



COOKING CLASSES
AT SUR LA TABLE

FROM-SCRATCH SPAGHETTI AND MEATBALLS

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

- ☐ 10 ounces ground beef
- ☐ 10 ounces sweet Italian sausage

Produce

- ☐ 2 tablespoons parsley
- ☐ 1 yellow onion
- ☐ 1 clove garlic
- ☐ 10 basil leaves

Dairy

- ☐ 5 eggs
- ☐ 2 ounces whole milk
- ☐ 1/2 cup Parmesan cheese

Pantry Items

- ☐ All-purpose flour
- ☐ Kosher salt
- ☐ Olive oil
- ☐ Semolina flour
- ☐ Panko breadcrumbs

Dry/Canned Goods

- ☐ 4 ounces red wine
- ☐ Red pepper flakes
- ☐ 28 ounce can whole peeled tomatoes

Equipment Needed

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

Cutlery

- ☐ Chef's knife

Hand Tools/Gadgets

- ☐ Bench scraper
- ☐ Tongs

Cookware

- ☐ Large pot
- ☐ Dutch oven

Appliances

- ☐ Pasta roller
- ☐ Immersion blender

Bakeware

- ☐ Mixing bowls, various sizes
- ☐ Rimmed baking sheet

Tabletop

- ☐ Large serving dish

Other

- ☐ Plastic wrap
- ☐ Parchment paper

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.

Classic Tomato Sauce and Hand Rolled Pork and Beef Meatballs

1. Preheat oven to 425°F
2. Line rimmed baking sheet with parchment paper

FRESH PASTA DOUGH

Yield: 4 servings

Fresh pasta dough is so easy to make, you'll wonder why you never did it before.

2 3/4 cups (12 1/2 ounces) unbleached all-purpose flour, plus more if needed

1 teaspoon fine kosher salt

4 large eggs

1 tablespoon extra-virgin olive oil

Semolina flour, for dusting pasta and surfaces

1. ***To make the dough:*** To a large mixing bowl, add the flour and salt and whisk to combine. Make a "well" in the center of the flour mixture and add the eggs and oil. Using a fork, blend the eggs into the flour mixture, stirring the flour in from the sides of the well and working outwards. When the pasta dough is thoroughly mixed, turn it out on a lightly floured work surface. Knead the dough until it is smooth and flexible but not sticky, adding small amounts of flour as needed; about 5 minutes. Shape the dough into a ball and flatten it into a disk. Cover with plastic wrap and allow to rest for at least 20 minutes or up to an hour at room temperature.

CLASSICE TOMATO SAUCE AND HAND ROLLED PORK AND BEEF MEATBALLS

Yield: 4 servings

Meatballs:

*2 ounces whole milk
2/3 cup panko breadcrumbs
10 ounces ground beef
10 ounces sweet Italian sausage, removed from casing
1/2 cup Parmesan cheese, grated
1 large egg, beaten
2 tablespoons parsley, chopped
1 teaspoon Kosher salt
1/2 teaspoon ground black pepper*

Sauce:

*1/4 cup olive oil
1 yellow onion, diced
1 clove garlic, minced
4 ounces red wine
1/8 teaspoon red pepper flakes
1 28 ounce can whole peeled tomatoes
Kosher salt
Freshly ground black pepper
10 basil leaves, cut into ribbons*

Preheat oven to 425°F and position rack in middle of oven. Line a rimmed baking sheet with parchment.

1. ***To prepare meatballs:*** To a small bowl add milk and breadcrumbs, stir to combine. Allow to hydrate, about 5 minutes. To a medium bowl add the ground beef, Italian sausage, parmesan cheese, egg, parsley, salt, and pepper, stir to combine. Add the soaked breadcrumbs and stir to incorporate.

2. To a small sauté pan, set over medium heat, add a small amount of oil and a small portion of meatball mixture. Cook meatball mixture until fully cooked, then taste for seasoning. Adjust meatball seasoning, then form into 1-inch meatballs. Transfer meatballs to prepared sheet tray and place into preheated oven. Bake until meatballs are golden brown.

3. **To prepare sauce:** To a dutch oven set over medium high heat, add olive oil. When oil is hot and shimmering, add onions and cook until soft about 5 minutes. Add garlic and cook until fragrant, about 1 minute. Add wine and simmer until reduce, about 2 minutes. Add red pepper flakes and tomatoes, cover, and reduce heat, simmer 10 minutes.

4. **To puree tomato sauce:** Using an immersion blender, puree tomato sauce. Taste and adjust seasoning with salt and pepper.

5. To the dutch oven, set over medium heat, add roasted meatballs to sauce, stir to combine and bring to a simmer. Allow to simmer until meatballs are tender 8 to 12 minutes. Taste and adjust seasoning with salt and pepper, and add basil leaves, stir to incorporate.

6. **To make spaghetti:** To a pasta sheeter, roll fresh pasta dough to desired thickness, dusting with flour as necessary. Using a chef's knife or pasta attachment, cut pasta sheets into spaghetti.

7. **To cook spaghetti:** To a large pot of water, set over high heat, bring to a boil. Add fresh spaghetti to boiling water and allow to cook until firm, about 2 to 3 minutes.

8. **To serve:** Transfer boiled spaghetti into a large serving dish and top with tomato sauce and meatballs, toss to combine.

Recipe variations:

-These meatballs can be made with all beef or try a leaner option like ground turkey.