



COOKING CLASSES
AT SUR LA TABLE

STEAKHOUSE AT HOME

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, 6-ounce steaks (such as New York strip, flat iron or tri-tip)

Produce

- ☐ 3 medium shallots
- ☐ 1 garlic clove
- ☐ 1 bunch rosemary
- ☐ 1 small bunch parsley
- ☐ 1 small yellow onion
- ☐ 4 medium russet potatoes

Dairy

- ☐ 2 sticks unsalted butter
- ☐ 1 pint heavy cream
- ☐ 2 ounces Parmigiano-Reggiano

Frozen

- ☐ 2 pounds frozen spinach

Pantry Items

- ☐ Coarse kosher salt
- ☐ Fine kosher salt
- ☐ Freshly ground black pepper
- ☐ Vegetable oil
- ☐ All-purpose flour
- ☐ Ground nutmeg or freshly grated nutmeg

Dry/Canned Goods

- ☐ 1 cup beef broth
- ☐ 1 cup chicken broth
- ☐ 1/2 cup panko breadcrumbs

Other

- ☐ Red wine
- ☐ Black truffle salt

Equipment Needed

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

Cutlery

- ☐ Chef's knife
- ☐ 2 cutting boards

Hand Tools/Gadgets

- ☐ Measuring cups and spoons
- ☐ Liquid measuring cup
- ☐ Tongs
- ☐ Digital thermometer
- ☐ Wooden spoon
- ☐ Whisk
- ☐ Box grater or Microplane
- ☐ Mixing bowls (various sizes)

Cookware

- ☐ Large oven-proof skillet
- ☐ Large oven-proof skillet (straight-sided preferred)

Bakeware

- ☐ Rimmed baking sheet

Tabletop

- ☐ Large plate for steaks

Other

- ☐ Aluminum foil
- ☐ 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.
2. Preheat oven to 400°F. Position racks in the upper and lower thirds of the oven.

Seared Steak with Red Wine Pan Sauce

1. Remove steaks from the refrigerator 20 minutes before class.

Steakhouse Creamed Spinach

1. Thaw and drain the frozen spinach.

Baked Potato with Truffle Butter

1. Remove 4 ounces of butter from the refrigerator 20 minutes before class.

SEARED STEAK WITH RED WINE PAN SAUCE

Yield: 4 servings

Pan sauces are a classic way of finishing a pan-seared dish. They allow the cook to use the juices, drippings and caramelized bits remaining in the pan after cooking, injecting every bit of flavor into the sauce.

For the steaks:

4, 6-ounce steaks, such as New York strip, flat iron or tri-tip
Coarse kosher salt and freshly ground black pepper
1 tablespoon unsalted butter
1 tablespoon vegetable oil

For the pan sauce:

3 tablespoons unsalted butter, divided
2 medium shallots, thinly sliced
1 medium garlic clove, minced
1/2 cup dry red wine
1 cup low-sodium beef broth
1 teaspoon rosemary, minced

Preheat the oven to 400°F. Place steaks on a large plate and allow them to sit at room temperature for about 20 minutes.

1. ***To cook the steaks:*** Pat steaks dry and season generously on all sides with salt and pepper. Melt butter and oil in a large oven-proof skillet over medium-high until the butter foams. When foaming subsides, add steaks and sear until they are a deep brown on one side, about 5 minutes. Using tongs, turn the steaks over and transfer the skillet to the preheated oven; cook steak to the desired temperature, or until an instant-read thermometer inserted in the thickest part registers 125°F for medium-rare. Reserving skillet, remove steaks from oven and place on a clean cutting board. Loosely cover steaks with aluminum foil and rest for at least 5 minutes.

2. ***To prepare the pan sauce:*** While the steak rests, return the skillet to the stove over medium-high heat and add 2 tablespoons butter. When foam subsides, add shallots and garlic; cook until fragrant, about 2 minutes. Deglaze the pan with red wine and simmer sauce until reduced into a glaze, about 2 minutes. Add the broth and rosemary and cook until reduced by half, about 3 minutes. Remove the skillet from the heat and whisk the remaining tablespoon of butter into the sauce. Stir in any meat juices which have accumulated on the platter into the sauce. Taste and adjust seasoning with salt and pepper.

