



**COOKING CLASSES**  
AT SUR LA TABLE

**PLANT-BASED FAVORITES**

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.

## Produce

- 2 large heads cauliflower
- 1 bunch flat-leaf parsley
- 1 bunch mint
- 1 bunch chives
- 1 lemon
- 2 pounds beets
- 3 cups hearty greens (such as beet tops, arugula, kale, or spinach)

## Dairy

- 2/3 cup good quality feta

## Pantry Items

- Vegetable oil
- Kosher salt
- Freshly ground black pepper
- Extra-virgin olive oil
- Red wine vinegar
- Capers
- 1/4 cup pitted Kalamata olives
- 1/4 cup pine nuts
- 1/4 cup golden raisins
- Cumin seeds

# Equipment Needed

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

## Cutlery

- Chef's knife
- Serrated knife

## Hand Tools/Gadgets

- Cutting board
- Mixing bowls (various sizes)
- Prep bowls
- Measuring cups and spoons
- Spiralizer or mandoline (optional)
- Microplane or citrus zester
- Citrus juicer or citrus reamer
- Whisk
- Tongs
- Silicone pastry brush
- Mortar and pestle (optional)
- Wooden spoon

## Cookware

- Grill pan or cast-iron skillet with a lid
- Small skillet

## Bakeware

- Rimmed baking sheet
- Wire baking rack
- Parchment paper

## Tabletop

- Platter
- Salad bowl

## **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 Cauliflower Steaks with Kalamata Olive Vinaigrette**

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

### **Roasted Beet Salad with Cumin Seeds and Feta**

1. Wash and dry all the produce.

# GRILLED CAULIFLOWER STEAKS WITH KALAMATA OLIVE VINAIGRETTE

**Yield:** 4 servings

These “steaks” are a hearty and delicious meatless option. Save the fallen florets to be grilled alongside the cauliflower steaks in a grill basket or reserve to make cauliflower rice or cauliflower mash.

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*Vegetable oil, for brushing grill grates and cauliflower*  
*2 large heads cauliflower*  
*Kosher salt and freshly ground black pepper*

***Kalamata olive vinaigrette:***

*1/4 cup extra-virgin olive oil*  
*2 tablespoons red wine vinegar*  
*3 tablespoons capers, rinsed, drained, and coarsely chopped*  
*1/4 cup pitted Kalamata olives, coarsely chopped*  
*1/4 cup pine nuts*  
*1/4 cup golden raisins*  
*1/4 cup fresh flat-leaf parsley, chopped*  
*1 tablespoon fresh chives, chopped*

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- 1. To toast the pine nuts:** Preheat an oven to 375°F. Line a rimmed baking sheet with parchment paper. Spread the pine nuts onto the prepared sheet pan and transfer to the oven. Toast the pine nuts for 5-8 minutes until golden brown. Remove from the oven and allow to cool.
  2. Remove the leaves and trim the stem of the cauliflower, leaving the core intact. Stand the cauliflower on a cutting board. With a serrated knife, cut the cauliflower in half through the core. Cut from top to core into 3/4-inch thick steaks. Repeat with the second cauliflower, you will have approximately 4 steaks.
  3. Preheat a grill or grill pan over medium-high heat. Using a silicone brush, brush the grill grates with vegetable oil. Then, lightly brush each side of the cauliflower steak with oil and season with salt and pepper. Carefully transfer the steaks to the grill, cover and grill until grill marks appear and the cauliflower is tender, 6 to 8 minutes per side.
  - 4. To prepare the vinaigrette:** To a small bowl, whisk together all vinaigrette ingredients. Taste and adjust the seasoning with salt and pepper.
  5. Transfer the grilled cauliflower to a serving platter and spoon the vinaigrette on top. Serve hot or at room temperature.

***Recipe variations:***

- Substitute cauliflower steaks for portobello mushrooms. Mushrooms will take about 2 minutes less time to grill.

## ROASTED BEET SALAD WITH CUMIN SEED AND FETA

**Yield:** 4 servings

Roasted beets make for a delicious and hearty salad, but the roasting can take over an hour. Here we have stepped up the pace and spiralized the beets before roasting, reducing prep time to 30 minutes. If you'd rather skip the spiralizing, just wrap your whole beets in foil and roast for about 75 minutes.

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*1 teaspoon lemon zest*  
*2 tablespoons fresh lemon juice*  
*1 teaspoon cumin seeds*  
*1/2 teaspoon kosher salt*  
*1/4 teaspoon freshly ground black pepper*  
*3 tablespoons extra-virgin olive oil, divided*  
*2 pounds beets, trimmed, peeled and spiralized or thinly sliced*  
*3 cups hearty greens such as beet tops, arugula, kale, or spinach, thinly sliced*  
*1/2 cup of fresh mint, coarsely chopped*  
*2/3 cup good quality feta, crumbled*

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Preheat the oven to 425°F and position a rack in the middle of the oven. Fit a baking sheet with a wire rack.

- 1. To toast the cumin seeds:** To a small skillet over medium-high heat, add the cumin seeds. Toast the seeds while stirring with a wooden spoon until fragrant and golden brown. Allow the seeds to cool. Once cool, crush in a mortar and pestle or with a heavy-bottomed skillet.
- 2. To prepare the vinaigrette:** To a large bowl, add the lemon zest and juice, cumin seeds, salt, pepper and 1 tablespoon of oil; whisk to combine and set aside.
- 3. To roast the beets:** To a medium bowl, add the spiralized or sliced beets and the remaining tablespoon of olive oil. Season with salt and pepper, toss to combine. Spread the beets out on the rack over the baking sheet; roast until tender, about 10 minutes.
- 4. To assemble the salad:** Allow the beets to cool for 10 minutes before transferring them to the bowl with the vinaigrette. Add the greens and mint; toss to combine. Taste and adjust the seasoning, transfer to a serving platter and top with feta cheese.

### **Recipe variations:**

- Substitute goat cheese or vegan feta for the goat cheese.
- Try adding roughly chopped toasted nuts to your salad for a bit of crunch.