. Add the cream and cook until reduced to a sauce-like consistency. Taste and adjust the seasoning with salt and pepper. Stir in tarragon.

5. To serve: Divide the chicken between 4 warmed serving plates. Ladle the sauce over the chicken and garnish with chopped tarragon. Serve immediately.

Recipe variations:

- Substitute the tarragon with parsley, sage, or thyme.

SALADE VERTE WITH FRENCH VINAIGRETTE

Yield: 4 servings

2 teaspoons Dijon mustard

1 tablespoon red wine vinegar

2 teaspoons shallots, minced

3 tablespoons extra-virgin olive oil

Kosher salt and freshly ground black pepper

1 large head Bibb lettuce, torn, about 5 cups

1 tablespoon fresh chopped herbs such as flat-leaf parsley, chives, dill, or mint

1. To a medium bowl, add the mustard, vinegar and shallots; whisk to combine. While whisking vigorously, slowly drizzle in the oil. Taste and adjust the seasoning with salt and pepper.
2. To a large salad bowl, add the lettuce and herbs. Gently toss with enough vinaigrette to coat the leaves. Taste and adjust the seasoning with salt and pepper.
3. **To serve:** Divide the dressed lettuce among chilled plates, neatly mounding the leaves in the center of each plate and serve immediately.

WHITE WINE POACHED PEARS WITH VANILLA ICE CREAM

Yield: 4 servings

4 Bosc pears, peeled, stem attached
1 cup sweet white wine, such as Riesling
2 cups apple cider, apple juice, or pear cider
1 tablespoon fresh lemon juice
1/3 cup granulated sugar
1 cinnamon stick
4 black peppercorns
Zest strips from 1 lemon
1 tablespoon vanilla bean paste
1 pint premium vanilla ice cream, for serving

- 1. To prepare the pears:** Using a sharp paring knife, remove the core from the bottom end of each pear and cut a thin slice off the bottom so they'll stand upright. Drizzle lemon juice over each pear.
- 2. To poach the pears:** To a medium saucepan over medium heat, add the wine and cider and bring to a simmer. Add the sugar, spices, zest and vanilla and simmer until the sugar is dissolved. Stand the pears up in the pan and place them in the poaching liquid. Spoon the liquid over the pears, basting occasionally until the pears are just tender, about 15 minutes. Remove the pears from the pan, draining them well.
- 3. To prepare the syrup:** Bring the poaching liquid to a boil and cook until reduced to about 3/4 of a cup and a syrup-like consistency. Strain the syrup of any solids and pour over the pears and allow to cool slightly.
- 4. To serve:** Scoop a generous serving of ice cream into a dessert bowl and place a pear next to the ice cream. Drizzle the ice cream and pear with the poaching syrup.

Recipe variations:

- Substitute ice cream for whipped cream or crème anglaise.
- Any remaining poaching liquid can be drizzled over buttered waffles, pancakes, or used as a mixer in cocktails.