



COOKING CLASSES
AT SUR LA TABLE

ONLINE MEDITERRANEAN 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.

Proteins

- ☐ 2 pounds boneless, skinless chicken thighs

Produce

- ☐ 10 garlic cloves
- ☐ 3 lemons
- ☐ 3 tablespoons fresh flat-leaf parsley
- ☐ Pomegranate seeds (optional)
- ☐ Mint leaves (optional)
- ☐ 1 pint berries such as raspberries, blueberries, or blackberries
- ☐ 4 medium carrots

Dairy

- ☐ 2/3 cup labneh
- ☐ 6 tablespoons unsalted butter
- ☐ 1 cup heavy cream

Frozen

- ☐ 6 phyllo sheets

Pantry Items

- ☐ 2 teaspoons Saf-Instant yeast
- ☐ 10 1/2 ounces unbleached all-purpose flour
- ☐ 1 3/4 ounces whole wheat flour
- ☐ Kosher salt
- ☐ Extra virgin olive oil
- ☐ 1 tablespoon za'atar
- ☐ Fresh ground black pepper
- ☐ Ground sumac (optional)
- ☐ 1 tablespoon granulated sugar
- ☐ 1 teaspoon vanilla bean paste
- ☐ 2 tablespoons tahini
- ☐ 1 teaspoon ground cumin
- ☐ 1 teaspoon paprika
- ☐ 1 cup canned chickpeas

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)
- ☐ Wooden spoon
- ☐ Bench scraper
- ☐ Rolling pin
- ☐ Pizza peel
- ☐ Microplane
- ☐ Citrus juicer
- ☐ Tongs
- ☐ Whisk
- ☐ Silicone pastry brush

Cookware

- ☐ Pizza stone
- ☐ Grill pan
- ☐ Rimmed baking sheet

Appliances

- ☐ Stand mixer
- ☐ Food processor

Bakeware

- ☐ Muffin tin

Other

- ☐ Plastic wrap
- ☐ Kitchen towel
- ☐ Aluminum foil

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.

Warmed Pita

1. Prepare pita dough through step 3 at least 1 hour before class.
2. Place a pizza stone in the lower third of the oven and preheat the oven to 425°F. Allow the pizza stone to preheat for at least 30 minutes.

ROASTED CARROT AND TAHINI HUMMUS

1. Wash and dry all produce.

Za'atar Chicken with Lemony Labneh

1. To a large bowl, combine the chicken, all but 1 teaspoon of the grated garlic (save that for the labneh), half of the lemon zest and juice, za'atar, parsley, olive oil, and 1 1/2 teaspoons of the salt. Cover and refrigerate for at least 2 hours and up to 8 hours.

PHYLLO CUPS WITH WHIPPED CREAM AND BERRIES

1. Wash and dry all produce.

WARMED PITA

Yield: 4 servings or 8 medium pitas

1 cup (8 fluid ounces) warm water (110°F to 115°F)
2 teaspoons Saf-Instant yeast
10 1/2 ounces unbleached all-purpose flour
1 3/4 ounces whole wheat flour
1 teaspoon fine kosher salt
2 tablespoons extra-virgin olive oil

1. To a small bowl, add the warm water and sprinkle with the yeast. Let stand for 5 minutes or until foamy. Stir to dissolve, if necessary.
2. **To prepare pita dough:** To a medium bowl, add flour and salt. Briefly mix to combine. Add the yeast mixture and olive oil and stir with a wooden spoon until the dough is shaggy. Turn the dough onto a floured surface and knead by hand until smooth, 3 minutes.
3. Shape the dough into a smooth ball, place it on a floured surface and cover with an inverted bowl, plastic wrap, or a damp cloth. Let rise at room temperature for about 1 1/2 hours, or until doubled in bulk.
4. Place a pizza stone in the lower third of the oven and preheat the oven to 425°F. Allow the pizza stone to preheat for at least 30 minutes.
5. **To shape pita dough:** When the dough is ready, use a large knife or a bench scraper to divide it into 8 equal pieces. With lightly floured hands, press out any bubbles that might have formed in the dough and form each piece into a small smooth ball. Cover dough with a damp towel and allow to rest, 10 minutes.
6. **To bake:** Working with one ball at a time, roll out the dough with a rolling pin into a thin 6 x 8-inch oval. Carefully lift the dough with a pizza peel and transfer to preheated pizza stone. Bake 2 minutes. Flip dough over and continue to bake 3-5 minutes more until the pita is puffed and golden. Immediately wrap cooked pitas in a dry kitchen towel to keep soft. Repeat with remaining dough.

ROASTED CARROT AND TAHINI HUMMUS

Yield: 2 servings

Header

4 medium carrots, tops trimmed, peeled and cut into 1" lengths on the bias
2 tablespoons extra-virgin olive oil
Kosher salt and freshly ground black pepper

Hummus:

1 cup chickpea
2 tablespoon tahini
2 garlic cloves, minced
1 lemon, juiced
1 teaspoon ground cumin
1 teaspoon paprika
1 teaspoon extra virgin olive oil
Kosher salt and freshly ground black pepper
Pomegranate seeds, for garnish

Preheat oven to 375°F and place rack in the center. Line a rimmed baking sheet with parchment paper or a silicone baking mat.

