



COOKING CLASSES
AT SUR LA TABLE

RUSTIC ITALIAN MEAL

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.

Proteins

- 1 ½ pounds (4 each) bone-in, skin-on chicken thighs

Produce

- 1 lemon
- 1 shallot
- 1 bunch parsley
- 1 pint cherry tomatoes
- 1 large tomato (heirloom optional)
- 1 bunch basil

Dairy

- 3 tablespoons unsalted butter
- 4 ounces fresh mozzarella ball
- 2 ounces Parmigiano-Reggiano cheese

Pantry Items

- Olive oil
- Kosher or sea salt
- Black peppercorns in a mill or grinder
- 1 quart Chicken broth
- Flaky sea salt

Dry/Canned Goods

- ½ cup pitted Kalamata olives
- ¼ cup capers
- 1 cup polenta

Other

- ½ cup white wine
- 1 loaf bread, optional for serving

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
- Small prep bowls
- Digital thermometer
- Tongs
- Wooden spoons
- Box grater
- Whisk

Cookware

- Large oven-safe skillet
- Medium-large saucepan (3-4 quart)

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.

All Recipes

1. Wash and dry all produce. Have ingredients pulled out of refrigerator or cabinets, ready to use.

Pan-Roasted Chicken

1. Preheat oven to 375°F.
2. 30 minutes prior to class, remove chicken from refrigerator.

PAN-ROASTED CHICKEN THIGHS WITH LEMONS, CAPERS AND OLIVES

Yield: 4 servings

4 tablespoons olive oil

1 lemon, cut into 6 wedges

Sea salt and freshly ground black pepper

4 bone-in, skin-on chicken thighs, trimmed (about 1 ½ pounds)

1 shallot, minced

½ cup dry white wine

½ cup low-sodium chicken broth

2 tablespoons unsalted butter, cut into ¼-inch cubes

½ cup pitted Kalamata olives, coarsely chopped

¼ cup capers, drained and rinsed

2 tablespoons minced fresh flat-leaf parsley leaves

1. Preheat oven to 375°F and position oven rack in the center.

2. **To roast chicken:** Pat chicken dry with paper towels and season generously with salt and pepper. To a large ovenproof skillet set over medium-high heat, add the remaining oil. When oil is shimmering, carefully add lemon wedges and chicken, skin side down, to the skillet and cook until golden brown, about 4 minutes. Using tongs, flip the chicken and transfer the skillet to the oven; roast chicken until an instant-read thermometer inserted into the thickest part registers 165°F, 12 to 14 minutes. Transfer chicken to a cutting board and rest for 5 minutes.

3. **To prepare sauce:** Return the skillet to the stove over medium heat. Add the shallots and cook until tender, about 2 minutes. Add the wine and cook, scraping up the browned bits from the pan, until wine is reduced by half. Add the chicken broth and cook until the sauce has slightly reduced and thickened, about 2 minutes. Swirl in the butter, olives, capers, and roasted lemons. Taste and adjust seasoning with salt and pepper.

4. **To serve:** Transfer chicken to warmed dinner plates, spoon the pan sauce over the chicken, and top with parsley; serve immediately.

Recipe variations:

Any pitted olive will work nicely in this recipe.

CAPRESE SALAD

Yield: 4 servings

Delicious, seasonal salad featuring the colors of the Italian Flag. For a more substantial salad, make it on a bed of arugula.

1 pint mixed cherry tomatoes, halved

3 to 4 tablespoons extra-virgin olive oil, divided

Flaky sea salt

1 large tomato, preferably heirloom, cut into 1/2-inch thick slices

4 ounces fresh mozzarella, torn into pieces

Freshly ground black pepper, coarsely ground

1 bunch fresh basil, leaves picked from stem

1. To a mixing bowl add cherry tomatoes, 1 tablespoon oil and salt. Toss to coat.

2. To serve: Arrange tomato slices in an attractive design on a plate or serving platter; season generously with salt. Arrange torn mozzarella over tomatoes; season. Top sliced tomatoes and mozzarella with dressed cherry tomato halves; season with salt and pepper. Top with basil, oil, and additional salt and pepper if desired.

Caprese Salad variations:

Serve with crusty bread.

For a simpler version. Alternate tomato slices, sliced mozzarella and basil leaves on serving platter; garnish with olive oil, salt and pepper.

PARMESAN POLENTA

Yield: 4 servings

3 cups chicken broth or water, plus more if needed

1 cup polenta

2 ounces Parmigiano-Reggiano cheese, grated

1 tablespoon unsalted butter

Sea salt and freshly ground black pepper

1. To a large saucepan set over medium-high heat, add broth; bring to a boil. While whisking vigorously, slowly pour polenta into broth. Reduce heat to maintain a simmer. Cook, while whisking constantly for 5 minutes. Reduce heat to low, cover and cook until all liquid is absorbed, 20 to 25 minutes.

2. *To serve:* Remove saucepan from heat and stir in Parmesan and butter. Taste and adjust seasoning with salt and pepper; serve immediately.

Recipe variations:

If substituting quick-cooking polenta, follow package instructions for cooking times.