



COOKING CLASSES

AT SUR LA TABLE

MEET ME IN LITTLE ITALY

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 boneless, skinless chicken breasts

Produce

- 1 shallot
- 3 lemons
- 1 bunch flat-leaf parsley
- 2 pounds russet potatoes
- 1 bunch basil
- 3 garlic cloves
- 1 large head romaine lettuce

Dairy

- 4 large eggs
- 1 stick plus 1 tablespoon unsalted butter
- 1 1/4 cups Parmigiano-Reggiano, grated

Pantry Items

- All-purpose flour
- Kosher or sea salt
- Freshly ground black pepper
- Vegetable oil
- 1 cup low sodium chicken broth
- Extra-virgin olive oil
- Dijon mustard
- Worcestershire sauce
- Red wine vinegar

Dry/Canned Goods

- 1/4 cup capers
- 1/3 loaf French bread
- 1 teaspoon anchovy paste or 3 whole anchovy fillets

Equipment Needed

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

Cutlery

- Chef's knife
- Paring knife
- 2 cutting boards
- Serrated knife

Hand Tools/Gadgets

- Measuring cups and spoons
- Shallow bowls
- Mixing bowls (various sizes)
- Prep bowls
- Citrus juicer or reamer
- Cheese grater
- Whisk
- Wooden spoon
- Slotted spoon or spider
- Meat mallet or small saucepan
- Fine-mesh strainer
- Fork
- Potato ricer or food mill
- Bench scraper (optional)
- Mortar and pestle (optional)
- Tongs

Cookware

- Large sauté pan
- Stockpot or large saucepan
- Large skillet

Bakeware

- 2 rimmed baking sheets

Other

- Plastic wrap
- Paper towels
- 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.

Chicken Piccata

1. 30 minutes prior to class, remove chicken from refrigerator and allow to come to room temperature.
2. Wash and dry produce.
3. Drain 1/4 cup capers in a fine-mesh strainer.

Crispy Potato Gnocchi

1. We will use the microwave cooking option in class. If you would rather use an oven, follow the instructions for baking your potatoes. Please be mindful of the time and begin baking your potatoes about an hour before class.

Caesar Salad

1. Preheat oven to 350°F.
2. Wash and dry produce.

CHICKEN PICCATA

Yield: 4 to 6 servings

Chicken piccata refers to the method, not the dish. To piccata is to slice, bread, fry and serve in a sauce. While it has origins in Italy, chicken piccata is an invention of Italian-Americans. Please thank them.

4 boneless, skinless chicken breast halves
1 large egg
1 cup all-purpose flour
2 teaspoons fine kosher salt
1/2 teaspoon freshly ground black pepper
1/4 cup vegetable oil
1 shallot, minced
2 lemons, sliced thinly
1 cup low sodium chicken broth
3 tablespoons unsalted butter
1/4 cup capers, drained
1/4 cup fresh flat-leaf parsley, minced

1. Cut each chicken breast in half lengthwise. Place a chicken breast half in a plastic storage bag or between 2 sheets of plastic wrap and pound with a meat mallet to an even 1/4" thickness. Repeat process with remaining chicken breasts. If you do not have a meat mallet, a small saucepan works well to flatten chicken.
2. To a shallow bowl, whisk egg. To a separate bowl whisk together flour, salt, and pepper.
3. **To pan-fry chicken:** To a large sauté pan set over medium heat, add 2 tablespoons of oil. Dip chicken breast on both sides into flour, then into egg and back into flour. Cooking in batches, carefully place chicken breasts into hot oil, spacing 1" apart, do not crowd pan. Cook for 3 to 4 minutes on each side, or until chicken is golden brown. Transfer chicken to paper towel-lined plate to drain. Drain used oil out of pan, wipe out pan, and add remaining 2 tablespoons olive oil. Repeat with remaining chicken breasts.
4. Add shallot and lemon slices to pan and cook until lightly caramelized and fragrant. Add chicken broth and simmer until liquid is reduced by half. Reduce heat to low and stir in butter and capers. Taste and adjust seasoning with salt and pepper.
5. **To serve:** Arrange chicken in a shallow serving bowl and pour sauce over it. Sprinkle parsley over chicken and serve immediately.

CRISPY POTATO GNOCCHI

Yield: 4 servings

Often called pillows of joy, gnocchi are mini dumplings found throughout Italy. Named after nocchio or knots in wood, this simple and satisfying pasta pairs well with most sauces.

