



**COOKING CLASSES**  
AT SUR LA TABLE

**MEDITERRANEAN STEAK & PASTA**

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 ½ pounds boneless steak such as skirt, strip, ribeye, or flank

## Produce

- 1 package fresh basil
- 1 bunch green onions or scallions
- 1 package fresh lemon thyme, or thyme
- 10 garlic cloves
- 1 lemon
- 1 quart cherry tomatoes
- 1 large, or 3 small packages fresh mint

## Dairy/Refrigerated

- 3 tablespoons unsalted butter
- 8 ounces Burrata or buffalo mozzarella
- 4 large eggs

## Pantry Items

- Extra-virgin olive oil
- Kosher salt
- Red pepper flakes
- Black peppercorns in grinder

## Dry/Canned Goods

- 12 ½ ounces Italian-style “00” or unbleached all-purpose flour
- Semolina flour

# Equipment Needed

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

## Cutlery

- Chef knife
- Cutting board

## Hand Tools/Gadgets

- Measuring cups and spoons
- Liquid measuring cup
- Mixing bowls, various sizes
- Microplane
- Silicone spatula
- Tongs
- Colander
- Wooden spoon
- Rolling pin
- Bench scraper

## Cookware

- Grill pan or heavy bottom skillet
- Large saucepan or pasta pot
- 12 inch skillet

## Appliances

- Blender or food processor
- Stand mixer with pasta rolling attachments, or tabletop pasta roller

## Tabletop

- Wide-shallow bowl
- Serving plates and bowls

## Other

- Plastic wrap

## **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 produce.

## LEMON THYME MARINATED STEAK

*Yield: 4 servings*

Marinated steak is the foundational recipe of all my summer grilling. Flexible and forgiving, it doesn't matter what aromatics go into the marinade or which type of steak is used.

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*1/2 cup fresh basil leaves, plus torn basil leaves for garnish*  
*2 scallions (white and green parts), thinly sliced, plus more for garnish*  
*2 tablespoons fresh lemon thyme or regular thyme leaves, plus more for garnish*  
*2 garlic cloves*  
*2 teaspoons kosher salt*  
*1 lemon, zested and juiced*  
*¼ cup extra-virgin olive oil*  
*1 1/2 pounds boneless steaks, such as skirt, strip, ribeye, or flank*

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1. In a blender or food processor, combine the basil, scallions, thyme, garlic, if using, salt, lemon zest, and 1 tablespoon lemon juice. Pour the olive oil over the mixture, and blend until it turns to a paste.
2. Pat the steak dry with paper towels, and place it in a wide bowl. Slather the paste all over the meat, cover the bowl, and refrigerate for at least 30 minutes or as long as overnight.
3. When you are ready to cook the steak, heat a grill or broiler to high.
4. Use a paper towel to gently pat the meat dry, leaving as much paste as possible on the meat. Grill the meat over direct heat or under the broiler on a rimmed baking sheet or broiler pan until it is nicely browned on both sides (see below for cooking times). Then transfer the steak to a cutting board and let it rest for 5 to 10 minutes.
5. Slice the steak against the grain and serve, garnished with basil, scallions, and thyme.

Cooking Times:

- Skirt steak and other ½-inch-thick steaks: 2 to 4 minutes per side
- Strip, flank, filet mignon, ribeye, and other 1- to 1¼-inch-thick steaks: 3 to 6 minutes per side

## FARFALLE WITH BURST CHERRY TOMATOES, MINT, AND BURRATA

*Yield: 4 as main, 8 as a side dish*

The combination of mint and scallions stays crisp and distinct rather than melting into the sauce, and gives each bite a bright pungency against the al dente pasta and warm, gooey cheese (use Burrata if you can get it). It's one of my favorite summer pasta dishes.

