



COOKING CLASSES

AT SUR LA TABLE

# PARISIAN BISTRO

WITH SUR LA TABLE CHEF



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# Ingredient Shopping List

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

## Proteins

- 6 slices prosciutto
- 8 ounces ham

## Produce

- 1 shallot
- 1 bunch thyme
- 1 pound asparagus
- 2 medium leeks
- 1 bunch parsley

## Dairy

- 6 ounces Parmesan
- 10 tablespoons unsalted butter
- 6 ounces heavy cream
- 6-ounce whole milk
- 3 eggs

## Pantry Items

- White wine vinegar
- Dijon mustard
- Extra virgin olive oil
- All-purpose flour



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# Equipment Needed

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

## Cutlery

- Chefs knife
- Cutting board

## Hand Tools/Gadgets

- Rolling pin
- Whisk
- Bench scraper
- Vegetable peeler

## Cookware

- Saute pan

## Appliances

- Food processor

## Bakeware

- 9" tart pan
- Rimmed baking sheet
- Silicon baking mat
- Pie weights
- Wire rack

## Other

- Aluminum foil
- Plastic wrap,



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## 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.

### **Roasted Asparagus Salad with Thyme Vinaigrette and Prosciutto Crisps**

1. Preheat oven to 375°F
2. Wash all produce.

### **Leek, Parmesan, and Ham Quiche with Homemade Pie Dough**

1. Preheat oven to 375°F
2. Wash all produce



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## ROASTED ASPARAGUS SALAD WITH THYME VINAIGRETTE AND PROSCIUTTO CRISPS

**Yield:** 4 servings

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*6 thin prosciutto slices, cut into ½" wide ribbons  
1/4 cup white wine vinegar  
1 medium shallot, peeled and finely minced  
1 teaspoon Dijon mustard  
5 ounces plus 1/3 cup extra-virgin olive oil  
Kosher salt and freshly ground black pepper  
1 tablespoon fresh thyme leaves  
1 pound asparagus spears, washed and trimmed  
2 ounces Parmesan cheese, cut into curls with a vegetable peeler*

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Preheat oven to 375°F and position rack in middle of oven. Line a rimmed baking sheet with silicone baking mat.

1. **To prepare prosciutto:** To prepared baking sheet place prosciutto slices. Transfer to preheated oven and bake until golden, about 8 to 10 minutes. Allow to cool on baking sheet, set aside.
2. **To prepare vinaigrette:** To a mixing bowl add vinegar, shallot, mustard and whisk to combine. While whisking vigorously, add olive oil, emulsify vinaigrette. Add thyme, whisk to combine. Taste and adjust seasoning with salt and pepper, set aside.
3. **To prepare asparagus:** Increase oven temperature to 425F. To a rimmed baking sheet add 1/3 cup olive oil and asparagus, mix to evenly coat. Season asparagus with salt and peper and transfer to oven. Roast asparagus until tender, about 8 to 10 minutes. Remove from oven and transfer to serving platter.
4. To serve: To platter of asparagus, drizzle with thyme vinaigrette, and top with crisped prosciutto and parmesan curls.

### **Recipe variations:**

Subsitute tarragon or parsley for thyme.

Green beans are a great alternative if asparagus aren't in season.



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## LEEK PARMESAN AND HAM QUICHE

**Yield:** 1 9" quiche

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1 recipe Flaky Pie Dough (recipe included)  
3/4 cup (6 ounces) heavy cream  
3/4 cup (6 ounces) whole milk  
3 large eggs  
1 teaspoon kosher salt  
1/2 teaspoon freshly ground black pepper  
1 tablespoon canola or vegetable oil  
2 tablespoons (1/4 stick) unsalted butter  
2 medium leeks, white and light green parts only, cut into 1/8" thick rounds  
8 ounces ham, cut into 1/4-inch pieces  
4 ounces grated Parmesan cheese  
4 tablespoons Italian flat-leaf parsley, chopped

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Preheat oven to 375°F and position rack in middle of oven.

1. **Blind bake quiche shell:** To a lightly floured work surface, place Flaky Pie Dough. Using a rolling pin and extra flour as needed, roll dough to an even 14" circle about 1/8" thick. Transfer dough round to 9" tart pan, fitting dough into edges and creating a decorative crust. Top pie crust with aluminum foil and fill with baking weights. Place tart pan on rimmed baking sheet and place in preheated oven. Bake until golden and the surface of the bottom crust is no longer shiny about 20 to 25 minutes. Remove baking sheet from oven and carefully lift foil, removing baking weights.
2. To a large mixing bowl add heavy cream, milk, and eggs, whisk to combine. Season with salt and pepper, whisk to combine, set aside.
3. To a non-stick skillet set over medium heat add oil and butter. When butter has melted and foaming has subsided, add leeks, stir while cooking until soft, about 4 minutes.
4. To par-baked tart shell, add leeks, ham, parmesan, and parley, top with cream mixture, and evenly distribute ingredients.
5. **To bake:** Transfer baking sheet to oven and bake until quiche is set, about 40 to 45 minutes. Remove quiche from oven and allow to cool slightly before unmolding. Slice tart and serve room temperature or warm from the oven.

### **Recipe variations:**

All variety of toppings can be added or subtracted from quiche. Try classic fillings like ham, spinach, and fontina or make a new brunch classic with lox, cream cheese and red onions.



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## FLAKEY PIE DOUGH

**Yield:** 1 9" pie dough

*This recipe can be used to make both sweet and savory pies and tarts. You can make the dough ahead of time, wrap in plastic and refrigerate up to 2 days or freeze for 1 month.*

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1 1/4 cup all-purpose flour  
1/4 teaspoon kosher salt  
4 ounces unsalted butter, cold, cut into 1/2-inch cubes  
1/2 to 1/3 cup ice water

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1. **To prepare pie dough:** To the bowl of a food processor fitted with metal blade attachment, add flour, salt and butter. Pulse until butter becomes size of peas. Slowly add water while pulsing until dough begins to clump.
2. Transfer dough to plastic wrap and gather into a ball. Flatten dough into a disc and transfer to refrigerator. Allow dough to rest 30 min before using.



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