



COOKING CLASSES
AT SUR LA TABLE

**FAMILY FUN: ST. PATRICK'S DAY
FEAST**

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

- 2 pounds boneless beef chuck, trimmed and cut into 1-inch pieces

Produce

- 1 bunch green onions
- 1 medium yellow onion
- 2 large carrots
- 2 large celery ribs
- 4 medium Yukon gold potatoes
- 1 sweet potato
- 4 to 6 garlic cloves
- 1 package fresh rosemary
- 2 bay leaves
- 1 bunch fresh Italian flat-leaf parsley

Dairy/Refrigerated/Frozen

- 1 1/2 ounces (3 TBSP) unsalted butter
- 4 ounces Kerrygold Dubliner cheese, or aged sharp cheddar
- 12 ounces buttermilk
- 1 pint vanilla ice cream
- Small carton heavy whipping cream
- Small carton whole milk

Pantry Items

- 11 2/3 ounces (2 2/3) cups all-purpose flour, plus a bit more for dusting
- 1 tsp baking soda
- Kosher salt
- Extra-virgin olive oil
- Freshly ground black pepper

Dry/Canned Goods

- 3 TBSP tomato paste
- 1 bottle fruity, dry red wine such as Chianti or Merlot
- 16 ounces, plus more low-sodium beef broth
- 1 (28-ounce) can diced Italian plum tomatoes
- Peppermint extract
- Green food coloring gel

Equipment Needed

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

Cutlery

- Chef knife
- Serrated knife
- Paring knife
- Cutting board

Hand Tools/Gadgets

- Measuring cups and spoons
- Liquid measuring cup
- Digital scale, optional
- Fine-mesh strainer
- Box grater
- Pastry cutter, optional
- Mixing bowls, various sizes
- Wine opener
- Can opener
- Wooden spoon
- Slotted spoon or spider
- Ladle
- Whisk
- Ice cream scoop

Cookware

- Large Dutch oven

Bakeware

- Rimmed baking sheet
- Wire cooling rack

Other

- Silicone baking mat or parchment paper
- Blender

Pre-Class Mise en Place and Notes

- Please gather all ingredients before class if you will be cooking along.
- 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.

Beef Stew with Root Vegetables

1. Wash and dry produce.
2. Purchase the beef cubed, or cube the beef before class.

Irish Cheddar and Spring Onion Soda Bread

1. Preheat oven to 450°F

BEEF STEW WITH ROOT VEGETABLES

Yield: 8 servings

Beef stew is one of those “stick to your ribs” dishes, perfect for cold weather.

4 tablespoons extra-virgin olive oil, divided
2 pounds boneless beef chuck, trimmed and cut into 1-inch pieces
Kosher salt and freshly ground black pepper
1 medium yellow onion, peeled and cut into 1/2-inch dice
2 large carrots, cut into 1/2-inch dice
2 large celery ribs, trimmed and cut into 1/2-inch dice
4 medium Yukon Gold potatoes, cut into 1/2-inch dice
1 medium sweet potato, peeled and cut into 1/2-inch dice
4 to 6 cloves garlic, peeled and minced
2 tablespoons minced fresh rosemary leaves
3 tablespoons tomato paste
1 bottle (750-ml) fruity, dry, red wine, such as Chianti or Merlot
2 cups low-sodium beef broth, plus more as needed
1 (28-ounce) can diced Italian plum tomatoes
2 bay leaves
4 tablespoons minced fresh Italian flat-leaf parsley

1. To a large Dutch oven set over medium-high heat add 2 tablespoons oil. Working in two batches add the beef when the oil is hot and shimmering. Generously season with salt and pepper and cook, stirring occasionally until all sides are deeply browned, about 8 minutes. Using a slotted spoon or spider, transfer beef to a mixing bowl and set aside.

2. Add the remaining 2 tablespoons oil, then add onion, carrot celery, and potatoes and cook, stirring occasionally, until vegetables are golden brown, about 5 to 7 minutes. Add garlic and rosemary and tomato paste and cook, stirring often, for 1 to 3 minutes until fragrant. Add wine and bring to a simmer. Simmer for 5 minutes while scraping browned bits from the bottom of the Dutch oven, then add beef broth, tomatoes, bay leaves, and beef, and stir to combine. Reduce heat to medium-low, cover Dutch oven and simmer until meat is tender, about 1 to 1/2 hours, adding 1/4 cup of additional beef broth if stew becomes dry. To serve, remove bay leaves and divide stew between 8 shallow serving bowls. Top with chopped parsley. Serve immediately.

IRISH CHEDDAR SODA BREAD

Yield: 1 loaf

This is considered a “quick bread” since it is leavened with baking soda instead of yeast which makes it perfect for any day, or time of the week. This bread is best eaten the day it is made. To check if this loaf is properly cooked, tap the base. It should sound hollow. If it doesn’t, return it to the oven for another 5 minutes. If you don’t have any buttermilk in the house, add lemon juice to milk to sour it.

11 1/3 ounces (2 2/3 cups) unbleached all-purpose flour, plus extra for dusting
1 teaspoon baking soda
1 teaspoon fine kosher salt
1 1/2 ounces (3 tablespoons) unsalted butter, cut into 1/2 inch dice
4 ounces (1 cup) grated Kerrygold Dubliner cheese or aged sharp cheddar
4 spring onions or scallions, finely chopped
12 ounces (1 1/2 cups) buttermilk, plus more as needed

Preheat oven to 450°F with a rack placed in the center. Line a baking sheet with a silicone baking mat or parchment paper.

1. **To prepare the dough:** To a fine-mesh sieve set over a medium mixing bowl add the flour, baking soda, and salt, sift together. To the sifted ingredients add the butter. Using a pastry cutter or your fingers cut or rub the butter into the dry ingredients until a coarse meal forms.
2. To the dry ingredients, make a well in the center and add the cheese and green onions, stir to combine. Add the buttermilk, using a large spoon, stir to combine until it forms a soft dough. Add a small amount of additional buttermilk if necessary, until the dough binds together.
3. To a lightly floured work surface, knead the dough and shape into a round that is roughly 6” in diameter. Place dough on the prepared baking sheet. Using a paring knife or lame, cut a deep cross in the top.
4. **To bake:** Place into preheated oven and bake for 15 minutes, then reduce temperature to 400°F, and bake for an additional 20 to 25 minutes, or until the loaf is evenly golden and crusty. It should sound hollow when tapped on the bottom. Transfer the baked soda bread to a wire rack and leave to cool for about 20 minutes.
5. **To serve:** Transfer soda bread to a cutting board and cut into slices at the table. This bread is best eaten while it is still warm.

LEPRECHAUN MILKSHAKE

Yield: 2 shakes

*2 cups vanilla ice cream
1 1/4 cups whole milk
1 teaspoon peppermint extract, plus more if desired
Green food coloring gel
1/4 cup heavy whipping cream
1 teaspoon confectioners' sugar*

Green sprinkles, green sugar, or grated sem-sweet chocolate to garnish

1. To the bowl of a blender add ice cream, milk, peppermint extract, and 2 drops food coloring gel. Blend, adding additional food coloring if desired.
2. To a medium bowl add heavy whipping cream and confectioners' sugar. Whisk vigorously until soft peaks form.
3. Divide the milkshake between two large glasses and top with a dollop of whipped cream. Garnish with topping of choice.