



COOKING CLASSES
AT SUR LA TABLE

TASTE OF WINE COUNTRY

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

Produce

- ☐ 1 avocado
- ☐ 1 bunch chives
- ☐ 1 bunch flat-leaf parsley
- ☐ 1 bunch tarragon
- ☐ 1 lemon
- ☐ 1 garlic clove
- ☐ 3 hearts of romaine lettuce
- ☐ 2 shallots
- ☐ 8 ounces asparagus
- ☐ 1 bunch chives

Dairy

- ☐ 1/3 cup mayonnaise
- ☐ 1/3 cup buttermilk
- ☐ 3 tablespoons unsalted butter
- ☐ 3/4 cup finely grated Parmigiano-Reggiano cheese

Pantry Items

- ☐ Kosher salt
- ☐ Freshly ground black pepper
- ☐ Extra-virgin olive oil

Dry/Canned Goods

- ☐ 3 anchovy fillets or anchovy paste
- ☐ 8 cups low-sodium chicken or vegetable broth
- ☐ 1 1/2 cups Arborio or Carnaroli rice
- ☐ 1/2 cup dry white wine

Equipment Needed

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

Cutlery

- ☐ Chef's knife
- ☐ Cutting board

Hand Tools/Gadgets

- ☐ Measuring cups and spoons
- ☐ Mixing bowls (various sizes)
- ☐ Prep bowls
- ☐ Wooden spoons
- ☐ Cheese grater
- ☐ Ladle
- ☐ Microplane (optional)
- ☐ Garlic roller (optional)
- ☐ Citrus juicer or reamer
- ☐ Silicone pastry brush
- ☐ Colander
- ☐ Silicone spatula
- ☐ Slotted spoon or spider

Cookware

- ☐ Large saucepan or Dutch oven
- ☐ Medium saucepan or stockpot with a lid
- ☐ Grill pan or cast-iron skillet

Appliances

- ☐ Blender or food processor

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.

Grilled Shrimp with Romaine and Avocado Green Goddess Dressing

1. Wash and dry all the produce.
2. If using frozen shrimp, defrost in a colander.
3. 30 minutes before class, remove the shrimp from the refrigerator.

Asparagus Risotto

1. Bring water to a simmer in a medium saucepan or stockpot. Cover and keep warm.
2. Wash and dry all the produce.

GRILLED SHRIMP AND ROMAINE WITH AVOCADO GREEN GODDESS DRESSING

Yield: 4-6 servings

The key to perfectly grilled shrimp is to cook them quickly and not allow them to linger on the grill even a minute longer than necessary. The shrimp are done when they are evenly bright pink and opaque in the center.

Dressing:

*1/3 cup mayonnaise
1/3 cup buttermilk
1 avocado, cut into large chunks
2 tablespoons fresh chives, chopped
2 tablespoons fresh flat-leaf parsley, chopped
1 tablespoon fresh tarragon leaves, chopped
1 tablespoon fresh lemon juice
3 anchovy fillets or 1 teaspoon anchovy paste
1 teaspoon garlic, minced
Kosher salt and freshly ground black pepper*

Salad:

*1 pound medium shrimp, peeled and deveined
3 tablespoons extra-virgin olive oil, divided
1 tablespoon fresh lemon juice
Kosher salt and freshly ground black pepper
3 hearts of romaine lettuce*

- 1. To prepare dressing:*** Combine all the ingredients in the bowl of a blender or a food processor and blend or pulse until smooth, 30 to 45 seconds. Taste and adjust seasoning with salt and pepper. The dressing can be made ahead of time and stored in the refrigerator for up to 5 days.
- 2. To prepare shrimp:*** Heat a grill pan or a cast-iron skillet over medium-high heat. In a medium bowl, toss the shrimp with 2 tablespoons of olive oil, lemon, salt and pepper until well coated. Grill the shrimp, turning them once and cooking them until the center is slightly opaque, 1 to 2 minutes per side.
- 3. To prepare the romaine:*** Cut the romaine hearts in half lengthwise and brush with the remaining 1 tablespoon of olive oil. Grill or sear cut sides down, just until grill marks develop, about 2 minutes. Cut the romaine crosswise into 2-inch strips and transfer to a large bowl.
- 4. To assemble:*** Toss the grilled romaine with the shrimp and just enough dressing to coat. Taste and adjust the seasoning with salt and pepper.

ASPARAGUS RISOTTO

Yield: 4 servings

6 to 8 cups low-sodium chicken or vegetable broth
3 tablespoons unsalted butter, divided
2 shallots, finely chopped
1 1/2 cups Arborio or Carnaroli rice
1/2 cup dry white wine
Kosher salt and freshly ground black pepper
8 ounces asparagus, trimmed, cut crosswise into 2-inch pieces
3/4 cup (1 1/2 ounces) Parmigiano-Reggiano cheese, finely grated
2 tablespoons fresh chives, chopped for garnish

1. To a medium mixing bowl, add ice and fill with enough water to cover the ice. To a medium saucepan set over high heat, add water and bring to a boil. Salt the water generously. Once boiling, add the asparagus and cook until bright green and crisp-tender, about 3 minutes. With a slotted spoon or spider remove the asparagus and immediately transfer to the ice bath to stop the cooking. Drain the asparagus in a colander and set aside.
2. To a medium saucepan set over high heat, add the broth and bring to a boil. Reduce the heat to low, cover and keep hot.
3. To a medium saucepan set over medium-high heat, add 2 tablespoons of butter. When the butter melts and the foaming subsides, add the shallots and cook until softened, stirring frequently with a wooden spoon, about 3 to 4 minutes. Add the rice and cook, stirring constantly until evenly coated with the butter and lightly toasted, about 3 minutes. Add the wine and simmer, stirring constantly until the wine is almost fully absorbed.
4. Using a ladle, add about 1 cup of the hot broth to the rice. Cook, stirring constantly with a wooden spoon until the broth is almost fully absorbed. Add additional broth, 1 cup at a time, stirring constantly and adding more broth only after the previous addition has been absorbed. The risotto is done after about 20 minutes of cooking when the consistency is creamy and the rice grains are al dente.
5. Remove the risotto from the heat and stir in the remaining 1 tablespoon of butter, asparagus and Parmigiano-Reggiano. Taste and adjust the seasoning with salt and pepper. If the risotto is thick, use any leftover broth or add hot water to thin as needed.
6. **To serve:** Divide the risotto between 4 warmed shallow serving bowls. Sprinkle with chives and serve immediately.

Recipe variations:

- Risotto is a wonderful canvas for your favorite ingredients. Try substituting the asparagus with sautéed mushrooms, crispy lardons, or roasted winter squash. Adjust the seasoning by adding saffron to your broth or lemon zest to your finished risotto.
- If you do not want to use wine, substitute broth for the white wine in this recipe.