



**COOKING CLASSES**  
AT SUR LA TABLE

**HERB ROASTED CHICKEN DINNER**

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

- ☐ 1 whole 4-to-5-pound chicken

## Produce

- ☐ 2 tablespoon thyme
- ☐ 1 lemon
- ☐ 1 pound Brussels sprouts
- ☐ 2 garlic cloves
- ☐ 1 pound fingerling potatoes
- ☐ 3 tablespoons rosemary

## Dairy

- ☐ 6 tablespoons unsalted butter

## Pantry Items

- ☐ 1 tablespoon honey
- ☐ 1/2 cup apple cider vinegar
- ☐ Kosher salt
- ☐ Black Pepper
- ☐ Olive oil

## Dry/Canned Goods

- ☐ 4 ounces stale sourdough bread
- ☐ 1 teaspoon pimento
- ☐ 1 teaspoon dried oregano
- ☐ 1/2 teaspoon ground cumin
- ☐ Truffle oil, truffle salt, minced truffles

# Equipment Needed

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

## Cutlery

- ☐ Chef's knife
- ☐ Poultry scissors
- ☐ Cutting board

## Hand Tools/Gadgets

- ☐ Wooden spoon
- ☐ Spatula
- ☐ Fork
- ☐ Instant read digital thermometer
- ☐ Wooden spoon
- ☐ Whisk
- ☐ Silicone pastry brush

## Cookware

- ☐ Oven proof skillet
- ☐ Nonstick skillet

## Appliances

- ☐ Food Processor

## Bakeware

- ☐ Mixing bowls, various sizes
- ☐ Rimmed baking sheet

## Tabletop

- ☐ Dinner plates
- ☐ Serving Platter
- ☐ 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.

### **Classic Herb Roasted Chicken**

1. Preheat oven to 400°F
2. Allow butter and chicken to come to room temperature, 30 minutes prior to class.

### **Sauteed Brussel Sprouts**

1. Wash and dry produce

### **Roasted Fingerling Potatoes**

1. Preheat oven to 400°F
2. Wash and dry produce
3. Preheat baking sheet

## CLASSIC HERB ROASTED CHICKEN

**Yield:** 4 servings

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### **Chicken:**

1 whole 4 to 5 pound chicken  
4 tablespoons unsalted butter, at room temperature  
1 tablespoon fresh thyme, minced  
1 tablespoon lemon zest  
Kosher salt and freshly ground pepper, as needed

### **Cider pan sauce:**

1 tablespoon honey  
1 1/2 cups apple cider  
1/2 cup apple cider vinegar  
1 teaspoon fresh thyme, minced  
2 tablespoons unsalted butter  
Kosher salt and freshly ground black pepper

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Preheat oven to 450°F.

1. **To spatchcock the chicken:** Remove chicken from refrigerator 30 minutes prior to roasting. Remove the backbone of the chicken by cutting down both sides of the spine with poultry scissors or with a chef's knife; remove the backbone. Place the chicken breast side down on the cutting board, crack the bone between the breasts with the heel of a knife, and score the underside of the breastbone with a knife. Push the chicken down with your hands so it spreads out and lies flat. Turn the chicken over so it's skin side up and press down with the heels of your hands on the chicken very firmly to flatten it as much as possible.

2. **To prepare the chicken:** Using your fingers or the end of a wooden spoon, loosen the skin from the breast and thigh meat. In a small bowl, mash together butter, herbs, lemon zest, salt, and pepper. Gently spread half the butter underneath the skin. Rub the rest of the butter over the chicken.

4. Heat an oven proof skillet with vegetable oil. Place the prepared chicken skin side down on the skillet and sear, 3 minutes until the skin is crispy

5. **To cook the chicken:** Flip chicken over and transfer skillet to preheated oven and roast for 45 to 55 minutes, or until the juices run clear and instant-read thermometer inserted into the chicken thigh registers 165°F.

6. Transfer the chicken to a cutting board and allow the chicken to rest for 10 minutes before

carving.

