



COOKING CLASSES
AT SUR LA TABLE

MANGIA ITALIANO

WITH SUR LA TABLE CHEF



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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

- 2 pounds boneless, skinless chicken breasts

Produce

- 8 Roma tomatoes or 32-ounce can of diced tomatoes
- 1 bunch of fresh basil
- 4 garlic cloves

Dairy

- 4 eggs
- 1 pound fresh mozzarella
- 2 cups grated Parmigiano-Reggiano (about 6-8 ounces)

Pantry Items

- Extra-virgin olive oil
- Tomato paste
- Kosher salt
- Freshly ground black pepper
- All-purpose flour
- 1 cup vegetable oil
- 12 ounces spaghetti

Dry/Canned Goods

- 2 cups unseasoned breadcrumbs



Equipment Needed

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

Cutlery

- Chef's knife
- Bread knife

Hand Tools/Gadgets

- Cutting board
- Measuring cups and spoons
- Mixing bowls (various sizes)
- Prep bowls
- Wooden spoon
- Meat tenderizer or meat hammer
- Whisk
- Ladle or serving spoon
- Tongs
- Colander
- Cheese grater

Cookware

- Medium saucepan
- 2 large skillets
- Stockpot or large saucepan

Bakeware

- 2 rimmed baking sheets
- Wire baking rack

Tabletop

- 3 shallow bowls or pie plates

Other

- Parchment
- Paper towels
- Aluminum foil



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.

All recipes

1. Wash and dry all the produce.
2. 30 minutes before class, remove the chicken from the refrigerator and allow it to come to room temperature.
3. Preheat the oven to 350°F.



CHICKEN PARMESAN WITH FRESH TOMATO SAUCE

Yield: 6 to 8 servings

If you are making this dish in the summertime, top the chicken with thin slices of ripe tomatoes before topping with sauce and cheese.

Sauce:

1/4 cup extra-virgin olive oil

3 garlic cloves, minced

8 Roma tomatoes peeled, seeded and roughly chopped or 32-ounce can diced tomatoes

1 tablespoon tomato paste

Kosher salt and freshly ground black pepper

1/4 cup fresh basil leaves, thinly sliced

Chicken:

2 pounds boneless, skinless chicken breasts, butterflied and pounded to 1/4-inch thick

Kosher salt and freshly ground black pepper

1 cup all-purpose flour

4 large eggs, beaten

2 cups unseasoned breadcrumbs

1 cup vegetable oil, plus more as needed

1 pound fresh mozzarella cheese, thinly sliced

1/4 cup freshly Parmigiano-Reggiano cheese, grated and divided

1/4 cup fresh basil leaves, thinly sliced

1. Line a rimmed baking sheet with parchment paper and place a wire rack over the paper.
2. **To prepare the sauce:** To a medium saucepan set over medium-low heat, add the olive oil and garlic. Cook the garlic until lightly golden brown and fragrant, about 1 minute. Carefully add the diced tomatoes, tomato paste, salt and pepper; stir to combine.
3. Simmer the sauce, stirring occasionally for 20 minutes. Remove the sauce from heat and add basil, stir to combine. Taste and adjust the seasoning with salt and pepper; set aside.
4. **To prepare the chicken:** Thoroughly dry the chicken breasts off with paper towels. Season the chicken with salt and pepper on both sides. Set up a breading station with three shallow bowls or pie plates. Add the flour to one bowl, eggs to another and breadcrumbs to the last bowl. Season all three bowls with salt and pepper.



5. **To coat the chicken:** Working with one piece of chicken at a time, dredge the chicken in the flour to lightly coat and tap off excess flour. Dip the chicken in the beaten eggs, allow the excess egg to drip off before placing the chicken into the breadcrumbs. Press the breadcrumbs into the chicken to make sure they adhere. Once the chicken is coated, transfer to a wire rack lined baking sheet. Continue with this process until all the chicken is coated.

6. **To cook the chicken:** To a large skillet set over medium heat, add oil. When the oil is shimmering, carefully place the chicken into the pan. Cook, working in batches to not overcrowd the pan. Cook on the first side until golden brown, 2 to 3 minutes. Carefully turn over and cook on the second side until golden brown, 2 to 3 minutes longer. Return the cooked chicken to the wire rack lined baking sheet to drain. While the chicken is warm, lightly season with salt. Continue until all the chicken is cooked.

7. Adjust the top rack of the oven to about 8 to 10 inches from the broiling element. Turn the oven on to broil.

8. Remove the wire rack from the baking sheet and transfer the chicken to the parchment paper. Spoon the tomato sauce over each piece of chicken, dividing the sauce evenly. Place the sliced mozzarella cheese evenly over the sauce. Sprinkle 2 tablespoons of Parmigiano-Reggiano over the chicken. Transfer the baking sheet with the chicken to the oven.

9. Broil until the mozzarella has melted and begins to brown slightly, about 5 minutes. Remove the chicken from the oven and sprinkle with the remaining 2 tablespoons of Parmigiano-Reggiano, sliced basil, salt and pepper. Serve immediately.

Recipe variations:

- For a fra diavolo (spicy) chicken parmesan, add 1 teaspoon of red pepper flakes to the marinara. Serve the finished dish with a garnish of more red pepper flakes to taste.



SPAGHETTI CACIO E PEPE

Yield: 4 servings

The name of this sauce translates into “cheese and pepper” and with just a few basic ingredients, this dish is the ultimate testament to the simplicity of Italian cooking. Pick the best quality ingredients you can find to really make this dish shine.

12 ounces spaghetti

1 tablespoon extra-virgin olive oil

1 teaspoon freshly ground black pepper, plus more for serving

2 tablespoons unsalted butter, cut into cubes

1 cup finely grated Parmigiano-Reggiano cheese, plus more for serving

Kosher salt

1. Cook the spaghetti in boiling, salted water until just al dente, 2 minutes less than the box instructions. Reserve 1 cup of pasta water and drain the pasta in a colander.
2. Meanwhile, to a large skillet set over medium heat, add the olive oil and pepper. Cook until the pepper is fragrant, about 1 minute. Add the butter and whisk until melted completely. Carefully add a few tablespoons of reserved pasta water and whisk to emulsify.
3. Using tongs, add the cooked pasta to the skillet and stir to coat with the sauce.
4. Reduce the heat to low and add the Parmigiano-Reggiano. Toss and stir until the cheese melts and combines with the sauce. Adjust the consistency of the pasta by adding the reserved pasta water 1 tablespoon at a time. Taste and adjust the seasoning with salt and pepper.
5. **To serve:** Transfer the pasta to a warmed serving bowl or divide between plates and serve immediately. Garnish with additional Parmigiano-Reggiano.

