



COOKING CLASSES
AT SUR LA TABLE

**QUICK MEAL:
STEAK TAGLIATA**

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

- 1 1/2 pounds flank steak or thick-cut sirloin

Produce

- 7 garlic cloves
- 1 bunch rosemary
- 1 lemon
- 1 English cucumber
- 1 pint cherry tomatoes
- 1 yellow bell pepper
- 1 small red onion
- 1 bunch flat-leaf parsley
- 1 bunch basil

Dairy

- 8 ounces mozzarella

Pantry Items

- Extra-virgin olive oil
- Red wine vinegar
- Kosher salt
- Freshly ground black pepper

Dry/Canned Goods

- 1/2 baguette

Equipment Needed

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

Cutlery

- Chef's knife
- Cutting board
- Serrated knife

Hand Tools/Gadgets

- Microplane
- Whisk
- Tongs
- Silicone pastry brush
- Wooden spoon
- Silicone spatula
- Instant-read digital thermometer
- Pepper grinder

Cookware

- Grill pan
- Small saucepan

Bakeware

- Mixing bowl (various sizes)
- Rimmed baking sheet

Tabletop

- Serving platters

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.

Steak Tagliata

1. 30 minutes prior to class, remove steaks from refrigerator and allow to come to room temperature.

Panzanella

1. Preheat oven to 400°F.
2. Wash and dry produce.

STEAK TAGLIATA

Yield: 4 servings

Tagliata is a very simple Tuscan preparation of thinly sliced grilled beef garnished with olive oil.

Steak Tagliata:

1 1/2 pounds flank or thick-cut sirloin steak

2/3 cup plus 2 tablespoons extra-virgin olive oil, divided

6 garlic cloves, thinly sliced

2 tablespoons fresh rosemary, finely chopped

2 teaspoons freshly ground black pepper, plus more as needed

Kosher salt

1. Using a silicone pastry brush, lightly coat both sides of steak with 2 tablespoons of olive oil. Generously season steaks with salt and pepper. Allow steak to sit at room temperature for thirty minutes before cooking.

2. **To prepare garlic-rosemary oil:** To a small saucepan set over low heat, add remaining 2/3 cup of olive oil and garlic. Cook until garlic begins to brown around edges, about 2 minutes. Remove saucepan from heat, add rosemary and freshly ground black pepper and stir to combine.

3. **To grill steak:** Preheat a cast iron grill pan over medium-high heat. Place seasoned steak on pan and cook undisturbed until dark grill lines appear, about 4 to 5 minutes. Using tongs, turn steak and cook to medium-rare, or until a meat thermometer inserted in thickest part of steak registers 130°F, about 5 minutes more. (For steaks thicker than 1 1/2", transfer grill pan to preheated 400°F oven to finish cooking.) Transfer steak to a cutting board and rest for 5 minutes before slicing.

4. **To serve:** Cut steak across grain into 1/4" thick slices and arrange on a platter. Drizzle some of the warm garlic-rosemary oil over steak.

Recipe variation:

- Any cut of steak will work in this dish. Try T-bone, ribeye, or strip steak and adjust cooking time accordingly based on thickness.

PANZANELLA

Yield: 4 servings

CROUTONS:

1/2 loaf baguette or any crusty bread, cut into 1/2" cubes
1 tablespoon extra-virgin olive oil
Kosher salt and freshly ground black pepper

VINAIGRETTE:

2 tablespoons red wine vinegar
2 tablespoons fresh lemon juice
1 garlic clove, minced
1/4 cup extra-virgin olive oil
Kosher salt and freshly ground black pepper

SALAD:

1 English cucumber, cut into 1/2" cubes
1 pint cherry tomatoes halved
1 yellow bell pepper, cored and cut into 1/2" cubes
2 tablespoons red onion, minced, rinsed in cold water, and patted dry
1/2 cup fresh flat-leaf parsley, chopped
1/2 cup loosely packed basil leaves, roughly torn
8 ounces fresh mozzarella, torn into bite-size pieces

Preheat oven to 400°F.

1. **To prepare croutons:** To a large bowl, add bread cubes and olive oil, toss to coat, and season with salt and pepper. Transfer bread to a baking sheet and arrange in an even layer. Toast croutons until light brown and crisp, about 10 minutes.
2. **To prepare vinaigrette:** To a small bowl, whisk vinegar, lemon juice and garlic. Slowly stream in oil while whisking continuously to emulsify. Taste and adjust seasoning with salt and pepper.
3. To a large bowl, add croutons, cucumber, tomatoes, peppers and onion. Pour vinaigrette over ingredients and toss to combine. Set aside for 10 minutes.
4. Add basil and mozzarella to salad, toss to combine. Taste and adjust seasoning with salt and pepper.

5. **To serve:** Transfer salad to a large serving dish or individual salad plates and serve immediately.

Recipe variation:

- Try a mix of heirloom tomatoes with mozzarella or thinly sliced fennel and Castelvetrano olives in this recipe.
- Any rustic loaf will work to make croutons. Try sourdough or an olive baguette.