



COOKING CLASSES
AT SUR LA TABLE

**ITALIAN STEAK DINNER +
CHOCOLATE PANNA COTTA**

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

- 1 1/2 pounds flank or thick-cut sirloin steak

Produce

- 5 ounces baby arugula
- 2 garlic cloves
- 2 lemons
- 2 shallots
- 1 bunch thyme

Dairy

- 3 ounces Parmigiano-Reggiano
- 2 tablespoons unsalted butter
- 1 ounce Pecorino cheese
- 1 cup whole milk
- 2 cups heavy whipping cream

Frozen

- 1 cup frozen sweet peas

Pantry Items

- Extra-virgin olive oil
- Freshly ground black pepper
- Kosher salt
- Dijon mustard
- Granulated sugar
- Vanilla bean paste or vanilla extract

Dry/Canned Goods

- Best-quality aged balsamic vinegar
- 6 cups low-sodium chicken broth
- Saffron
- 1 1/2 cups Arborio or Carnaroli rice
- 1/2 cup dry white wine
- 2 1/2 teaspoons unflavored powdered gelatin
- 6 ounces semi-sweet chocolate

Equipment Needed

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

Cutlery

- Chef's knife
- Cutting board
- Serrated knife

Hand Tools/Gadgets

- Measuring cups and spoons
- Mixing bowls (various sizes)
- Citrus juicer or reamer
- Vegetable peeler
- Instant-read thermometer
- Tongs
- Fine-mesh strainer
- Wooden spoon
- Ladle
- Whisk

Cookware

- Cast-iron grill pan or cast-iron skillet
- Dutch oven or large saucepan
- Medium saucepan
- Stockpot or medium saucepan

Bakeware

- 6, 6-ounce ramekins, glasses, bowls, or mason jars

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.

Steak Tagliata

1. 30 minutes prior to class, remove steak from the refrigerator and allow to come to room temperature.
2. Wash and dry produce.
3. Preheat oven to 400°F.

Risotto with Sweet Peas and Parmigiano-Reggiano

1. Wash and dry produce.
2. Place 6 cups of chicken broth in a stockpot or saucepan and bring to simmer. Cover and keep warm.

Chocolate Panna Cotta

1. Finely chop 6 ounces of semi-sweet chocolate.

STEAK TAGLIATA

Yield: 4 servings

Steak Tagliata:

1 1/2 pounds flank or thick-cut sirloin steak
2 tablespoons extra-virgin olive oil
2 teaspoons freshly ground black pepper, plus more as needed
Kosher salt

Arugula salad:

5 ounces baby arugula leaves, stemmed
2 garlic cloves, minced
1 teaspoon Dijon mustard
1 tablespoon fresh lemon juice
1/4 cup extra-virgin olive oil
Best quality Aged Balsamic vinegar, for drizzling
2 ounces Parmigiano-Reggiano cheese, shaved into thin ribbons
Lemon wedges, for serving

Preheat oven to 400°F and position a rack in center of oven.

1. **To prepare steak:** Rub steak liberally with 2 tablespoons of olive oil and season generously with salt and pepper. Allow steak to sit at room temperature for about thirty minutes before cooking.
2. Preheat a cast-iron grill pan over medium-high heat. When pan is hot but not smoking, add steak and sear, 2 to 3 minutes each side. Transfer steak to oven and cook to medium-rare, or until instant-read thermometer inserted in the thickest part of the steak registers 125°F, about 5 to 10 minutes more, depending on thickness of steak. Transfer steak to a cutting board and rest for 5 minutes.
3. **To prepare salad:** To a salad bowl, add garlic, Dijon mustard and lemon juice, whisk to combine. While whisking, add olive oil in a stream. Add arugula to a bowl and toss with dressing. Taste and adjust seasoning with salt and pepper.
4. **To serve:** Arrange arugula salad on the bottom of the serving platter or plates. Using a carving knife, cut steak across grain into 1/4" thick slices and arrange over salad. Drizzle-aged balsamic over top of steak and garnish shaved Parmigiano-Reggiano over the top. Serve immediately with lemon wedges.

RISOTTO WITH SWEET PEAS AND PARMIGIANO-REGGIANO

Yield: 4 servings

6 cups low-sodium chicken broth
1/8 teaspoon saffron threads
1 tablespoon extra-virgin olive oil
2 shallots, finely chopped
2 teaspoons fresh thyme leaves, minced
1 1/2 cups Arborio or Carnaroli rice
1/2 cup dry white wine
1 cup fresh or frozen and thawed sweet green peas
2 tablespoons unsalted butter
1/2 cup (2 ounces) shaved Pecorino cheese, plus more for garnish
1/4 cup (1 ounce) shaved Parmigiano-Reggiano cheese, plus more for garnish

1. **To heat broth:** Pour broth into a medium saucepan and bring to a simmer; reduce heat to low, add saffron and cover to keep warm.
2. **To prepare risotto:** To a large saucepan or a large straight-sided skillet set over medium heat, add oil. When oil is shimmering, add shallots and thyme, and cook, stirring frequently until soft and translucent, about 2 minutes. Add rice and sauté, stirring constantly until rice is evenly coated with oil and translucent around the edges, about 2 minutes. Add wine and cook until wine is almost evaporated, about 3 more minutes.
3. Using a ladle, add about 1 cup of hot broth to rice, stirring continuously with a wooden spoon. Add additional broth, 1 cup at a time, stirring constantly and adding more broth only after previous addition has been absorbed. Stir in peas during the last 5 minutes of cooking, enough to heat peas through. The risotto is done after about 20 minutes, when it is creamy and rice grains are plump and tender.
4. Remove from heat and stir in butter, Pecorino and Parmigiano-Reggiano. Taste and adjust seasoning with salt and pepper. Perfect risotto should flow gently when ladled into a serving dish. Adjust consistency with a little hot broth or water.
5. **To serve:** Divide risotto between serving bowls and garnish with additional cheese; serve immediately.

CHOCOLATE PANNA COTTA

Yield: 6 (6-ounce) ramekins

This velvety Italian cream, lightly set with gelatin, is quick and easy to make. It will set in 2 hours but can be made ahead and will keep, covered, in the refrigerator for 3 days.

1 cup whole milk
2 1/2 teaspoons unflavored powdered gelatin
2 cups heavy whipping cream
1 teaspoon vanilla bean paste or vanilla extract
1/2 cup granulated sugar
1/4 teaspoon kosher salt
6 ounces semi-sweet chocolate, finely chopped

1. **To bloom gelatin:** To a medium mixing bowl, add milk and sprinkle with gelatin. Let stand until gelatin blooms and softens, about 5 minutes.
2. **To prepare panna cotta:** To a medium saucepan set over medium heat, add cream, vanilla sugar and salt. Cook until sugar is dissolved and mixture just comes to a boil, about 4 minutes. Remove cream from heat and whisk in chocolate until melted. Whisk gelatin into warm chocolate cream, stirring until gelatin is dissolved. Strain mixture through a fine-mesh strainer to into a large liquid measuring cup.
3. Set 6 ramekins on a rimmed baking sheet. Carefully fill ramekins with panna cotta mixture and refrigerate them until firm and set, about 2 hours.
4. **To serve:** Serve panna cotta chilled.

Recipe variations:

- Panna cotta is delicious served with unsweetened whipped cream, chocolate curls or fresh berries.
- Panna cotta can set in ramekins, high ball glasses, mason jars or small bowls.
- Serve panna cotta in ramekins or unmold by dipping bottom of ramekin in hot water for 30 seconds and invert onto a dessert plate.