1. **To prepare carrots:** To the prepared baking sheet add the carrots and olive oil. Toss to coat and spread carrots out into an even layer and season with salt and pepper. Transfer to preheated oven and roast, stirring about halfway through, until carrots are tender and blistered around the edges, about 40 to 45 minutes. Remove from the oven and allow to cool.

2. **To make hummus:** To a colander, drain and thoroughly rinse chickpeas. To the bowl of a food processor fitted with a metal blade, add drained chickpeas, remaining hummus ingredients, and roasted carrots. Blend until smooth, scraping down the sides of the bowl as needed. If hummus is too thick, adjust consistency by streaming in a small amount of cold water while the motor is running. Taste and adjust seasoning with salt, pepper, and additional lemon juice.

3. **To serve:** Transfer to a serving bowl. Drizzle with olive oil and sprinkle with pomegranate seeds. Serve with warmed pita.

ZA'ATAR CHICKEN WITH LEMONY LABNEH

Yield: 4 to 6 servings

Intensely garlicky and lemony, this Middle Eastern–inspired dish gets an earthy, herbal character from za'atar, a mix of dried herbs, sumac, and sesame seeds that's rubbed all over the boneless thighs along with garlic, olive oil, and plenty of fresh parsley.

2 pounds boneless, skinless chicken thighs
8 garlic cloves, grated on a Microplane or minced
Grated zest and juice of 2 lemons
1 tablespoon za'atar
3 tablespoons minced fresh parsley, plus more for serving
3 tablespoons extra-virgin olive oil, plus more for serving
1 3/4 teaspoons kosher salt
2/3 cup labneh
1/4 teaspoon freshly ground black pepper
Parsley leaves, for garnish (optional)
Ground sumac, for garnish (optional)
Pomegranate seeds, for garnish (optional)
Mint leaves, for garnish (optional)

1. To a large bowl, combine the chicken, all but 1 teaspoon of the grated garlic (save that for the labneh), half of the lemon zest and juice, za'atar, parsley, olive oil, and 1 1/2 teaspoons of the salt. Cover and refrigerate for at least 2 hours and up to 8 hours.

2. Heat a grill, or arrange a rack in the position closest to the heat source and heat the broiler. Remove the chicken from the bowl, reserving the marinade.

3. ***To grill the chicken:*** To a preheated grill or grill pan set over high heat, add the chicken and grill until it is charred in spots; 4 to 7 minutes. Baste the chicken with some of the reserved marinade, flip the pieces over, and continue cooking until they are just cooked through; another 4 to 7 minutes.

4. ***To broil the chicken:*** Line a rimmed baking sheet with aluminum foil and spread the chicken out on it in a single layer. Broil the chicken, basting it with some of the reserved marinade and turning the pieces over halfway through, until well colored and charred in spots, 4 to 7 minutes per side. Be careful that the chicken doesn't burn.

5. ***To prepare the labneh:*** To a small bowl, add the labneh, reserved grated garlic, the remaining lemon zest, pepper, and remaining 1/4 teaspoon salt. Set aside.

6. ***To serve:*** Drizzle olive oil and the remaining lemon juice, to taste, over the chicken. Sprinkle with parsley and ground sumac if using. Pass the labneh for dipping.

PHYLLO CUPS WITH WHIPPED CREAM AND BERRIES

Yield: 12 standard cups or 24 mini cups

6 (13 x 17-inch) phyllo sheets
6 tablespoons unsalted butter, melted

Whipped Cream:

1 cup heavy whipping cream, chilled
1 tablespoon granulated sugar
1 teaspoon vanilla bean paste

1 pint berries, such as raspberries, blueberries, or blackberries

Preheat oven to 400°F.

1. Arrange a sheet of phyllo dough on a large cutting board (be sure to cover the remaining phyllo sheets with a slightly damp paper towel or plastic wrap), and brush the top with melted butter using a silicone pastry brush. Arrange another sheet on top of the first sheet and repeat, alternating butter and phyllo, until there are 6 layers. Brush the top layer with butter.
2. Using a sharp knife or pizza cutter, cut the phyllo into 12 approximately 4" x 4" squares, or 24 approximately 2" x 2" squares, if making mini cups. Gently place the squares in the center of each muffin cup and press down to make well in the center.
3. Bake until the cups are golden and crisp, 10 to 12 minutes. Transfer to a wire rack and cool completely.
4. *To prepare whipped cream:* To the bowl of a stand mixer fitted with a whisk attachment, add cream, sugar, and vanilla, and whip until the cream forms medium peaks.
5. **To serve:** Fill phyllo cups with whipped cream and top with berries. Serve immediately.