7. **To prepare the sauce:** While the chicken rests, return the skillet to the stove over medium-high heat. Add the cider and cider vinegar to deglaze the skillet, scraping its bottom with a wooden spoon. Add thyme and simmer the sauce until it is reduced by two-thirds, about 8 minutes. Remove the skillet from the heat and whisk honey and butter into the sauce. Whisk in any chicken juices which have accumulated on the platter into the sauce. Taste and adjust seasoning with salt and pepper.

8. **To serve:** Arrange chicken on warmed dinner plates. Spoon the pan sauce around the chicken and serve immediately.

**Recipe Variations:**

- Substitute white wine for apple cider in the pan sauce.
- Rosemary, sage or parsley would be delicious in replacing or in addition to the thyme.

## SAUTEED BRUSSELS SPROUTS

**Yield:** 4 servings

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*4 ounces stale sourdough bread, cut into 1/2-inch cubes*  
*1 teaspoon pimentón*  
*1 teaspoon dried oregano*  
*1/2 teaspoon ground cumin*  
*1/2 teaspoon Kosher salt, plus more to taste*  
*4 tablespoons olive oil, divided*  
*1 pound Brussels sprouts, thinly sliced*  
*2 garlic cloves, minced*  
*2 teaspoons lemon zest*  
*1 tablespoon fresh lemon juice, or to taste*  
*Freshly ground black pepper*

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1. **To prepare the breadcrumbs:** To the bowl of a food processor fitted with a metal blade, add bread and pulse to form large crumbs. Add pimentón, oregano, cumin and salt to the food processor and pulse to blend.
2. To a medium nonstick skillet set over medium-heat, add 2 tablespoons oil. When oil is shimmering, add the breadcrumbs and sauté, stirring often, until the bread is crisp and golden-brown in color, about 4 minutes. Remove from heat and set aside.
3. **To prepare the Brussels sprouts:** To a large skillet set over medium-high heat, add the remaining 2 tablespoons oil. When oil is shimmering, add Brussels sprouts and sauté until softened and browned, 3 to 5 minutes. Add garlic and sauté until fragrant, about 30 seconds; stir in lemon zest. Taste and adjust seasoning with lemon juice, salt, and pepper.
4. **To serve:** Transfer sautéed Brussels sprouts into individual serving plates or into a serving platter. Sprinkle with pimentón breadcrumbs over the top and serve immediately.

### **Recipe variations:**

-Instead of brussels sprouts, try this dish with broccoli or green beans

## ROASTED FINGERLING POTATOES

***Yield:*** 4 servings

Roasted fingerling potatoes, golden and browned out of the oven, can satisfy anyone's craving for comfort food. We've elevated this dish to special occasion fare by dressing the roasted potatoes with the earthy flavor of truffle. For an added layer of luxury, use duck fat instead of olive oil to coat the potatoes before roasting them in the oven.

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*1 pound fingerling potatoes, unpeeled, halved lengthwise*  
*1/4 cup extra-virgin olive oil, plus more for coating pan*  
*Kosher salt and freshly ground black pepper*  
*3 tablespoons fresh rosemary leaves, roughly chopped*  
*Fresh minced truffles, truffle oil, or truffle salt (or a combination), to taste*

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Preheat oven to 400°F, place a rack in the center and place a rimmed baking sheet on the rack. Allow oven to preheat for at least 30 minutes to heat the baking sheet.

1. ***To prepare:*** Place halved potatoes in a medium mixing bowl and drizzle with oil, tossing to coat. Season well with salt and pepper, add rosemary and toss again. Carefully remove preheated baking sheet and quickly coat with extra olive oil using a silicone pastry brush. Quickly arrange potatoes, cut side down, on the baking sheet and return to the oven. Roast until cut sides of potatoes are browned, about 15 to 18 minutes. Remove baking sheet from oven and flip potatoes. Return to oven and continue roasting until potatoes are crisp, golden-brown and tender, about 10 to 12 minutes.

2. ***To serve:*** Remove baking sheet from oven and transfer potatoes to a serving bowl. Add truffle product of choice to potatoes in small amounts, tossing to coat. Taste and adjust amount of truffle flavor as desired. Season with salt and pepper and serve immediately.

### ***Recipe variations:***

- Instead of tossing with truffles, roast potatoes with a whole head of garlic cut in half. Once roasted, squeeze and mash roasted garlic and toss with potatoes.