



COOKING CLASSES
AT SUR LA TABLE

DATE NIGHT: A FRENCH AFFAIR

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

- ☐ 1 (5-ounce) skin-on, boneless chicken breasts

Produce

- ☐ 3 small shallots
- ☐ 1 bunch parsley
- ☐ 1 bunch thyme
- ☐ 1 bunch chives
- ☐ 1 bunch tarragon
- ☐ 1 garlic clove
- ☐ 3 lemons
- ☐ 1 cup baby arugula
- ☐ 1 small head Belgian endive or other bitter greens like radicchio or escarole
- ☐ 2 Bosc pears

Dairy/Refrigerator

- ☐ 4 ½ ounces unsalted butter
- ☐ 3 ounces Parmigiano-Reggiano cheese
- ☐ 1 ounce Pecorino cheese
- ☐ 1/2 cup heavy cream

Pantry Items

- ☐ Flaky sea salt
- ☐ Kosher salt
- ☐ Freshly ground black pepper and peppercorns
- ☐ Olive oil
- ☐ Champagne vinegar
- ☐ Dijon mustard
- ☐ 1/4 cup hazelnuts
- ☐ Granulated sugar
- ☐ Honey
- ☐ 2 star anise pods
- ☐ Vanilla bean paste or extract
- ☐ Confectioners' sugar
- ☐ Ground cinnamon

Dry/Canned Goods/Other

See Pre-Class Prep and Notes page for notes about wine

- ☐ 1/4 cup dry white wine
- ☐ 1/3 cup Chardonnay
- ☐ 1/2 bottle Riesling or other dessert-style wine
- ☐ 3 cups vegetable or chicken broth
- ☐ 1/2 cup Arborio or Carnaroli rice

Equipment Needed

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

Cutlery

- ☐ Chef knife
- ☐ Cutting board
- ☐ Paring knife

Hand Tools/Gadgets

- ☐ Dry measuring cups and spoons
- ☐ Liquid measuring cups
- ☐ Fork
- ☐ Mixing bowls, various sizes
- ☐ Tongs
- ☐ Digital or instant-read thermometer
- ☐ Microplane
- ☐ Cheese grater
- ☐ Wooden spoon
- ☐ Ladle
- ☐ Whisk
- ☐ Vegetable peeler
- ☐ Wine opener
- ☐ Fine mesh strainer

Cookware

- ☐ Large, ovenproof skillet
- ☐ 2 Medium saucepans
- ☐ Large saucepan, Dutch oven, or straight-sided skillet

Appliances

- ☐ Stand mixer or hand mixer, optional

Tabletop

- ☐ Plates

Other

- ☐ Paper towels

Pre-Class Mise en Place and Notes

- Please gather all ingredients before class if you will be cooking along.
- It is helpful to organize the ingredients by recipe on rimmed baking sheets.
- 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.
- ***Wine Note*** a dry white wine, Chardonnay, and Reisling are all called out for use in this class. We do recommend that you purchase a dessert-style wine for poaching the pears, but for the other two recipes, you can purchase 1 white wine that you enjoy drinking for use in the compound butter, and in the risotto.

All Recipes

1. Wash and dry all produce

Pan-Roasted Chicken with White Wine Compound Butter

1. 1 hour before class remove butter from the refrigerator.
2. 20 minutes before class remove chicken breasts from the refrigerator.

PAN-ROASTED CHICKEN WITH WHITE WINE COMPOUND BUTTER

Yield: 2 servings

Compound butter:

4 ounces (1 stick) unsalted butter, softened

1 small shallot, minced

1/4 cup dry white wine

3 tablespoons mixed fresh herbs such as parsley, chives, thyme, and tarragon

1 teaspoon flaky sea salt

1/2 teaspoon freshly ground black pepper

2 (5-ounce) skin-on, boneless chicken breasts

Kosher salt and freshly ground black pepper

1 tablespoon olive oil

Preheat oven to 400°F degrees.

1. ***To prepare the compound butter:*** To a medium bowl add butter, shallot, wine, herbs, salt, and pepper. Using a fork, mash and mix well to combine. Cover and set aside.

3. Pat dry the chicken breasts with paper towels and season with salt and pepper on both sides; set aside.

4. To a large ovenproof skillet set over medium-high heat, add oil. When oil is shimmering, carefully add the chicken breasts skin side down and cook until golden brown, about 4 minutes. Using tongs, flip the chicken and transfer the skillet to the oven to roast until an instant-read thermometer inserted into the thickest part registers 165°F, 12 to 14 minutes. Transfer the chicken to a plate and tent with aluminum foil to keep warm, reserving the skillet.

