



COOKING CLASSES
AT SUR LA TABLE

SUMMERTIME IN MEXICO

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 pound medium shrimp, peeled and deveined

Produce

- ☐ 6 limes
- ☐ 1 orange
- ☐ 1 small red onion
- ☐ 1 red bell pepper
- ☐ 1 medium jalapeño
- ☐ 1 bunch cilantro
- ☐ 1 small jicama
- ☐ 1 ripe avocado

Dairy

- ☐ 1 tablespoon lard, unsalted butter, or vegetable oil
- ☐ 3 large eggs
- ☐ 1/3 cup whole milk
- ☐ 1 1/2 cups heavy whipping cream

Frozen

- ☐ Ice

Pantry Items

- ☐ Kosher salt
- ☐ Granulated sugar
- ☐ Chili powder
- ☐ Vegetable oil
- ☐ Ground cumin
- ☐ Freshly ground black pepper
- ☐ Ground coriander
- ☐ All-purpose flour
- ☐ Baking powder
- ☐ Vanilla bean paste or vanilla extract

Dry/Canned Goods

- ☐ Reposado tequila
- ☐ Cointreau or triple sec
- ☐ Masa harina
- ☐ 1 1/3 cups evaporated milk
- ☐ 1 cup sweetened condensed milk

Equipment Needed

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

Cutlery

- ☐ Chef's knife
- ☐ Paring knife
- ☐ Cutting board

Hand Tools/Gadgets

- ☐ Measuring cups and spoons
- ☐ Microplane or citrus zester
- ☐ Citrus juicer or reamer
- ☐ Mixing bowls (various sizes)
- ☐ Vegetable peeler
- ☐ Tongs
- ☐ Wooden spoon
- ☐ Tortilla press (optional - see recipe for suggestions)
- ☐ Flour sifter or fine-mesh strainer
- ☐ Silicone spatula
- ☐ Toothpicks or wood skewer
- ☐ Offset spatula (optional)
- ☐ Bench scraper (optional)
- ☐ Silicone pastry brush

Cookware

- ☐ Grill pan or cast-iron skillet
- ☐ Cast-iron skillet

Appliances

- ☐ Stand mixer with whisk attachment or hand mixer
- ☐ Blender or food processor

Bakeware

- ☐ Rimmed baking sheet
- ☐ 8" x 8" cake pan

Barware

- ☐ Cocktail shaker and strainer
- ☐ Jigger
- ☐ Margarita glasses

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.

Classic Margarita with Chili-Lime Salted Rim

1. Wash and dry produce.

Grilled Shrimp Ceviche

1. If using frozen shrimp, defrost and drain in colander.
2. Peel and devein shrimp, if needed.
3. Toast 1/2 teaspoon cumin in a hot skillet until fragrant, about 2 minutes.
4. Wash and dry produce.

Fresh Handmade Corn Tortilla Chips

1. If using butter or lard, melt and cool.

Tres Leches Cake

1. Preheat oven to 350°F.
2. Butter an 8" x 8" cake pan.

CLASSIC MARGARITA WITH CHILI-LIME SALTED RIM

Yield: 1 serving

This recipe leverages the smooth flavors of reposado tequila which is aged for 60 days in oak barrels, adding hints of vanilla, agave and wood.

Chili-Lime Rim

2 tablespoons kosher salt

2 tablespoons granulated sugar

1 teaspoon chili powder

Zest from 1 lime

Margarita

1/2 cup ice

1 lime juiced, about 2 tablespoons

2 ounces reposado tequila

1 ounce Cointreau or triple sec

1. To a small bowl, add salt, sugar, and chili pepper and mix to combine. Zest lime and add to salt mixture. Using your fingers, rub zest into mixture. This will release natural oils in lime zest, adding more flavor.

2. To a cocktail shaker, add ice, lime juice, reposado tequila, and Cointreau. Shake hard for 10 seconds until shaker is cold. Run lime juice over rim of serving glass. Place glass rim side down in salt mixture and twist to coat the rim. Strain drink into glass. Margaritas can be served on the rocks or neat in a chilled glass.

GRILLED SHRIMP CEVICHE

Yield: 4 servings

Curing fresh fish and shellfish with acidic fruit juice is a Peruvian tradition several thousand years old. We are serving our Mexican-style shrimp ceviche with toasted tortillas and thinly sliced red onions.

1 pound medium shrimp, peeled and deveined
1 tablespoon vegetable oil
1/2 teaspoon toasted and ground cumin
Kosher salt and freshly ground black pepper
1 large orange
1/4 cup fresh lime juice, plus wedges for garnish
1/3 cup red onion, thinly sliced
1/4 cup red bell pepper, finely minced
1 medium jalapeño, seeded and minced (optional)
1/2 cup cilantro leaves, chopped, plus more for garnish
1/2 cup jicama, peeled and diced
1/2 teaspoon chili powder
Homemade tortilla chips (recipe included)
1 ripe avocado, pitted and sliced for garnish

1. Preheat grill or grill pan to medium-high heat. Brush shrimp with oil and season with cumin, salt and pepper. Grill shrimp about 2 minutes per side, or until bright pink and opaque. Transfer to a rimmed baking sheet, cool completely and cut into 1/2" pieces.

