



COOKING CLASSES
AT SUR LA TABLE

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

- 10 ounces ground lamb
- 10 ounces ground beef

Produce

- 2 lemons
- 3 garlic cloves
- 1 medium onion
- 1 bunch flat-leaf parsley
- 2 large ripe tomatoes
- 1 red or green bell pepper
- 1/2 large English cucumber
- 1/4 red onion
- 1 small bunch fresh oregano

Dairy

- 2 sticks unsalted butter
- 4 ounces feta cheese
- 2 tablespoons heavy whipping cream

Pantry Items

- Kosher salt
- Cayenne pepper
- Ground cinnamon
- Ground allspice
- Freshly grated nutmeg
- Freshly ground black pepper
- Sunflower or vegetable oil
- Sweet paprika
- Red wine vinegar
- Extra-virgin olive oil
- Granulated sugar
- Vanilla bean paste and vanilla extract
- All-purpose flour

Dry/Canned Goods

- 1 cup tahini paste
- 6 tablespoons pine nuts
- 1/2 cup kalamata olives

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)
- Prep bowls
- Citrus juicer or reamer
- Whisk
- Instant-read thermometer
- Fork
- Silicone spatula
- Tongs

Cookware

- Large skillet
- Small saucepan

Appliances

- Stand mixer

Bakeware

- 2 rimmed baking sheets
- Wire cooling rack

Other

- 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.

Lamb and Beef Kofta with Pine Nuts and Tahini Sauce

1. 30 minutes before class, remove ground meat and allow to come to room temperature.
2. Wash and dry produce.
3. Toast and cool pine nuts.

Greek Village Salad

1. Wash and dry produce.

Sesame Seed Cookies

1. Preheat oven to 400°F.

LAMB AND BEEF KOFTA WITH PINE NUTS AND TAHINI SAUCE

Yield: 4 servings, 12 kofta

For the most authentic kofta, ask your butcher to freshly grind the lamb and beef. Ask for lamb shoulder and non-stewing beef cuts.

Tahini sauce:

1/2 cup tahini paste
2 tablespoons freshly squeezed lemon juice
1/3 water
1 garlic clove, crushed
1/4 teaspoon kosher salt

Kofta:

10 ounces ground lamb
10 ounces ground beef
1/2 medium onion, finely chopped
2 garlic cloves, crushed
1/4 cup toasted pine nuts, coarsely chopped
1/3 cup flat-leaf parsley, finely chopped, plus more for garnish
1/2 teaspoon cayenne pepper (optional)
3/4 teaspoon ground cinnamon
3/4 teaspoon ground allspice
3/4 teaspoon grated nutmeg
3/4 teaspoon freshly ground black pepper
1 teaspoon kosher salt

2 tablespoons sunflower oil or vegetable oil
2 tablespoons unsalted butter
2 tablespoons toasted pine nuts, for garnish
Sweet paprika, for garnish

Preheat oven to 425°F and position a rack in top third of oven.

- 1. To prepare tahini sauce:** To a medium bowl, whisk together tahini paste, lemon juice, water, garlic and salt. The consistency should be runny. To loosen, whisk in an extra 1 to 2 tablespoons of water.
- 2. To prepare kofta:** To a large mixing bowl, combine all ingredients. Using your hands, mix ingredients together thoroughly. Shape mixture into 2 ounce balls and then roll into logs roughly 3" inches long. Gently press to flatten each kofta so that it keeps its shape.
- 3. To cook kofta:** To a large skillet set over high heat, add oil. When oil is shimmering, sear

kofta in batches on all sides until golden brown. Transfer to a rimmed baking sheet.

4. Transfer baking sheet to oven and cook for an additional 3 minutes until an instant-read thermometer reads 135°F when inserted into center of kofta.

5. Remove baking sheet from oven and spoon tahini sauce around and over kofta. Transfer to oven and cook 2 minutes until sauce is warm.

6. **To serve:** To a small saucepan set over medium heat, add butter. Cook until slightly browned and butter begins to smell nutty. Spoon brown butter over kofta. Garnish with pine nuts, parsley and paprika. Serve immediately.

Recipe variations:

- Ground lamb can be substituted with ground beef.

GREEK VILLAGE SALAD (HORIATIKI SALATA)

Yield: 4 servings

2 large ripe tomatoes (about 1 cup), cut into 1" dice
1 red or green bell pepper, cored, seeded and cut into 1/2" dice
1/2 large English cucumber, peeled, cut into 1/2" dice
1/4 red onion, cut into thin slices
1/2 cup kalamata olives, pitted
4 ounces feta cheese, crumbled or cubed
1 tablespoon fresh oregano leaves, chopped
2 to 4 tablespoons red wine vinegar
1/2 cup extra-virgin olive oil
Kosher salt and freshly ground black pepper

1. To a medium serving bowl, add all ingredients and toss gently to coat. Taste and adjust seasoning with vinegar, salt and pepper.
2. Serve immediately or transfer to refrigerator in an airtight food storage container. The salad can be kept in refrigerator for up to 3 days.

SESAME SEED COOKIES

Yield: makes about 35 cookies

2/3 cup granulated sugar

2/3 cup unsalted butter, at room temperature

1/2 cup tahini paste

1/2 teaspoon vanilla bean paste or vanilla extract

2 tablespoons heavy whipping cream

2 cups plus 1 1/2 tablespoons all-purpose flour

1 teaspoon kosher salt

1 teaspoon ground cinnamon

1 teaspoon kosher salt

Preheat the oven to 400°F and position a rack in the upper third of oven.

1. **To prepare dough:** To the bowl of a stand mixer fitted with the paddle attachment, add sugar and butter. Beat on medium speed for 1 minute, until just combined. With machine running, add tahini, vanilla, and cream and mix until combined. On low speed, add flour and salt and mix until just combined. Transfer to a work surface and knead until smooth.
2. Line a baking sheet with parchment paper. Portion tablespoon pieces of dough and roll into a ball. Arrange balls on a baking sheet 1" apart. Using a fork, push down lightly on top of each ball so that it flattens slightly and is marked with the fork's tines. Sprinkle each cookie with a scant amount of cinnamon.
3. **To bake cookies:** Transfer baking sheet to preheated oven and bake for 15 to 17 minutes until golden brown. Transfer to a wire rack to cool completely. Cookies can be kept in a sealed container for up to 5 days.