



COOKING CLASSES
AT SUR LA TABLE

**PREP NOW, EAT LATER:
MEAL PREP**

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 pounds boneless, skinless chicken thighs
- ☐ 20 ounces ground beef, 85/15 or 80/20 is preferred (see the recipe for substitutions)

Produce

- ☐ 3 medium yellow onions
- ☐ 1 medium red onion
- ☐ 1 celery stalk
- ☐ 7 garlic cloves
- ☐ 1 medium head of green cabbage
- ☐ 3 large carrots
- ☐ 1 bunch basil leaves
- ☐ 1 bunch fresh flat-leaf parsley
- ☐ 1 small bunch of green onions
- ☐ 1 lemon
- ☐ 1 bunch fresh rosemary
- ☐ 1 1/2 pounds of baby potatoes
- ☐ 1 red bell pepper
- ☐ 4 ounces of green beans

Dairy and Refrigerated Items

- ☐ 1/4 cup whole milk
- ☐ 3/4 cup grated Parmigiano-Reggiano cheese (plus more)
- ☐ 1 egg

Pantry Items

- ☐ Kosher or sea salt
- ☐ Black peppercorns in a grinder or mill
- ☐ 2 tablespoons brown sugar
- ☐ 1 tablespoon paprika
- ☐ 2 teaspoons red pepper flakes (divided)
- ☐ 1/2 teaspoon dry mustard
- ☐ 3/4 cup olive oil (divided)
- ☐ 2 tablespoons apple cider vinegar
- ☐ 1 teaspoon honey

- ☐ 1 teaspoon garlic powder

Dry/Canned Goods

- ☐ 18-ounce bottle of store-bought BBQ sauce (plus more if desired)
- ☐ Pickles (optional for BBQ chicken sandwiches)
- ☐ Mustard (optional for BBQ chicken sandwiches)
- ☐ 1-quart vegetable or chicken broth (plus more if desired)
- ☐ 28-ounce can whole peeled tomatoes
- ☐ 15-ounce can diced tomatoes with juices
- ☐ 15-ounce can cannellini, or white beans
- ☐ 2/3 cup Italian seasoned breadcrumbs
- ☐ 1-pound dry spaghetti
- ☐ 2 bay leaves

Other

- ☐ 4 potato buns or hamburger buns

Equipment Needed

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

Cutlery

- ☐ Chef's knife

Hand Tools/Gadgets

- ☐ Measuring cups and spoons
- ☐ Vegetable peeler
- ☐ Mixing bowls (various sizes)
- ☐ Whisk
- ☐ Food storage containers (various sizes)
- ☐ Flexible turner or spatula
- ☐ Can opener
- ☐ Garlic roller (optional)
- ☐ Tongs
- ☐ Wooden spoon
- ☐ Box grater
- ☐ Cutting board

Cookware

- ☐ Medium saucepan with a lid*
- ☐ Large tall-sided skillet or Dutch oven
- ☐ Small skillet
- ☐ Large saucepan*

Appliances

- ☐ Handheld immersion blender or blender
- ☐ Slow cooker (see the recipe for alternative)*

Bakeware

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

Other

- ☐ Tape and permanent markers to label prepared ingredients

* These items will not be used in class but are needed to complete the recipes.

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.
- **You will prepare the following in class:** prepped vegetables, meatballs, tomato sauce, spice rub mixture, marinades and vinaigrettes.
- Please have food storage containers set out and ready to be packed.
- In this class, we will cover the steps on how to finish each recipe.
- We have set up a week-long schedule based on using leftovers from the previous day. However, please feel free to prepare the recipes in any order you like.

Crispy Chicken Thighs with Roasted Vegetables

1. Since this marinade is acidic, this recipe does need to be the first one you make after class. If you would like to make it later in the week, please keep your marinade separate from the chicken and vegetables. When you're ready, combine them up to 24 hours before cooking.
2. To add chicken to the Minestrone, consider roasting a few extra thighs to save.

Spaghetti with Classic Tomato Sauce and Hand-Rolled Beef Meatballs

1. See the notes at the bottom of the recipe for meat substitutions.
2. Both the sauce and meatballs are freezer friendly. Thaw frozen sauce and meatballs in the refrigerator overnight or for at least 12 hours. Heat sauce and meatballs in a large skillet while pasta cooks and complete by following the recipe starting at step 3.

Classic Minestrone

1. This is a very versatile recipe. The vegetables can be altered to the tastes of your household.
2. Serve with rice or bread.

Slow Cooked Pulled Chicken Sandwiches with BBQ Sauce and Slaw

1. This recipe can be made on the stovetop if you do not have a slow cooker. Add the ingredients called out in step 2 to a large saucepan and simmer on low heat until the chicken is tender, about 40 minutes.

