



COOKING CLASSES
AT SUR LA TABLE

ITALIAN WINTER FAVORITES

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

- 4 bone-in, skin-on chicken thighs

Produce

- 1 lemon
- 1 shallot
- Small bunch flat-leaf parsley
- Small bunch thyme
- Small bunch sage
- 2 delicata squash

Dairy

- 3 tablespoons unsalted butter
- 5 ounces Parmigiano-Reggiano

Pantry Items

- Olive oil
- Kosher salt
- Freshly ground pepper
- Honey

Dry/Canned Goods

- 1/2 cup dry white wine
- 3 1/2 cup low-sodium chicken broth
- 1/2 cup Kalamata olives
- 1/4 cup capers
- 1 cup polenta

Equipment Needed

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

Cutlery

- Chef's knife
- Cutting board

Hand Tools/Gadgets

- Measuring cups and spoons
- Mixing bowls (various sizes)
- Small prep bowls
- Digital thermometer
- Tongs
- Wooden spoons
- Box grater (for grating Parmigiano-Reggiano)
- Whisk

Cookware

- Large oven-safe skillet
- Medium-large saucepan with lid
- Small saucepan

Bakeware

- Rimmed baking sheet

Other

- Paper towels
- 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.

All Recipes

1. Wash and dry all the produce.

Pan-Roasted Chicken

1. Preheat the oven to 375°F.
2. Remove the chicken from the refrigerator 30 minutes before class and allow it to come to room temperature.

PAN-ROASTED CHICKEN THIGHS WITH LEMONS, CAPERS, AND OLIVES

Yield: 4 servings

2 tablespoons olive oil

1 lemon, cut into 6 wedges

Kosher salt and freshly ground black pepper

4 bone-in, skin-on chicken thighs, trimmed (about 1 1/2 pounds)

1 shallot, minced

1/2 cup dry white wine

1/2 cup low-sodium chicken broth

2 tablespoons unsalted butter, cut into 1/4-inch cubes

1/2 cup Kalamata olives, pitted and coarsely chopped

1/4 cup capers, drained and rinsed

2 tablespoons fresh flat-leaf parsley leaves, minced

Preheat oven to 375°F and position oven rack in the center.

1. **To roast chicken:** Pat chicken dry with paper towels and season generously with salt and pepper. To a large ovenproof skillet set over medium-high heat, add the oil. When the oil is shimmering, carefully add lemon wedges and chicken, skin side down, and cook until golden brown, about 4 minutes. Using tongs, flip the chicken and transfer the skillet to the oven. Roast the chicken until an instant-read thermometer inserted into the thickest part registers at 165°F, 12 to 14 minutes. Transfer chicken to a cutting board and rest for 5 minutes. Remove lemons and set aside.

2. **To prepare sauce:** Return the skillet to the stove over medium heat. Add the shallots and cook until tender, about 2 minutes. Add the wine and cook, scraping up the browned bits from the pan, until wine is reduced by half. Add the chicken broth and cook until the sauce has slightly reduced and thickened, about 2 minutes. Swirl in the butter, olives, capers and roasted lemons. Taste and adjust seasoning with salt and pepper.

3. **To serve:** Transfer chicken to warmed dinner plates, spoon the pan sauce over the chicken, and top with parsley; serve immediately.

Recipe variations:

- Any pitted olive will work nicely in this recipe.

PARMESAN POLENTA

Yield: 4 servings

3 cups chicken broth or water, plus more if needed

1 cup polenta

2 ounces Parmigiano-Reggiano cheese, grated

1 tablespoon unsalted butter

Kosher salt and freshly ground black pepper

1. To a large saucepan set over medium-high heat, add broth; bring to a boil. While whisking vigorously, slowly pour the polenta into the broth. Reduce heat to maintain a simmer. Cook, while whisking constantly for 5 minutes. Reduce heat to low, cover and cook until all liquid is absorbed, 20 to 25 minutes.

2. **To serve:** Remove saucepan from heat and stir in Parmigiano-Reggiano and butter. Taste and adjust seasoning with salt and pepper; serve immediately.

Recipe variations:

- If substituting quick-cooking polenta, follow package instructions for cooking times.

ROASTED DELICATA SQUASH WITH SHAVED PARMESAN AND HONEY

Yield: 4 servings

The skin of delicata squash is quite thin and delicate; there's no need to peel it. When roasted, the skin becomes crisp and offers a nice contrast to the tender flesh of the squash.

2 delicata squash

2 tablespoons olive oil

Kosher salt and freshly ground black pepper

3 tablespoons honey

1 teaspoon chopped fresh thyme

1 teaspoon chopped fresh sage

3 ounces Parmigiano-Reggiano cheese, shaved with a vegetable peeler

Preheat oven to 375°F.

1. **To prepare the delicata squash:** With a sharp knife, trim the ends of the delicata and cut the squash in half, lengthwise. Scoop out the seeds with a spoon (you can save these and roast them as you would pumpkin seeds). Cut each delicata in half crosswise into 1/2-inch pieces and add to a medium bowl. Toss squash with olive oil, salt, and pepper.
2. Spread squash onto a parchment paper-lined rimmed baking sheet and roast in the oven, turning over once or twice, until squash is fork-tender and golden brown, about 30 minutes. Transfer the roasted squash to a medium bowl.
3. To a small saucepan set over low heat, add honey and herbs; cook until warmed through and fragrant, about 1 minute. Pour warmed honey over squash and toss to coat. Taste and adjust seasoning with salt and pepper.
4. Transfer glazed squash to a serving platter and top with shavings of Parmigiano-Reggiano; serve warm.

Recipe variations:

- Substitute delicata squash for butternut squash. Peel and scoop out the seeds of the butternut before roasting.