



COOKING CLASSES
AT SUR LA TABLE

MAKE-AHEAD APPETIZERS

WITH SUR LA TABLE CHEF

Ingredient Shopping List

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

Produce

- 2 bunches fresh herbs such as basil, flat-leaf parsley, chives, dill, or tarragon
- 1 orange
- 1 large yellow onion
- 4 garlic cloves
- 2 carrots
- 1 large cucumber
- 1 bunch radish
- 2 bell peppers (any color you like to eat raw)

Dairy/Refrigerated

- 10 ounces soft goat cheese, Chèvre
- 8 ounces (1 cup) sour cream
- 8 ounces (1 cup) mayonnaise
- 1 1/2 tablespoons unsalted butter

Pantry Items

- Extra-virgin olive oil
- Kosher or sea salt
- Black peppercorns in a pepper mill
- Aged balsamic vinegar (optional garnish for Stuffed Peppers)
- Honey
- Ground cumin
- Smoked hot or sweet paprika

Dry/Canned Goods

- 1 large jar, 20 peppadew peppers
- 2 cups (10 ounces) Marcona almonds

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
- Liquid measuring cup
- Microplane
- Mixing bowls (various sizes)
- Silicone spatula
- Pastry bag and medium open tip (see recipe for alternative)
- Wooden spoon
- Vegetable peeler
- Whisk

Cookware

- Large skillet

Bakeware

- 1 rimmed baking sheet
- Parchment paper or silicone baking mat

Tabletop

- 2 serving platters
- Dip bowl
- Decorative bowl with 2 cup or more capacity

Other

- Food storage containers
- Helpful to have tape or labels and permanent marker to label storage containers

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.

Goat Cheese Stuffed Peppers

1. If purchased peppadews have stems, carefully remove with a paring knife.

Caramelized Onion Dip with Crudit 

1. Wash and dry all the produce.

Spiced Marcona Almonds

1. Preheat the oven to 350 F.
2. Line a rimmed baking sheet with a silicone baking mat or parchment paper.

GOAT CHEESE STUFFED PEPPERS

Yield: 20 stuffed peppers

Mini sweet peppers are great for entertaining because they are the perfect size for just a bite or two. They are also a snap to prepare

20 peppadew peppers, stems and seeds removed if necessary

Filling:

10 ounces soft goat cheese

1/4 cup variety of chopped herbs, such as basil, flat-leaf parsley, chives, dill and tarragon

1 teaspoon extra-virgin olive oil, plus more for garnish

Kosher salt and freshly ground pepper

1 teaspoon orange zest

Aged balsamic vinegar to garnish, optional

1. **To prepare filling:** To a large bowl add goat cheese, herbs, olive oil, salt, pepper, and orange zest. Using a fork or sturdy silicone spatula, mash, then stir together to combine. Taste and adjust seasoning with salt and pepper. Transfer to a pastry bag fitted with a medium open tip (*a sealable plastic bag with the corner clipped off also works in a pinch*). Fill each pepper with 1 to 1 1/2 tablespoons of the goat cheese mixture.

2. **To assemble peppers:** Using the pastry bag and tip, fill each pepper entirely. Save any remaining filling to snack on with crudité or crackers. Place on serving platter, drizzle with extra-virgin olive oil and aged balsamic vinegar.

Make Ahead Notes:

- The peppadews and filling can be kept separately in the refrigerator for up to 5 days. Filled peppers can be made 1 day in advance.

Recipe Notes:

- Peppadew peppers can be found in jars or cans in the pickle aisle, or at the olive bar in most supermarkets.

CARAMELIZED ONION DIP WITH CRUDITÉ

Yield: 16 servings

A cook's tip when caramelizing onions is to add small amounts of water to the skillet if the onions start to stick.

Caramelized Onion Dip:

2 tablespoons olive oil
1 large yellow onion, thinly sliced
1 teaspoon kosher salt
4 garlic cloves, minced
1 cup sour cream
1 cup mayonnaise
1 teaspoon freshly ground black pepper

Crudité Suggestions:

Carrots, peeled and cut into coins or strips
Cucumber, cut into coins
Radishes, cut in half or quarters
Bell peppers, cut into strips

1. **To make the dip:** To a large skillet over medium heat, add oil. When the oil is shimmering, add the onions and 1/2 teaspoon of salt. Cook until the onions are soft and translucent, 3 minutes. Reduce the heat to medium-low and cook the onions, stirring frequently to prevent burning until golden, about 15 to 20 minutes. Remove the skillet from the heat and add in garlic, stir to combine. Set aside to cool to room temperature.

2. To a medium bowl, add the cooled onion mixture, sour cream, mayonnaise and remaining 1/2 teaspoon of salt and pepper, stir to mix well. Cover and chill for 1 hour to blend flavors. Transfer dip to a serving bowl.

3. **To serve:** Arrange fresh vegetables on a platter. Serve with caramelized onion dip.

Make Ahead Notes:

- Dip can be made up to five days in advance. Vegetables can be cut a day in advance, cover them with a damp paper towel to keep crisp in the refrigerator.

SPICED MARCONA ALMONDS

Yield: about 2 cups

This simple and delicious appetizer is quick to fix and will delight your guests. Marcona almonds are sweeter and more delicate than the typical California almond and their unique flavor is enhanced by toasting them in the oven.

1 1/2 tablespoons unsalted butter, melted
2 tablespoons honey
1 teaspoon kosher salt
1/2 teaspoon ground cumin
1/4 teaspoon smoked hot or sweet paprika
2 cups (about 10 ounces) Marcona almonds

Preheat oven to 350°F and position the rack in the middle of oven. Line a rimmed baking sheet with parchment paper or a silicone baking mat.

1. To a medium mixing bowl, add butter, honey, salt, cumin and paprika; whisk until thoroughly mixed. Add almonds, tossing to coat. Spread coated almonds evenly on the baking sheet, place in preheated oven and bake until golden, about 10 to 15 minutes.
2. Carefully transfer nuts on parchment to a wire rack and cool completely, as almonds will crisp when they cool. Loosen nuts from parchment with a spatula and transfer to a bowl.

Make Ahead Notes:

- Spiced Almonds can be made up to 7 days in advance. When almonds are completely cool, transfer to a food storage container and keep in a cool, dark spot at room temperature. Serve at room temperature or warmed in an oven right before serving.