2 pounds russet potatoes
1 1/4 cups all-purpose flour, plus more as needed
1 large egg, beaten
2 teaspoons fine kosher salt, plus more for simmering
2 tablespoons unsalted butter
1 tablespoon olive oil
2 tablespoons fresh basil leaves, sliced for serving
1/2 cup Parmigiano-Reggiano cheese, freshly grated for serving

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

1. **To make dough:** Pierce potatoes all over with a fork. Place potatoes onto a rimmed baking sheet and bake in oven until tender, about 1 hour. Set aside until cool enough to handle.
2. Using a kitchen towel and paring knife, carefully peel potatoes and immediately process through a potato ricer or food mill onto a baking sheet. Spread riced potatoes out evenly and allow to cool slightly.
3. Using a fine-mesh strainer, dust potatoes evenly with flours. Drizzle egg and salt over potatoes and knead until you have a smooth, cohesive dough, about 2 minutes. If dough feels sticky, incorporate up to 1/4 cup more of cake flour. Set gnocchi aside, covered with a kitchen towel to rest for 20 minutes.
4. **To shape gnocchi:** Place dough on a lightly floured work surface and cut into quarters with a bench scraper. Roll each portion into a long rope, about 3/4" in diameter. Using a bench scraper or a knife, cut rope into 3/4" long pieces. Set cut gnocchi on a lightly floured baking sheet and cover with a kitchen towel as you form remaining dough.
5. Bring a large pot of water to a gentle boil and season generously with salt.
6. **To cook gnocchi:** Add gnocchi, in batches, to simmering water and cook until they float on surface, about 2 to 3 minutes. Using a slotted spoon or spider, transfer cooked dumplings to a paper towel-lined baking sheet or plate.
7. To a large skillet set over medium-high heat, add butter and olive oil. When butter has melted, add gnocchi in batches. Cook until crispy and caramelized on all sides, gently flipping with a spatula. Season with salt and freshly ground pepper.
8. **To serve:** Transfer crispy gnocchi to a serving bowl and garnish with basil and Parmigiano-Reggiano.

Microwave instructions:

- Use the microwave to cook the potatoes quickly. Prick each potato a few times with the tines of a fork and microwave until tender, about 8 minutes per pound of potatoes.
- Gnocchi can be boiled and tossed in any of your favorite sauces. Try marinara, fresh pesto or a rich Bolognese sauce.

Recipe variations:

- Try substituting yams or sweet potatoes for some of the potatoes.

CAESAR SALAD

Yield: 4 servings

The quintessential Italian-American contorno (side dish), Caesar salad actually originates from a resort in Mexico. No matter its history, there is nothing like the perfect creamy saltiness of a homemade Caesar dressing tossed with crispy romaine.

Croutons:

1/4 cup unsalted butter, melted
1/2 teaspoon garlic, minced
4 thick slices (about 1/3 loaf) French bread, cut into 1/2-inch cubes
2 tablespoons Parmigiano-Reggiano cheese, grated
Fine kosher salt

Salad:

2 small garlic cloves
1 teaspoon anchovy paste, or 3 whole anchovy fillets
*1 large egg yolk**
1 teaspoon Dijon mustard
1 teaspoon Worcestershire sauce
1 1/2 teaspoons fresh lemon juice
1 1/2 teaspoons red wine vinegar
3 tablespoons extra-virgin olive oil
Kosher salt and freshly ground black pepper
1 large head romaine lettuce, torn into bite-size pieces
1/2 cup Parmigiano-Reggiano cheese, grated plus more for garnish

1. **To prepare croutons:** Preheat oven to 350°F. Combine butter and garlic in a medium bowl. Toss bread in the butter mixture to coat evenly. Add 2 tablespoons of Parmigiano-Reggiano and salt and toss again. Transfer to a baking sheet in a single layer and bake until golden brown, about 10 minutes. Remove from oven and set aside to cool.

2. **To prepare dressing:** To a mortar and pestle, smash garlic cloves and anchovies into a paste. Alternatively, make the paste by finely chopping garlic first, then anchovies and using the flat side of a knife blade to mash into a smooth paste. Place garlic and anchovy paste into a small bowl with egg yolk, Dijon mustard, Worcestershire sauce, lemon juice and red wine vinegar. While whisking quickly, slowly drizzle in olive oil until completely incorporated. Taste and adjust seasoning with salt and pepper.

3. **To assemble salad:** Add romaine to a large serving bowl and add 1/2 cup of grated Parmigiano-Reggiano. Pour enough dressing to lightly coat greens and toss together to coat. Divide salad among salad plates, garnish with croutons, Parmigiano-Reggiano and freshly ground black pepper.

Recipe variations:

- If you do not want to add the egg yolk, simply omit from recipe.

*Sur La Table recommends using caution when consuming raw or undercooked eggs, due to the slight risk of food-borne illness.