



COOKING CLASSES
AT SUR LA TABLE

HOME COOKING MADE SIMPLE

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

- 8 boneless, skinless chicken thighs (about 1 1/2 pounds)

Produce

- 1 lemon
- 4 cups fresh mixed berries (such as strawberries, raspberries, blackberries, or blueberries)
- 1 pound fingerling potatoes
- 1 medium carrot
- 1 medium red onion
- 1 red bell pepper
- 1 bunch flat-leaf parsley
- 1 bunch oregano
- 1 bunch cilantro
- 1 shallot
- 2 garlic cloves

Dairy

- 4 tablespoons unsalted butter, divided
- 1/2 cup whole milk
- Heavy whipping cream (optional topping for cobbler)

Frozen

- Vanilla ice cream (optional topping for cobbler)

Pantry Items

- Granulated sugar, divided
- Kosher or sea salt
- Cornstarch
- Vanilla bean paste or extract
- All-purpose flour
- Baking powder
- 1 cup olive oil
- Freshly ground black pepper
- 1/2 teaspoon ground cumin
- 1 teaspoon garlic powder
- 1/4 teaspoon red pepper flakes
- 1/2 cup red wine vinegar

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

- Cutting boards
- Measuring cups and spoons
- Liquid measuring cups
- Mixing bowls (various sizes)
- Microplane
- Silicone or rubber spatulas
- Pastry cutter or forks
- Whisk
- Tongs
- Instant-read thermometer

Appliances

- Blender or food processor

Bakeware

- 8" x 8" baking dish or similar size
- Rimmed baking sheet lined with parchment paper or silicone baking mat

Other

- 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.

Crispy Chicken Thighs with Roasted Vegetables

1. Preheat the oven to 450°F.
2. Wash and dry all the produce.

CRISPY CHICKEN THIGHS WITH ROASTED VEGETABLES

Yield: 4 servings

Chicken thighs are an ideal choice for high heat roasting as they stay juicy and crisp up nicely. You can alter the selection of vegetables to your liking, making sure they are cut uniformly for even roasting.

1/4 cup olive oil
1 tablespoon fresh lemon juice
1 1/2 teaspoons sea salt
1/4 teaspoon freshly ground black pepper
2 teaspoons minced fresh oregano
1 teaspoon garlic powder
1/4 teaspoon red pepper flakes
8 boneless, skinless chicken thighs (about 1 1/2 pounds)
1 pound fingerling potatoes, cut into bite-size pieces
1 medium carrot, cut into 1-inch pieces
1 medium red onion, cut into 1-inch pieces
1 red bell pepper, cored and cut into 1-inch pieces
2 tablespoons chopped fresh flat-leaf parsley

Chimichurri sauce:

1 cup packed flat-leaf parsley leaves
1/2 cup packed cilantro leaves
3/4 cup extra-virgin olive oil
1 tablespoon coarsely chopped shallot
2 medium garlic cloves, coarsely chopped
1/2 teaspoon ground cumin
1 tablespoon oregano leaves
1/2 teaspoon crushed red pepper flakes
1/2 cup red wine vinegar
Sea salt and freshly ground black pepper

Preheat the oven to 450°F. Line a rimmed baking sheet with parchment paper or a silicone baking mat.

1. To a small bowl, whisk together oil, lemon juice, salt, pepper, oregano, garlic powder and red pepper flakes.
2. Pat the chicken dry with paper towels and add to a medium bowl. Add half of the marinade to the chicken thighs and toss to coat evenly. Use the remaining marinade to toss with the vegetables.

3. Arrange the vegetables in a single layer on the prepared baking sheet. Place the chicken over the vegetables and drizzle with any remaining marinade.

4. Bake in the oven until the vegetables are tender, the chicken is crispy and the instant-read thermometer inserted in the thickest part of the chicken registers at 165°F, 35 to 40 minutes.

5. **To prepare the chimichurri sauce:** In a blender or food processor, combine sauce ingredients. Pulse until the herbs are finely chopped and a thick sauce develops, stopping and scraping down the sides as needed. Transfer to a medium bowl. Taste and adjust seasoning with salt and pepper.

6. **To serve:** Divide chicken and vegetables among warmed shallow bowls, garnish with parsley and serve with the chimichurri sauce.

Recipe variations:

- If doubling the recipe, divide ingredients between two parchment-lined baking sheets.
- If you don't have the correct fresh herbs for the chimichurri, don't fret, any tender herb or even spinach can be substituted. While not traditional, we like playing with different combinations of fresh herbs such as parsley (flat or curly), basil, thyme, spinach and tarragon.

BERRY COBLER

Yield: 4 servings

Easy to make, this classic cobbler is made with fresh berries that provide texture and sweetness to the filling.

4 tablespoons unsalted butter, divided
1/2 cup plus 3 tablespoons granulated sugar, divided
3/4 teaspoon sea salt, divided
2 tablespoons cornstarch
2 teaspoons lemon zest, divided
4 cups fresh berries such as strawberries, blueberries, blackberries or raspberries
1 teaspoon vanilla extract
1/2 teaspoon fresh lemon juice
1 cup unbleached all-purpose flour
1 1/2 teaspoons baking powder
1/2 cup whole milk
Whipped cream or vanilla ice cream

Preheat the oven to 400°F. Grease an 8" x 8" baking dish with 1 tablespoon of butter; set aside.

1. To a large bowl, whisk to combine 1/2 cup of sugar, 1/4 teaspoon of salt, cornstarch and 1 teaspoon of zest. Add berries and toss to coat evenly. Stir in the vanilla extract and lemon juice. Pour the mixture into the prepared baking dish, making sure to scrape all the remaining juices over the fruit mixture.
2. To the same bowl, add 2 tablespoons of sugar, the remaining zest, flour, baking powder and the remaining 1/2 teaspoon of salt. Using a pastry cutter, cut the remaining 3 tablespoons of butter into the flour until pea-size lumps form. Stir in the milk to form a soft dough. Spoon dough evenly over the berry filling and sprinkle with the remaining 1 tablespoon of sugar.
3. Transfer the baking dish to the oven and bake until golden and bubbling, about 35 minutes.
4. **To serve:** Using a ladle, place the cobbler into dessert bowls. Serve warm with whipped cream or vanilla ice cream.

Recipe variations:

- Gluten-free household? An all-purpose, gluten-free baking mix can be substituted for the all-purpose flour in this recipe