



COOKING CLASSES
AT SUR LA TABLE

NEW ORELEANS 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

- ☐ 8 ounces Andouille sausage
- ☐ 1 pound shrimp

Produce

- ☐ 2 yellow onions
- ☐ 1 red bell pepper
- ☐ 1 green bell pepper
- ☐ 6 garlic cloves
- ☐ 2 tablespoons parsley leaves
- ☐ 2 celery ribs
- ☐ 1/2 bunch scallions

Dairy

- ☐ 4 tablespoons unsalted butter

Pantry Items

- ☐ All-purpose flour

Dry/Canned Goods

- ☐ 3 bay leaves
- ☐ 2 tablespoons tomato paste
- ☐ 1 tablespoon dried thyme
- ☐ 4 teaspoons hot paprika
- ☐ 1 cup chicken broth
- ☐ 2 cups seafood stock
- ☐ 2 (15 ounce) cans red kidney beans
- ☐ 4 cups long grain rice
- ☐ 1 teaspoon dried oregano
- ☐ 1/4 teaspoon cayenne pepper

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

- ☐ Tongs
- ☐ 2 Wooden spoons
- ☐ Ladle
- ☐ Whisk

Cookware

- ☐ 2 Dutch ovens, or heavy bottom pot

Tabletop

- ☐ Individual serving bowl

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.

Red Beans, Rice and Andouille Sausage

1. Wash and dry all produce
2. Cook 2 cups long grain rice

Shrimp Etouffee

1. Wash and dry all produce
2. Cook 4 servings long grain rice.

RED BEANS, RICE AND ANDOUILLE SAUSAGE

Yield: 4 servings

A traditional recipe from Louisiana, great as an entrée or as a side dish.

2 tablespoons vegetable oil
8 ounces Andouille sausage links
1 cup yellow onion, finely diced
1 small red bell pepper, cored, seeded, and finely chopped
4 cloves garlic, minced
2 bay leaves
2 tablespoons tomato paste
1 teaspoon dried thyme
1 tablespoon hot paprika
1 cup chicken broth
Kosher salt and fresh ground pepper
2 (15 ounce) cans red kidney beans, drained and rinsed
2 cups cooked long-grain white rice
2 tablespoons fresh parsley leaves, chopped

1. **To prepare the sausage:** To a dutch oven set over medium heat, add oil. Once oil is shimmering and hot add sausage link and cook until golden brown on all sides, about 5 minutes. Using tongs, remove sausages and transfer to a cutting board. Allow sausages to cool slightly, then using a chef's knife, slice sausage into 1/4" slices.
2. To the preheated dutch oven add onion, red bell pepper and sauté until tender, about 6 minutes. Add the garlic, cook until fragrant, about 1 minute. Add the bay leaves, tomato paste, thyme, paprika, chicken broth and season with salt, stir to combine. Add beans, sliced sausage and bring to a simmer. Cover and cook 5 minutes, to allow flavors to meld.
3. Taste and adjust seasoning with salt and black pepper, remove bay leaves. Serve over cooked long grain rice, garnished with parsley.

Recipe variations:

- If unable to find andouille sausage, replace with any smoked pork sausage.
- Turn leftovers into a delicious stew by adding chicken stock and leftover rice and allowing to simmer until flavors meld.

SHRIMP ETOUFFEE

Yield: 4 servings

The definition of etouffee is “smothered”, served over rice, it’s a perfect comforting meal.

4 tablespoons unsalted butter
4 tablespoons all-purpose flour
1 medium yellow onion, small dice
2 celery ribs, small dice
1 green bell pepper, cored, seeded, small dice
1 tablespoon garlic, finely chopped
1 bay leaf
1 1/2 teaspoons dried thyme
1/2 teaspoon paprika
1 teaspoon dried oregano
1/4 teaspoon cayenne pepper
Kosher salt and freshly ground black pepper
2 cups seafood stock
1 pound shrimp, peeled and deveined
Long-grain white rice for serving
1/4 cup green onions, chopped, reserved for garnish

1. **To make roux:** To a dutch oven set over medium heat add the butter. Once butter has melted, and foaming has subsided add the flour and whisk to remove any lumps. Using a wooden spoon, carefully monitor the butter and flour mixture, or roux, until it turns a dark deep brown, about 15 to 25 minutes.
2. **To make etouffee:** To the roux, add the onion, celery, bell pepper and cook until tender 8 to 10 minutes. Add the garlic and sauté until fragrant, about 1 minute. Add bay leaf, thyme, paprika, oregano and cayenne pepper, stir to combine and season with salt and pepper.
3. To the dutch oven add the seafood stock, increase the heat, and bring the mixture to a simmer until thickened, about 10 minutes. Add the shrimp until just cooked through, about 5 minutes. Taste and adjust seasoning with salt and pepper.
4. **To serve:** To an individual serving bowl place a scoop of rice, top with a ladle full of etouffee and garnish with green onions, serve immediately.

Recipe variations:

- Adding other types of seafood is a real treat, try crawfish, crab or langoustines.