5. ***To serve:*** Place chicken breasts on dinner plates, serve garnished with a dollop of white wine compound butter

CHARDONNAY AND PECORINO RISOTTO

Yield: 2 servings

2 to 3 cups low-sodium vegetable, or chicken broth

1 tablespoon olive oil

1 shallot, minced

1 garlic clove, minced

1/2 cup Arborio or Carnaroli rice

1/3 cup Chardonnay

2 teaspoons lemon zest

1 tablespoon unsalted butter

1/4 cup Parmigiano-Reggiano cheese, grated, plus more for garnish

1/4 cup pecorino cheese, grated, plus more for garnish

Kosher salt and freshly ground black pepper

2 tablespoons fresh-flat leaf parsley, chopped

Juice of 1 lemon

1. Pour broth into a medium saucepan set over medium heat and bring to a simmer; reduce heat to low and cover to keep warm.

2. **To prepare the risotto:** To a large saucepan or straight-sided skillet over medium heat, add oil. When oil is shimmering, add shallots, garlic, and rice; sauté, stirring constantly until rice is evenly coated with oil and translucent around the edges and the shallots are soft, 3 to 4 minutes. Add wine and cook until pan is almost dry about 3 more minutes.

3. Using a ladle, add about 1 cup of hot broth to the rice, stirring continuously with a wooden spoon. Add additional broth, 1 cup at a time, stirring constantly and adding more broth only after the previous addition has been absorbed. After about 15 minutes add lemon zest. The risotto is done after about 20 minutes when it is creamy, and the rice grains are plump and tender with a slight resistance to the bite. Remove from heat and stir in butter, Parmigiano-Reggiano, pecorino, and parsley. Taste and adjust seasoning with salt, pepper, and lemon juice.

4. **To serve:** Perfect risotto should flow gently when ladled into a serving dish. If prepared in advance it will thicken as it sits. Just before serving, thin the risotto with a little hot broth or water to a creamy consistency. Ladle risotto into 4 warmed, shallow serving bowls. Garnish each with Parmigiano-Reggiano and pecorino and serve immediately.

ARUGULA SALAD WITH TOASTED HAZELNUTS AND CHAMPAGNE VINAIGRETTE

Yield: 2 servings

Vinaigrette:

2 tablespoons Champagne vinegar

1 small shallot, minced

1/2 teaspoon Dijon mustard

1/4 cup extra-virgin olive oil

Kosher salt and freshly ground black pepper

2 teaspoons fresh thyme leaves, finely chopped

Salad:

1 cups arugula

1 small head Belgian endive or other bitter greens, ends and outer leaves trimmed, and cut into strips

1/4 cup hazelnuts, toasted and chopped

2 tablespoons Parmigiano-Reggiano, shaved

1. ***To make the vinaigrette:*** Whisk the vinegar, shallot, and mustard together in a small bowl. While whisking vigorously, slowly drizzle the olive oil. Taste and adjust seasoning with salt and pepper; stir in thyme.

2. ***To assemble the salad:*** Place arugula and endive in a large salad bowl and season lightly with salt and pepper. Dress with enough vinaigrette to coat the salad and save any remaining dressing for another use. Divide the dressed salad between 2 plates, top with toasted hazelnuts and shaved cheese. Serve immediately.

RIESLING POACHED PEARS

Yield: 2 servings

Pears:

2 Bosc pears, peeled, stems attached

2 teaspoons fresh lemon juice

1/2 (750-ml) bottle Riesling wine or other sweet dessert wine

Zest strips from 1 lemon

2 tablespoons granulated sugar

2 tablespoons honey

4 black peppercorns

2 star anise pods, broken in half

1 tablespoon vanilla bean paste

Spiced whipped cream:

1/2 cup heavy whipping cream

2 tablespoons confectioners' sugar

1/2 teaspoon vanilla bean paste

1/2 teaspoon ground cinnamon

Zest from 1/2 lemon

1. ***To prepare the pears:*** Using a sharp paring knife, cut the pears in half and remove the core from the center of each half. Drizzle lemon juice over each pear.
2. Bring the wine to a simmer in a saucepan. Add the lemon zest, sugar, honey, spices, and vanilla. Once the sugar has dissolved, add the pears to the pan and cook gently until tender, about 15 minutes. Remove the pears from the pan, draining them well. Strain the poaching liquid and reserve 1/4 cup for the sauce. Remaining poaching liquid can be simmered until reduced to a syrup-like consistency and used to drizzle over ice cream, to flavor iced tea, or served over yogurt.
3. ***To make the whipped cream:*** To the bowl of a stand mixer fitted with a whisk attachment, add the cream, confectioner's sugar, vanilla, cinnamon, and lemon zest. Whip until soft peaks form.
4. ***To assemble:*** Place two halves into a dessert bowl. Drizzle the remaining poaching liquid over the top of the pears and top with a generous portion of whipped cream.