



**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

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### **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

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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

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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*

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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.

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*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*

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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.