



COOKING CLASSES
AT SUR LA TABLE

PLANT-BASED ITALIAN

WITH SUR LA TABLE CHEF

Ingredient Shopping List

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

Produce

- 1 lemon
- 7 garlic cloves
- 2 hearts of romaine
- 1 medium yellow onion
- 2 large eggplants
- 1 bunch parsley
- 1 small package fresh basil
- 1 lemon

Refrigerated

- Dijon mustard
- 1 cup almond ricotta, see recipe for substitution

Pantry Items

- Extra-virgin olive oil
- Kosher salt
- Freshly ground black pepper
- ½ tsp garlic powder
- 1/8 tsp cayenne pepper
- Granulated sugar

Dry/Canned Goods

- 1, 15-ounce can garbanzo beans
- 4 TBSP nutritional yeast
- 1 cup cashews
- 1, 28-ounce can fire-roasted crushed or diced tomatoes
- 1 TBSP tomato paste
- 1 cup farro

Equipment Needed

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

Cutlery

- Chef knife
- Cutting board

Hand Tools/Gadgets

- Measuring cups and spoons
- Liquid measuring cups
- Mixing bowls, various sizes
- Microplane grater
- Colander
- Silicone spatula
- Wooden spoon
- Silicone or natural bristle pastry brush
- Tongs

Cookware

- Medium saucepan

Appliances

- Blender

Bakeware

- 2-Rimmed baking sheet
- 9x13-inch baking dish

Tabletop

- Serving bowls and plates

Other

- Paper towels or clean kitchen towels
- Parchment paper or silicone baking mat

Pre-Class Mise en Place and Notes

- Please gather all ingredients before 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.

All-Recipes

1. Wash and dry produce.

Eggplant Involotini with Farro and Smoked Tomato Sauce

1. Prepare 2 cups cooked farro, cook according to manufacturer's instructions.

Caesar Salad with Crispy Chickpea Croutons

1. Soak 1 cup cashews in water overnight before class

CAESAR SALAD WITH CRISPY CHICKPEA CROUTONS

Yield: 4 servings

Nutritional yeast is often used to mimic the flavor of cheese in vegan recipes. It is in fact nutritional (high in B-complex vitamins and a complete protein) and also great tasting. Use it as a topping for salads, soups, and popcorn.

Crispy chickpea croutons:

1 (15-ounce) can garbanzo beans, drained and rinsed
1 tablespoon extra-virgin olive oil
2 tablespoons nutritional yeast
1/2 teaspoon kosher salt
1/2 teaspoon garlic powder
1/4 teaspoon freshly ground black pepper
1/8 teaspoon ground cayenne pepper

Caesar dressing:

1 cup raw cashews, soaked for 8 hours or overnight
1/2 cup water
3 tablespoons fresh lemon juice
2 tablespoons extra-virgin olive oil
1 tablespoon nutritional yeast
2 teaspoons Dijon mustard
1 teaspoon minced garlic
Kosher salt and freshly ground black pepper

Salad:

2 hearts of romaine lettuce, cut into 1-inch ribbons
1 tablespoon nutritional yeast

1. **To prepare croutons:** Preheat oven to 400°F. Spread the rinsed garbanzo beans onto a paper towel-lined rimmed baking sheet and gently pat with paper towels to dry. Transfer dried garbanzo beans to a medium bowl and add remaining ingredients, tossing to coat. Transfer the beans onto a rimmed baking sheet and bake in the oven until golden brown, about 30 minutes.

2. **To prepare Caesar dressing:** Drain and rinse soaked cashews and add to a blender with the remaining dressing ingredients; purée until smooth and creamy, scraping down the sides of the blender with a silicone spatula, as needed. Taste and adjust seasoning with salt and pepper.

3. **To prepare salad:** Add romaine and chickpea croutons to a large serving bowl and toss with just enough dressing to coat. Taste and adjust seasoning with salt and pepper. Sprinkle nutritional yeast over salad, divide salad among 4 chilled salad plates, and serve immediately.

EGGPLANT INVOLUTINI WITH FARRO AND SMOKED TOMATO SAUCE

Yield: 4 servings

You can find almond ricotta in health-food stores and specialty markets. Puréed extra-firm tofu can be used in place of the ricotta.

Smoked tomato sauce:

1/4 cup extra-virgin olive oil
1 cup finely diced yellow onion
1 tablespoon minced garlic
1 (28-ounce) can crushed fire-roasted tomatoes
1 tablespoon tomato paste
2 teaspoons granulated sugar
Kosher salt and freshly ground black pepper

Eggplant involtini:

2 large eggplants
2 tablespoons extra-virgin olive oil, plus more for brushing eggplants
Sea salt and freshly ground black pepper
1 cup almond ricotta
1/4 cup chopped fresh flat-leaf parsley, plus more for garnishing
2 tablespoons chopped fresh basil, plus more for garnishing
1 teaspoon minced garlic
1 teaspoon lemon zest
2 cups cooked farro

Preheat oven to 400°F. Line baking sheets with parchment paper.

1. **To prepare sauce:** To a medium saucepan set over medium heat, add olive oil. When oil is shimmering, add onion and sauté until tender, about 5 minutes. Add garlic and cook until fragrant, about 1 minute. Stir in tomatoes, tomato paste, and sugar; simmer for 10 minutes. Taste and adjust seasoning with salt and pepper. Transfer sauce to a medium heatproof bowl.

2. **To roast eggplant:** Cut eggplants lengthwise into 1/4-inch-thick slices. Lightly brush with olive oil and season with salt and pepper on both sides and arrange in a single layer on prepared baking sheets. Transfer to the oven and bake for 10 minutes. Using tongs, flip eggplant slices and bake until eggplant is almost tender and pliable, about 10 minutes more. Set aside to cool.

3. **To prepare filling:** To a medium bowl, add ricotta, 2 tablespoons oil, herbs, garlic, and zest. Combine with a fork. With a silicone spatula, fold in cooked farro; taste and adjust seasoning

with salt and pepper.

3. **To assemble:** Spread half of the tomato sauce on the bottom of a medium baking dish. Place about 2 tablespoons filling at the end of eggplant slice and roll eggplant around the filling. Place the rolled eggplant, seam side down, in the baking dish. Repeat with remaining eggplant slices and filling. Top the involtini with remaining tomato sauce, cover with aluminum foil, and bake until heated through and sauce is bubbling, about 25 minutes.

4. **To serve:** Transfer involtini to warmed bowls, top with tomato sauce, and garnish with parsley and basil.