



COOKING CLASSES
AT SUR LA TABLE

**QUICK MEAL:
BEER-GLAZED CHICKEN**

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

- 2 1/2 pounds skin-on, boneless chicken pieces

Produce

- 1 bunch sage
- 2 garlic cloves
- 1 bunch thyme
- 1 pound green beans
- 1 1/2 pounds fingerling potatoes or baby potatoes
- 2 medium shallots
- 3 large carrots
- 1 lemon

Dairy

- 3 tablespoons unsalted butter

Pantry Items

- Kosher salt
- Light brown sugar
- Vegetable oil
- Freshly ground black pepper

Dry/Canned Goods

- 24 ounces lager

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)
- Microplane or citrus zester
- Tongs
- Silicone pastry brush
- Silicone spatula
- Wooden spoon
- Bench scraper
- Vegetable peeler

Cookware

- Saucepan

Bakeware

- Rimmed baking sheet

Tabletop

- Serving platter

Other

- Foil
- Paper towels
- Gallon size zip-top bag

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.

Beer-Glazed Chicken with Vegetables Sheet Pan Dinner

1. Preheat oven to 425°F.
2. Line rimmed baking sheet with foil.
3. Wash and dry produce.

BEER-GLAZED CHICKEN WITH VEGETABLES SHEET PAN DINNER

Yield: 4-6 servings

Marinade:

*1 cup water
1 tablespoon kosher salt
1/3 cup packed light brown sugar, plus more if desired
2 garlic cloves, minced
7 sprigs fresh sage
5 sprigs fresh thyme
24 ounces lager, chilled and divided*

*2 1/2 pounds skin-on, boneless chicken pieces
3 tablespoons unsalted butter, at room temperature*

Vegetables:

*1 pound green beans trimmed, halved lengthwise
3 large carrots, peeled and cut into 4" matchsticks
1 1/2 pounds fingerling potatoes (or other small potato), halved lengthwise
2 medium shallots, quartered
2 tablespoons fresh sage, chopped, plus 4 sprigs
1 teaspoon lemon zest
2 tablespoons vegetable oil
Kosher salt and freshly ground black pepper*

- 1. To prepare marinade:** To a medium saucepan set over medium-high heat, add water, salt and sugar. Bring to a simmer, stirring until salt and sugar are dissolved. Add garlic, sage, and thyme and simmer until aromatic, about 5 minutes. Remove from heat, add 20 ounces of cold lager and let cool to room temperature. Place chicken pieces in a large zip-top storage bag and add marinade. Seal bag and allow chicken to marinate 30 minutes at room temperature or up to 12 hours in refrigerator.
2. Preheat oven to 425°F. Line a rimmed baking sheet with foil. Remove chicken from marinade and pat dry with paper towels, reserving marinade. Coat dried marinated chicken with butter.
- 3. To prepare glaze:** Transfer reserved marinade to a medium saucepan set over medium-high heat. Bring marinade to a simmer and allow to reduce by half to a glaze-like consistency, taste and adjust seasoning, allow to cool.

4. **Prepare vegetables:** To a large bowl, add beans, carrots, potatoes, shallots, chopped sage and lemon zest. Add oil and season with salt and pepper; toss to coat.

5. **To roast chicken:** To prepared rimmed baking sheet, add vegetables. Place marinated chicken pieces, skin side up, on top of vegetables. Transfer baking sheet to preheated oven and pour 4 ounces of beer over vegetables.

6. Using a silicone pastry brush, baste chicken with glaze every 10 minutes. Stir vegetables occasionally to ensure even cooking, ensuring some liquid remains. Roast chicken until an instant-read thermometer inserted into thickest part of chicken registers 165°F and vegetables are tender and slightly charred about 30 minutes.

7. **To serve:** Remove baking sheet from oven and transfer chicken to a platter, let it rest for 10 minutes before carving. Transfer liquid from pan and add it to glaze. Serve chicken with roasted vegetables, along with remaining glaze.

Recipe variations:

- To make this dish gluten-free, substitute lager with hard cider and adjust sugar in marinade as necessary.
- Try swapping the vegetables in this recipe for butternut squash, delicata squash, green cabbage cut into wedges, sweet potatoes, or fennel.