



COOKING CLASSES
AT SUR LA TABLE

EASY ASIAN FUSION

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, 4 to 6-ounce salmon filets, pin bones removed

Produce

- ☐ 3" piece of fresh ginger
- ☐ 12 garlic cloves
- ☐ Green onions, small bunch
- ☐ 1 shallot
- ☐ 8 ounces shiitake mushrooms
- ☐ 1 pound baby bok choy

Pantry Items

- ☐ Red pepper flakes
- ☐ Honey
- ☐ Soy sauce
- ☐ Rice wine vinegar
- ☐ Vegetable oil
- ☐ Black peppercorns in a mill or grinder
- ☐ Fish sauce
- ☐ Long grain rice
- ☐ Kosher or sea salt

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

- ☐ Microplane (optional)
- ☐ Measuring cups and spoons
- ☐ Whisk
- ☐ Mixing bowls (various sizes)
- ☐ Fish spatula
- ☐ Silicone pastry brush
- ☐ Wooden spoon
- ☐ Bench scraper (optional)
- ☐ Fine-mesh strainer
- ☐ Slotted spoon or spider
- ☐ Heat safe food storage container (for garlic infused oil)
- ☐ Fish tweezers
- ☐ Silicone spatula

Cookware

- ☐ Small saucepan
- ☐ Medium saucepan with lid
- ☐ Wok or large skillet

Bakeware

- ☐ Rimmed baking sheet lined with parchment paper or silicone baking mat

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.

Roasted Ginger-Soy Salmon

1. Preheat oven to 425°F.

Sautéed Bok Choy and Shiitake Mushrooms

1. Wash and dry all produce.

ROASTED GINGER-SOY SALMON

Yield: 4 servings

Marinade:

3" ginger piece, peeled and minced

3 garlic cloves, minced

1 teaspoon red pepper flakes

1/4 cup honey

1/2 cup soy sauce

2 tablespoons rice wine vinegar

2 tablespoons vegetable oil

1/2 teaspoon freshly ground black pepper

4, 4 to 6-ounce salmon filet, skin on, bones removed

1/4 cup green onions, sliced, for garnish

Preheat oven to 425°F and position rack in middle of oven. Line a rimmed baking sheet with parchment paper or silicone baking mat.

1. To a small bowl, add all marinade ingredients and whisk to combine.
2. Transfer salmon to prepared baking sheet. Pour 1/2 cup of marinade over salmon and set aside to marinate for 15 to 20 minutes.
3. Pour remaining marinade into a small saucepan set over medium heat. Bring to a boil, then reduce heat to low and simmer until thick, about 5 minutes. Remove from heat, set aside.
4. Transfer baking sheet with salmon to oven and roast until salmon is cooked through, about 12 to 20 minutes depending on the thickness of fish. Baste with simmered sauce every 10 minutes.
5. **To serve:** Divide salmon between 4 plates or arrange on one serving platter. Top with more sauce and garnish with green onions.

Recipe variations:

- Any firm flesh fish would be a great substitute for salmon; try black cod, rockfish, or Atlantic Shad.

STIR-FRIED BOK CHOY AND SHIITAKE MUSHROOMS

Yield: 4 servings

1 tablespoon fish sauce
1 teaspoon rice wine vinegar
1 teaspoon honey
Red pepper flakes, to taste (optional)
1 tablespoon vegetable oil
1 small shallot, thinly sliced
3 garlic cloves, thinly sliced
8 ounces fresh shiitake mushrooms, cut in half
1 pound baby bok choy, root trimmed

1. ***To prepare sauce:*** To a small mixing bowl, add fish sauce, vinegar, honey and red pepper flakes. Whisk to combine and set aside.
2. To a wok, or large skillet set over medium-high heat, add oil. When oil is hot and shimmering, add shallot and garlic. Cook, stirring constantly until fragrant and softened, 1 to 2 minutes. Add mushroom and cook, stirring occasionally until golden brown, 2 to 3 minutes. Add bok choy and cook, stirring occasionally until wilted, 2 to 3 minutes.
3. Add fish sauce mixture and cook until heated through and slightly reduced, about 2 minutes.
4. ***To serve:*** Transfer to a platter and serve immediately.

Recipe variations:

- Green or Napa cabbage can be substituted for bok choy.
- Any of your favorite mushrooms can be substituted for shiitake.

STEAMED RICE WITH CRISPY GARLIC CHIPS

Yield: 4 servings

1 cup long-grain rice
1/4 cup vegetable oil
6 garlic cloves, thinly sliced
2 cups water
1 teaspoon kosher salt

1. Place rice in a fine-mesh strainer and rinse under cool running water until water runs clear. Drain rice of excess water.
2. ***To prepare crispy garlic:*** To a medium saucepan, add oil and garlic. Turn on heat to medium-low. Gently cook garlic slices over medium-low heat, stirring occasionally until garlic turns golden brown. About 2 minutes. Remove garlic from oil and transfer to a paper towel-lined plate, set aside. Pour out oil into a heat-safe food storage container.
3. To the same medium saucepan, set over high heat, add water, washed rice and salt. Bring to a boil and cook uncovered, until steam holes appear in rice and grains on surface appear dry, about 8 minutes.
4. Cover pan and reduce heat to low. Continue cooking for 15 minutes. Remove from heat and keep covered until ready to serve, at least 5 minutes.
5. ***To serve:*** Fluff rice with a fork, divide between plates or transfer to serving bowl and top with crispy garlic.

Recipe variations:

- The oil from making the crispy garlic can be kept in a food storage container in the refrigerator for a month. It is great used in vinaigrettes or roasted vegetables.