CRISPY CHICKEN THIGHS WITH ROASTED VEGETABLES

Yield: 4 servings

Chicken thighs are an ideal choice for high heat roasting as they stay juicy and crisp up nicely. You can alter the selection of vegetables to your liking, making sure they are cut uniformly for even roasting.

1/4 cup olive oil
1 tablespoon fresh lemon juice
1 1/2 teaspoons kosher salt
1/4 teaspoon freshly ground black pepper
2 teaspoons fresh rosemary, minced
1 teaspoon garlic powder
1/4 teaspoon red pepper flakes
8 boneless, skinless chicken thighs
1-pound baby potatoes, cut into bite-size pieces
1 large carrot, cut into 1-inch pieces
1 medium red onion, cut into 1-inch pieces
1 red bell pepper, cored and cut into 1-inch pieces
2 tablespoons fresh flat-leaf parsley, chopped

Preheat the oven to 450°F. Line a rimmed baking sheet with parchment paper.

1. ***To prepare the marinade:*** To a small bowl, whisk together the oil, lemon juice, salt, pepper, rosemary, garlic powder and red pepper flakes.
2. ***To prepare the chicken and vegetables:*** Pat the chicken dry with paper towels and add to a medium bowl. Add half of the marinade to the chicken thighs and toss to coat evenly. Use the remaining marinade to toss with the vegetables.
3. ***To cook:*** Arrange the vegetables in a single layer on the prepared baking sheet. Place the chicken over the vegetables and drizzle with any remaining marinade. Transfer to the preheated oven and roast until the vegetables are tender and the chicken is crispy. Insert an instant-read thermometer into the thickest part of the chicken to check that it's cooked by making sure it registers at 165°F, about 35 to 40 minutes.
4. ***To serve:*** Divide the chicken and vegetables among warmed shallow bowls, garnish with parsley and serve.

Recipe variations:

- Substitute with your favorite vegetables, just make sure they are cut in uniform sizes for even roasting.

SPAGHETTI WITH CLASSIC TOMATO SAUCE AND HAND-ROLLED BEEF MEATBALLS

Yield: 4 servings

You can make these meatballs days ahead and freeze until needed.

Sauce:

*1/4 cup extra-virgin olive oil
1 cup yellow onion, finely diced
1 garlic clove, smashed
1/8 teaspoon crushed red pepper flakes
1 (28-ounce) can whole peeled tomatoes
Kosher salt and freshly ground black pepper
10 basil leaves, cut into ribbons*

Meatballs:

*1/4 cup whole milk
2/3 cup Italian seasoned breadcrumbs
20 ounces ground beef, 85/15 or 80/20 is preferred
1/2 cup grated Parmigiano-Reggiano cheese, plus more for garnish
1 large egg, beaten
2 tablespoons fresh flat-leaf parsley, chopped
1 teaspoon kosher salt
1/2 teaspoon ground black pepper*

Pasta:

1-pound dry spaghetti

Preheat the oven to 425°F. Line a rimmed baking sheet with parchment paper.

1. **To prepare the sauce:** To a large skillet or Dutch oven set over medium-high heat, add oil. When the oil is shimmering, add the onions and cook until soft and translucent, about 5 minutes. Add the garlic and cook until fragrant, about 1 minute. Add the red pepper flakes and tomatoes. Cover the pan, reduce the heat and simmer for 10 minutes. With a hand-held immersion blender, purée the sauce. Taste and adjust the seasoning with salt and pepper. A small amount of water can be added to thin the sauce if necessary.

2. **To prepare the meatballs:** In a small bowl, combine the milk and breadcrumbs and allow to soak, 5 minutes. In a medium bowl, combine the rest of the meatball ingredients; add the soaked breadcrumbs and mix thoroughly. To a small skillet set over medium-high heat, add 1

teaspoon of oil. Take a small spoonful of the meatball mixture and fry until cooked through. Taste and adjust seasoning with salt if necessary. Roll the meatballs to 1 1/4-inches in diameter. Transfer to the prepared baking sheet and bake for 10 minutes, or until golden brown. Using tongs, transfer the cooked meatballs to the sauce. Simmer until the meatballs are tender and cooked through, 8 to 10 minutes. Taste and adjust the seasoning with salt and pepper. Stir in the basil leaves.

3. **To cook the pasta:** To a large pot set over high heat, fill with water to 2/3 full; bring to a boil. Generously season with salt. Add the pasta and stir to prevent it from sticking together. Boil until al dente, about 9 to 12 minutes. Reserve 1 cup of the pasta water and drain the pasta through a colander. Transfer the pasta to the skillet with the sauce and meatball. Using tongs, toss the pasta in the sauce. Loosen the sauce with the reserved pasta water. Taste and adjust the seasoning with salt and pepper.

4. **To serve:** Divide the pasta among warm pasta bowls, garnish with Parmigiano-Reggiano and serve immediately.

