



COOKING CLASSES
AT SUR LA TABLE

GRILLED SURF AND TURF

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 1/2 pounds flank steak
- 4 ounces bacon
- 1 pound medium shrimp

Produce

- 2 cups tightly packed green onions
- 4 garlic cloves
- 1 bunch basil
- 1/2 medium red onion
- 2 large beefsteak tomatoes
- 1/2 pint heirloom cherry tomatoes
- 1 bunch tarragon
- 2 limes
- 1 bunch cilantro

Pantry Items

- Kosher salt
- Black pepper in grinder
- Vegetable oil
- Extra-virgin olive oil
- Granulated sugar
- Red Wine Vinegar
- Balsamic Vinegar
- Honey
- Flaky salt
- Coriander seeds
- Cumin seeds
- Ground cayenne

Equipment Needed

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

Cutlery

- Chef's knife
- Serrated knife
- Cutting board

Hand Tools/Gadgets

- Microplane
- Pepper grinder
- Mixing bowls (various sizes)
- Whisk
- Citrus juicer or reamer
- Silicone spatulas
- Wooden spoons
- Tongs
- Instant-read digital thermometer
- Spider
- Mortar and pestle, spice grinder, or heavy-bottomed skillet

Cookware

- Grill pan
- Large stockpot or saucepan
- Skillet
- Small skillet

Appliances

- Food processor

Tabletop

- 3 serving platters

Other

- Plastic wrap
- Paper towel
- Bamboo or metal skewers

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.

Grilled Steak with Scallion Pesto

1. Preheat oven to 375°F.
2. 30 minutes prior to class remove steak from refrigerator and allow to come to room temperature.

Beefsteak Tomato, Bacon and Red Onion Salad

1. Wash and dry produce.

Grilled Shrimp Skewers

1. Soak wooden skewers.
2. If using frozen shrimp, defrost and drain in colander.
3. Peel & devein shrimp as necessary.

GRILLED STEAK WITH SCALLION PESTO

Yield: 4 servings

Steak:

1 1/2 pounds flank steak
Kosher salt and freshly ground black pepper
Vegetable oil, for brushing grill grates

Pesto:

Kosher salt
2 cups tightly packed green onions, green parts only
2 garlic cloves
1 cup fresh basil leaves
2 teaspoons sugar
1/2 cup olive oil

Preheat oven 375°F. Set up an ice water bath.

1. **To prepare steak:** Generously season steak with salt and pepper and let the steak stand for 20 minutes at room temperature before grilling.
2. **To prepare pesto:** To a medium pan filled with water, set over high heat, bring to a rolling boil. Generously season water with salt. Add green onions and garlic, cook for 1 minute. Using a spider remove green onions and garlic and plunge into ice water bath. Allow greens to cool for 3 to 5 min. Remove from ice water bath and drain thoroughly.
3. To the bowl of a food processor fitted with a metal blade, add blanched green onions and garlic. To greens, add basil, sugar, olive oil and 2 teaspoons of salt. Pulse, to blend, leaving pesto slightly chunky. Taste and adjust seasoning with salt and pepper.
4. **To grill steak:** To a large grill pan over medium-high heat or a preheated gas grill, brush grill grates with a thin coating of vegetable oil using a silicone pastry brush. Using tongs place steak on grill, cook undisturbed until dark grill marks appear, about 3 to 4 minutes. Flip and repeat on alternate side. Transfer grill pan to preheated oven until an instant-read thermometer inserted into thickest part of steak registers 125°F, for medium-rare.
5. **To serve:** Let steak rest for 5 minutes. Slice crosswise against grain into 1/2" thick slices and serve with pesto.

Recipe variations:

- Try other herbs! Cilantro or parsley are great alternatives to basil.

BEEFSTEAK TOMATO, BACON, AND RED ONION SALAD

Yield: 4 servings

1 tablespoon red wine vinegar
1/2 medium red onion, thinly sliced
1 cup water
1 1/2 tablespoon balsamic vinegar
1 teaspoon honey
4 tablespoons extra-virgin olive oil
4 ounces sliced bacon, cut lengthwise into 1" strips and then sliced crosswise into 1/2" pieces
2 large beefsteak tomatoes, cut into 1" slices
1/2 pint heirloom cherry tomatoes, halved
1 teaspoon sugar
1 teaspoon flaky salt
1/2 teaspoon freshly ground black pepper
6 sprigs fresh tarragon

1. **Pickled red onion:** To a small mixing bowl, add red wine vinegar, sliced red onions, and 1 cup water, set aside.
2. **To prepare dressing:** To a small mixing bowl, whisk together balsamic vinegar, honey, and olive oil. Taste and adjust seasoning with salt and pepper.
3. **To prepare bacon:** To a skillet set over medium heat add bacon. Cook bacon until crispy, 5-7 minutes. Transfer bacon to a paper towel-lined plate to drain.
4. **To assemble salad:** To a serving platter, arrange beefsteak tomato slices in a single layer. Top with cherry tomatoes and season with flaky salt, pepper, and sugar. Add onions, and drizzle with vinaigrette. Garnish with tarragon leaves and bacon. Serve immediately.

Recipe variations:

- Running low on tomatoes? Try adding in wedges of stonefruit like peaches or nectarines.
- Basil makes a great substitute for tarragon in this recipe.

GRILLED SHRIMP SKEWERS

Yield: 4 servings

If using wooden skewers, soak for at least 30 minutes to prevent burning.

2 garlic cloves, minced
2 tablespoons fresh lime juice
1/2 teaspoon kosher salt
1 teaspoon coriander seeds
1 teaspoon cumin seeds
Ground cayenne, optional
1 pound medium shrimp, peeled and deveined
Freshly ground black pepper
Vegetable oil, for brushing grill pan
2 tablespoons fresh cilantro, chopped
Lime wedges, for serving

- 1. To toast and grind spices:** To a small skillet set over medium heat add coriander and cumin. Cook until fragrant and toasted, about 3 minutes. Set aside to cool. Once cool, crush in a mortar and pestle, a spice grinder, or with a heavy-bottomed skillet
- 2. To marinate shrimp:** To a medium bowl, add garlic, lime juice, salt, coriander, cumin and cayenne; whisk to combine. Add the shrimp and toss to coat. Refrigerate for 30 minutes to marinate.
3. Remove shrimp from marinade and thread shrimp onto skewers, leaving about 1/3" of space between each shrimp.
- 3. To grill shrimp:** Heat a grill or grill pan to medium-high heat. Using a silicone pastry brush, lightly coat grill grates. Place skewers on grill and cook until pink and opaque, about 1 to 2 minutes per side.
4. Transfer skewers to serving platter, garnish with cilantro and serve with lime wedges.

Recipe variations:

- Fresh oregano is a great alternative to cilantro.
- If you can't find skewers, opt for large shell-on shrimp, making grilling easier. Alter cooking time accordingly.