3. ***To serve:*** Carve the steaks against the grain into 1/2-inch thick strips and arrange on a warm serving platter or plates. Spoon wine reduction over and serve.

STEAKHOUSE CREAMED SPINACH

Yield: 4 servings

Although spinach is a classic green for this dish, this recipe also works beautifully with Swiss chard or kale. Blanching the spinach and squeezing it dry ensures bright green color and prevents the extra water in the spinach from diluting the creamy sauce.

3 tablespoons unsalted butter, divided
1/2 cup panko breadcrumbs
1/2 cup finely diced yellow onion
1 tablespoon unbleached all-purpose flour
1 2/3 cups heavy whipping cream
1 cup low-sodium chicken broth
1/8 teaspoon freshly grated nutmeg
1 cup (2 ounces) grated Parmigiano-Reggiano cheese
2 pounds frozen spinach, thawed and squeezed dry
Fine kosher salt and freshly ground black pepper

Preheat oven to 400°F.

1. ***To prepare seasoned breadcrumbs:*** Melt 1 tablespoon butter and add to a small bowl. Add panko; toss to coat the crumbs thoroughly. Season with salt and pepper and set aside.
2. ***To prepare creamed spinach:*** Place a large straight-sided oven-proof skillet on the stove over medium heat. Add the remaining 2 tablespoons butter and, when melted, add the onion and cook, stirring often, until tender, about 5 minutes.
3. Whisk in flour to form a thick paste. Whisk in cream, chicken broth and nutmeg; simmer until mixture is smooth and thick. Remove from heat and fold in spinach. Taste and adjust seasoning with salt and pepper.
4. Spread the grated cheese over the top of the spinach mixture and spread the seasoned breadcrumbs over the cheese.
5. ***To finish the dish:*** Transfer skillet to the oven and bake until golden brown and bubbly, 15 to 20 minutes. Serve immediately.

Recipe variations:

- Swap out spinach for kale or swiss chard.
- If you prefer creamed spinach without breadcrumbs, simply omit this step.

BAKED POTATO WITH TRUFFLE BUTTER

Yield: 4 servings

4 medium russet potatoes (about 6 ounces each)
1 tablespoon vegetable oil
1 3/4 teaspoons fine kosher salt, divided
1/2 teaspoon freshly ground black pepper, divided

Truffle Butter:

1 stick (4 ounces) unsalted butter, room temperature
1 tablespoon shallot, minced
1 tablespoon parsley, minced
1/2 to 1 teaspoon black truffle salt, plus more if desired

Preheat oven to 400°F. Line a baking sheet with aluminum foil.

1. **To cook the potatoes:** Rub potatoes with oil and season with 1/2 teaspoon of the salt and 1/8 teaspoon of the pepper. Place potatoes on the baking sheet and transfer to preheated oven. Bake until fork-tender, about 1 hour. Let the potatoes sit until cool enough to handle.
2. **To prepare the compound butter:** To a medium bowl, add butter, shallots, parsley, salt and pepper. Using a silicone spatula, combine the ingredients until they come together. Place a large piece of plastic wrap on a work surface and transfer butter mixture to the center of the plastic wrap. Form butter into a rough log about 1 1/2 inches in diameter. Roll the plastic wrap tightly around butter to form a smooth log. Tightly twist ends of plastic wrap to close and place butter in the freezer until firm, about 30 minutes. Cut butter into thin slices before serving.
3. **To assemble:** Score a line into the skin of the potato from end-to-end. With your hands placed on either end of the potato, squeeze the ends towards each other to open the potato skin up and expose the interior. Place a few slices of the truffle butter onto the opened potato and garnish with additional truffle salt if desired.

Recipe variations:

- **Additional delicious baked potato toppings:** sour cream, thinly sliced green onions, thinly sliced chives, steamed broccoli and any cheese you like.