Recipe variations:

- Substitute any combination of ground chicken, pork, turkey, or Impossible Ground Burger for a vegetarian version. The total weight of your protein should be 20 ounces.

CLASSIC MINESTRONE

Yield: 4 to 6 servings

There is no correct recipe for minestrone; it is classically made with whatever vegetables are in season. Pasta is also a common add-in, but we have chosen to use creamy baby potatoes in this recipe.

2 tablespoons olive oil
1 medium yellow onion, small diced
1 celery stalk, small diced
1 large carrot, peeled and small diced
2 garlic cloves, minced
1 teaspoon rosemary leaves, chopped
2 bay leaves
8 ounces baby potatoes, cut into quarters
1 (15-ounce) can diced tomatoes with juices
4 cups low-sodium vegetable or chicken broth
1 (15-ounce) canned cannellini or white beans, drained and rinsed
4 ounces green beans, trimmed and cut into bite-size pieces (about 1 1/2 cups)
1/2 head green cabbage, cut into 1-inch pieces
2 tablespoons flat-leaf parsley, chopped
Kosher salt and freshly ground pepper
Freshly grated Parmigiano-Reggiano or pecorino cheese, for garnish

1. **To prepare the soup:** To a large saucepan or Dutch oven set over medium-high heat, add oil. When the oil is shimmering, add the onion, celery and carrot; continue to cook, stirring occasionally, until tender, about 8 minutes. Add the garlic and herbs; cook until fragrant, about 1 minute. Add the potatoes and stir to coat with the aromatics.
2. Stir in the tomatoes and broth and bring the liquid to a boil. Reduce to a simmer and cook, occasionally stirring, until the potatoes are tender, about 15 minutes.
3. Stir in the beans, cabbage and parsley; cook until the green beans and cabbage are tender, about 5 minutes. Taste and adjust the seasoning with salt and pepper.
4. **To serve:** Use a ladle to divide the soup into warmed bowls, garnish with grated cheese and serve.

SLOW COOKED PULLED CHICKEN SANDWICHES WITH BBQ SAUCE AND SLAW

Yield: 4 servings

Use your favorite store-bought BBQ sauce in this recipe to customize to your household's tastes. The chicken can be marinated in the spice rub overnight. This recipe will take 4 to 6 hours on a slow cooker's low heat setting, or 2 to 3 hours on high, so plan accordingly.

Spice Rub:

2 tablespoons kosher salt
2 tablespoons brown sugar
1 tablespoon paprika
1 teaspoon freshly ground black pepper
1 teaspoon red pepper flakes
1/2 teaspoon dry mustard

Chicken:

2 pounds boneless, skinless chicken thighs
1 tablespoon olive oil
1 medium yellow onion, thinly sliced
4 garlic cloves, thinly sliced
1, 18-ounce bottle store-bought BBQ sauce of choice
Chicken broth or water as needed

Slaw:

1/2 head green cabbage, shredded or thinly sliced
1 large carrot, shredded or thinly sliced
2 tablespoons apple cider vinegar
1 teaspoon honey
Kosher salt and freshly ground black pepper

4 potato or hamburger buns
Extra BBQ sauce, pickles, mustard as desired

Preheat the slow cooker to high heat.

1. ***To prepare spice rub and chicken:*** To a large mixing bowl, add all the spice rub ingredients and whisk to combine. Add the chicken thighs and toss to thoroughly coat. Marinate for 20 minutes or for up to 24 hours in advance.

2. **To slow cook using a slow cooker:** To the preheated slow cooker, add the olive oil, sliced onion and garlic, toss to coat. Add the marinated chicken thighs and the store-bought BBQ sauce, stir to combine. Cover and cook on the high heat setting until the chicken is tender enough to shred, 2 to 3 hours, or on low for 4 to 6 hours. Stir occasionally throughout the cooking process.

3. **To slow cook on stove top:** To a Dutch oven set over medium high heat add olive oil. Place marinated chicken thighs into preheated pan, allowing to cook undisturbed 3-5 minutes until golden brown. Using tongs, flip chicken over and cook until golden brown on opposite side. Remove chicken from pan and set aside. Add sliced onions and garlic, using a wooden spoon, stir and sauté. Once onions are soft, return chicken back to pan and add BBQ sauce, stir to coat. Allow chicken to cook on medium low heat for 1-2 hours until chicken is easily shredded.

4. **To prepare the slaw:** To a large mixing bowl, combine the cabbage, carrots, vinegar and honey. Toss to combine. Taste and adjust seasoning with salt and pepper. Set aside.

5. **To assemble the sandwiches:** Using tongs or 2 forks, shred the chicken and stir to coat with the sauce and slow-cooked onions. Slice the buns in half. Top the bottom half of the bun with the pulled chicken. Top the chicken with the slaw and any additional toppings. Serve immediately.

Recipe variations:

- This recipe also works well with a boneless pork shoulder roast. Double the cooking time and follow the instructions above.