



**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.

## Proteins

- 4 bone-in, skin-on chicken thighs (1 1/2 pounds)

## Produce

- 1 lemon
- 1 large shallot
- 1 bunch flat-leaf parsley
- 1 pint cherry tomatoes
- 1 large heirloom tomato
- 1 bunch basil

## Dairy

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

## Pantry Items

- Extra-virgin olive oil
- Kosher or sea salt
- Black peppercorns in a mill or grinder
- Flaky sea salt

## Dry/Canned Goods

- 1/2 cup pitted Kalamata olives
- 1/4 cup capers
- 1 cup polenta

## Other

- 1/2 cup dry white wine
- 5 cups low-sodium chicken broth
- 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
- Instant-read thermometer
- Tongs
- Wooden spoons
- Box grater
- Whisk
- Fine-mesh strainer

## Cookware

- Large oven-safe skillet
- Medium saucepan

## **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.

### **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

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*2 tablespoons olive oil*

*1 lemon, cut into 6 wedges*

*Kosher salt and freshly ground black pepper*

*4 bone-in, skin-on chicken thighs, trimmed (about 1 1/2 pounds)*

*1 large shallot, minced*

*1/2 cup dry white wine*

*1/2 cup low-sodium chicken broth*

*2 tablespoons unsalted butter, cut into 1/4-inch cubes*

*1/2 cup coarsely chopped pitted Kalamata olives*

*1/4 cup capers, drained and rinsed*

*2 tablespoons minced fresh flat-leaf parsley leaves*

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

1. **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 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 at 165°F, 12 to 14 minutes. Transfer chicken to a cutting board and rest for 5 minutes. Remove lemons and set aside.

2. **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.

3. **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. To make it more substantial, the salad can be made on a bed of arugula.

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*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*

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

2. **To serve:** To your serving plate or platter arrange tomato slices in an attractive design; season generously with salt. Arrange torn mozzarella over tomatoes and 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.

### **Recipe 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***

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*4 cups chicken broth or water, plus more if needed*

*1 cup polenta*

*2 ounces Parmigiano-Reggiano cheese, grated*

*1 tablespoon unsalted butter*

*Kosher salt and freshly ground black pepper*

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1. To a large saucepan set over medium-high heat, add broth and 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 Parmigiano-Reggiano 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.