



COOKING CLASSES
AT SUR LA TABLE

PAN-SEARED SALMON & SIDES

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

- ☐ 4 (5 to 6 ounce) salmon filets, skinned and pin bones removed

Produce

- ☐ 2 lemons
- ☐ 1 bunch parsley
- ☐ 1 pound asparagus
- ☐ 1 1/2 pounds Yukon Gold potatoes
- ☐ 1 bunch thyme

Dairy

- ☐ 7 tablespoons unsalted butter
- ☐ 1/2 cup whole milk
- ☐ 1/4 cup buttermilk

Pantry Items

- ☐ Kosher salt
- ☐ Freshly ground black pepper
- ☐ Vegetable Oil
- ☐ White wine

Dry/Canned Goods

- ☐ 3 tablespoons capers

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)
- ☐ Citrus juicer or reamer
- ☐ Microplane or citrus zester
- ☐ Tongs
- ☐ Wooden spoons
- ☐ Large spoon
- ☐ Vegetable peeler
- ☐ Potato ricer or food mill
- ☐ Colander
- ☐ Silicone spatula

Cookware

- ☐ Large skillet
- ☐ Cast-iron skillet
- ☐ Large saucepan or stockpot
- ☐ Small saucepan

Other

- ☐ Foil

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.

Pan-Seared Salmon with Lemon - Caper Butter

1. Remove skin and pin bones from salmon filets

Blistered Asparagus with Lemon

1. Wash and dry produce.

Whipped Potatoes

1. Wash and dry produce.

PAN-SEARED SALMON WITH LEMON-CAPER BUTTER

Yield: 4 servings

This lemon-caper butter sauce is simple to make and delicious on most seafood varieties

4 (5 to 6 ounce) salmon fillets, skinned and pin bones removed
Kosher salt and freshly ground black pepper
1 tablespoon extra-virgin olive oil
1 tablespoon vegetable oil
3 tablespoons unsalted butter, divided
3 tablespoons capers, rinsed, drained, and roughly chopped
3 tablespoons freshly squeezed lemon juice
1/4 cup white wine
1/4 cup fresh flat-leaf parsley, roughly chopped

1. **To prepare salmon:** Season salmon fillets generously on both sides with salt and pepper. To a large nonstick skillet, set over medium-high heat, add both heat oils. When oil is shimmering add salmon filets. Sear salmon on both sides until lightly browned, about 2 to 3 minutes per side, flipping once with a fish spatula. Remove salmon from skillet and place on a large plate. Tent with foil to keep warm.
2. Pour off all but 1 tablespoon oil from skillet. Add 2 tablespoons butter and heat, until butter turns golden brown and smells nutty, about 2 to 3 minutes. Add capers, lemon juice, and white wine using a wooden spoon to incorporate any browned bits from the bottom of the pan. Cook sauce while stirring constantly, 2 to 3 minutes. Remove skillet from heat and add in remaining butter. Whisk until butter has fully melted and emulsified into sauce. Add in parsley, stir to incorporate. Taste and season with salt and pepper.
3. **To serve:** Transfer each salmon fillet on a warmed dinner plate and divide lemon-caper butter between them, pouring over and around the filet, serve immediately.

Recipe variations:

- If you don't enjoy capers, substitute with sliced almonds or green olives

BLISTERED ASPARAGUS WITH LEMON

Yield: 4 servings

4 teaspoons vegetable oil, divided, plus more if needed
1 pound asparagus, woody ends trimmed and cut on bias into 2-inch spears
Kosher salt and freshly ground black pepper
1 lemon, zested and juiced, divided

1. To a large skillet set over medium-high heat, add 2 teaspoons of oil. When oil is hot and shimmering, add half of asparagus spears and toss to coat. Season with salt and pepper. Cook, stirring asparagus occasionally until tender and blistered. Transfer to a bowl and repeat with remaining 2 teaspoons of oil and asparagus.

2. **To serve:** Add asparagus back to skillet and add 2 teaspoons of lemon zest and 2 teaspoons of lemon juice, taste and adjust seasoning with salt, pepper, lemon zest, and juice. Transfer to a platter or divide between plates. Serve immediately.

Recipe variations:

- Broccoli florets or halved Brussels sprouts are a great substitute when asparagus is out of season.

WHIPPED POTATOES

Yield: 4 servings

The tanginess of buttermilk pairs wonderfully with potatoes. For the lightest, fluffiest mashed potatoes, process them in a potato ricer or food mill. For extra flavor, you can squeeze several cloves of roasted garlic into the ricer when pressing the potatoes. Make sure to heat the whole milk until simmering but keep your buttermilk cold or room temperature since it will “break” when heated.

1 1/2 pounds Yukon Gold or yellow potatoes, peeled and cut into 1-inch pieces
1/2 cup whole milk
4 tablespoons unsalted butter, room temperature
1/4 cup buttermilk
2 tablespoons fresh thyme leaves, roughly chopped
Kosher salt
Freshly ground black or white pepper

1. To a large saucepan, add potatoes and add enough cold water to cover completely. Set saucepan over medium-high heat and bring to a simmer. Continue to simmer until potatoes are tender, about 20 minutes. When potatoes are tender enough to mash, drain thoroughly in a colander.
2. To a small saucepan set over medium heat, add milk. When milk just begins to simmer, cover and remove from heat.
3. Return large saucepan to stove and set over medium heat. Add cooked potatoes and toss to dry completely, reserving saucepan. Remove potatoes and immediately process through a potato ricer or food mill. Return processed potatoes to saucepan and place over low heat.
4. Add butter and vigorously stir potatoes by hand with a wooden spoon until just incorporated. Drizzle hot milk slowly into potato mixture while stirring constantly with a wooden spoon. Continue adding milk and stirring mixture until desired consistency.
5. Add buttermilk slowly, tasting after each addition, until potatoes are pleasantly tangy. Heat potatoes briefly, season with salt and white pepper, and garnish with thyme. Serve immediately.

Recipe variations:

- If you don't have buttermilk, substitute with sour cream or full-fat Greek yogurt.