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*Kosher salt, as needed*

*1 recipe Homemade Pasta Dough, recipe follows*

*2 tablespoons extra-virgin olive oil, plus more for drizzling*

*6 garlic cloves, smashed and peeled*

*¼ teaspoon red pepper flakes*

*1 quart cherry or grape tomatoes, halved*

*3 tablespoons unsalted butter*

*8 ounces Burrata or buffalo mozzarella, torn into bite-sized chunks, for serving*

*3 cups fresh mint leaves (or use a combination of basil and mint), torn*

*6 scallions (white and green parts), thinly sliced*

*Flaky sea salt to taste, optional*

*Freshly ground black pepper to taste*

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1. Bring a large pot of heavily salted water to a boil. Add the farfalle and cook until it is 2 minutes shy of al dente (it should be slightly underdone to your taste because you'll finish cooking it with the tomatoes). Drain the pasta, reserving ½ cup of the cooking water.

2. While the pasta is cooking, heat a 12-inch skillet over medium-high heat. Add the olive oil. Stir in the garlic, chile flakes, and a large pinch of salt. Cook until fragrant, 1 to 2 minutes. Add the tomatoes and cook until they burst, turn golden at the edges, and shrivel slightly, 5 to 8 minutes.

3. Add the pasta to the skillet and toss it with the tomatoes. If the mixture looks dry, add a little of the reserved pasta cooking water, a few tablespoons at a time. Raise the heat to high and cook until the pasta finishes cooking in the sauce. Add the butter, and toss until melted.

4. Divide the pasta among warmed pasta bowls. Garnish each portion with chunks of Burrata, and top with a generous mound of fresh mint and scallions. Drizzle with olive oil, and sprinkle with flaky sea salt and lots of black pepper.

## HOMEMADE PASTA DOUGH

**Yield:** 4 servings

Fresh pasta dough is so easy to make, you'll wonder why you never did it before. If you can find Italian "00" flour, use it to make very delicate, yet chewy pasta. If not, all-purpose or bread flour work well.

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*2 1/2 cups (12 1/2 ounces) Italian-style "00" or unbleached all-purpose flour, plus more for dusting*

*1 teaspoon fine kosher salt*

*4 large eggs*

*1 tablespoon extra-virgin olive oil*

*Semolina flour, for dusting pasta and surfaces*

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1. **To make the dough:** Place flour and salt in a large mixing bowl and whisk to combine. Make a "well" in the center of the flour mixture and add eggs and oil. Using your fingers, blend the eggs into the flour mixture, stirring the flour in from the sides of the well and working outwards. When the pasta dough is thoroughly mixed, turn it out on a lightly floured work surface. Knead dough until it is smooth and flexible but not sticky, adding small amounts of flour as needed, about 5 minutes. Shape the dough into a ball and flatten into a disk. Cover with plastic wrap and rest for at least 20 minutes or up to an hour at room temperature.

2. **To roll out and cut the dough:** Secure a pasta machine to the edge of a long countertop. Using a bench scraper, cut the dough into 4 pieces. Keep extra dough covered in plastic wrap while working with 1 piece. With a rolling pin, roll the piece of dough into a rough rectangle that will fit inside the widest setting of the pasta machine. Roll the dough through the machine, catching it with 1 hand as you roll with the other. Take the dough and trifold it like a letter. Turn the dough so one open end faces the machine and roll it through on the widest setting again. Fold, turn, and roll once more on the widest setting.

3. Continue rolling the pasta through the machine without folding, adjusting the rollers to a smaller setting each time, until the desired thickness is reached. If the pasta sheet becomes too large to handle, use a bench scraper to cut it into more manageable lengths and continue rolling.

4. Cut sheets to desired shapes and sizes, toss with semolina flour, cover with clean kitchen towel, and set aside. The pasta can be cooked immediately or covered with plastic wrap and refrigerated for up to 24 hours before use.

**To cut farfalle:** Roll pasta to second to the thinnest setting. Using a ruler and chef knife or wheel cutter, cut pasta into 1 x 2-inch rectangles. Pinch at the center to create a bow-tie or farfalle shape.