2. Using a paring knife, cut away peel and pith from orange. Cutting around membrane, slice orange into 1/4" thick fan-like pieces. Transfer to a medium bowl and combine with shrimp, lime juice, onion, pepper, jalapeño, cilantro and jicama. Taste and adjust seasoning with additional salt and chili powder. Cover and refrigerate for up to 2 hours, if not serving immediately.

3. **To serve:** Spoon ceviche into a small serving bowl or shot glasses, garnish with sliced avocado, cilantro and lime wedges. Serve with tortilla chips for scooping.

Recipe variations:

- Shrimp does not need to be grilled before serving. If not grilling, combine raw peeled and deveined shrimp with all ingredients except avocado and refrigerate for 1 hour before serving.

FRESH HANDMADE CORN TORTILLAS CHIPS

Yield: 2 dozen tortilla chips

Tortillas:

3/4 cup masa harina, plus more for dusting

1/4 teaspoon kosher salt

1 tablespoon fat (melted lard, melted unsalted butter, or vegetable oil)

1/2 cup hot water, plus more as needed

Baked Corn Chips:

1 teaspoon chili powder

1 teaspoon ground cumin

1/2 teaspoon ground coriander

1 tablespoon lime zest

1 1/2 teaspoons fine kosher salt

1/4 cup vegetable oil

1. **To prepare tortillas:** To a large mixing bowl, combine the masa, salt and fat. Thoroughly combine by mixing with your fingers or a whisk. Slowly stream in water while mixing with your hands or with a wooden spoon until dough comes together into a ball. Turn dough onto a lightly floured surface and knead until smooth, about 1 minute. Divide dough into 6, 1-ounce portions and form each into a smooth ball. Place masa balls on a baking sheet, cover with plastic and rest for 30 minutes.
2. After dough has rested, preheat a cast-iron skillet over medium-high for 5 minutes, then reduce heat to medium.
3. **To shape dough:** If dough has dried slightly during resting, wet your hands and roll each ball again to moisten. Place dough between 2 sheets of plastic wrap and place directly in center of the tortilla press. Press down firmly, then re-center tortilla and press again, repeating 1 to 2 more times or until tortilla is 1/8" thick. Transfer formed tortillas to a baking sheet and cover with plastic wrap. Shape several more tortillas.
4. **To cook tortillas:** To preheated cast-iron skillet set over medium heat, place raw tortillas into hot pan, a few at a time. Cook tortillas until brown spots appear on bottom, about 1 minute. Flip tortillas and cook on opposite side. Transfer cooked tortillas to a baking sheet. Press next batch of dough and cook in hot skillet. Once you get the hang of it, transfer pressed tortillas straight into the hot skillet and start pressing the next batch while cooking the previous batch.

5. **To prepare chips:** Preheat oven to 350°F. To a medium bowl, add spices, lime zest, salt and oil, whisk to combine. Cut tortillas into 4 triangles and add to bowl, toss with hands to evenly coat tortillas. Arrange chips on a rimmed baking sheet in a single layer and bake until crispy, about 8 minutes per side. Transfer to a wire rack and season with remaining seasoned salt; chips will crisp up as they cool.

Recipe variations:

- If you do not have a tortilla press, cut a plastic storage bag in half so that you have 2 equal pieces. Place one piece on a flat surface, place a masa round in the center and top with the second piece of plastic. Press until flat using the flat bottom of a skillet.

Masa harina substitutions:

- Masa Preparada (prepared masa dough).
- If you cannot find masa harina or masa preparada please purchase your favorite 4-inch flour or corn tortilla.

TRES LECHES CAKE

Yield: 1, 8 x 8" cake

Tres leches cake is a traditional cake soaked in three milks: whipping cream, evaporated milk and condensed milk.

3 large eggs, separated
3/4 cup granulated sugar
1 1/2 cups all-purpose flour
1 1/2 teaspoons baking powder
1/2 teaspoon kosher salt
1/3 cup whole milk
1 teaspoon vanilla bean paste or vanilla extract

Cream topping:

1 1/3 cups evaporated milk
1 cup sweetened condensed milk
1 1/2 cups heavy whipping cream, divided

Preheat the oven to 350°F and position a rack in the center of the oven. Lightly grease an 8" x 8" baking dish and set aside.

1. ***To prepare cake:*** To the bowl of a stand mixer fitted with the whisk attachment, beat egg whites on medium speed until soft peaks form. Add sugar gradually with mixer running until completely incorporated. Increase speed to high and beat until stiff peaks form. With the mixer on medium-low speed, add vanilla and egg yolks and mix until yolks are just incorporated, do not overmix or deflate. To a mixing bowl, sift together flour, baking powder and salt. Using a silicone spatula fold flour mixture into egg mixture, alternating with milk.

2. Pour batter into a prepared cake pan and level top with an offset spatula. Bake cake until golden brown and a toothpick inserted into the cake comes out clean, about 20-25 minutes.

3. ***To prepare cream topping:*** To a blender, combine evaporated milk, condensed milk, 3/4 cup of heavy cream; blend on high speed until well incorporated. Remove cake from oven and while still warm use a bamboo skewer to poke holes over entire cake. Slowly pour cream mixture over top of warm cake, allowing liquid to soak before adding more cream. Allow cake to cool for at least 30 minutes before serving, or for best results, cover and refrigerate until well chilled, at least 4 hours or overnight.

4. ***To serve:*** To the bowl of a stand mixer fitted with the whisk attachment, beat remaining 3/4 cup of heavy cream until medium peaks form. Spread whipped cream over cake. Slice and serve.