

COOKING CLASSES
AT SUR LA TABLE

COOKBOOK CLUB
DADA EATS LOVE TO COOK IT

BY SAMAH DADA

Ingredient Shopping List

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

Produce

- 1/2 red onion
- 1 large bunch cilantro
- 1/2 pint grape tomatoes
- 1 green chile or 1 jalapeño
- 1 large hothouse cucumber or 5 Persian cucumbers
- 2 lemons
- 1 yellow onion
- 2 garlic cloves
- 1 bunch parsley

Pantry Items

- Kosher salt
- Freshly ground black pepper
- Extra-virgin olive oil
- Ground cumin
- Ground turmeric

Dry/Canned Goods

- 1/3 cup tahini
- 1/2 cup dry green lentils
- 3 tablespoons oat flour
- 1/4 cup sesame seeds

Equipment Needed

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

Cutlery

- Chef's knife
- Serrated knife (optional for slicing cherry tomatoes)
- Cutting board

Hand Tools/Gadgets

- Measuring cups and spoons
- Mixing bowls (various sizes)
- Vegetable peeler
- Citrus juicer or reamer
- Whisk
- Wooden spoon
- Silicone spatula
- Tongs
- Metal or silicone turner

Cookware

- Medium skillet
- Small saucepan

Appliances

- Food processor or blender

Other

- Shallow dish or small plate

Cookbook Club Pre-Class Mise en Place and Notes

There are two delicious ways to enjoy the Sur La Table Cookbook Club!

1. **Listen & Learn:** Review the recipes before class, then in class, watch the author, take notes and ask questions in real-time so you can effortlessly recreate the meal later.

2. **Prep & Cook Along:** Before class, review the recipes and complete ALL prep stated below, then cook along with the author and ask questions in real-time. Note: you may need to complete some recipes after class.

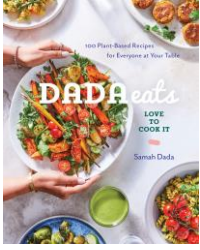
- Please gather all ingredients prior to class if you will be cooking along.
- It is helpful to organize the ingredients by recipe on rimmed baking sheets.
- Pre-measuring ingredients is recommended
- We encourage you to prep all your ingredients before class as it will allow you to have more time to listen and watch the instructor.

Cucumber Ribbon Kachumber

1. Wash and dry produce.
2. Dice 1/2 red onion.
3. Slice 1/2 cup cherry tomatoes in half.
4. Roughly chop 1 cup cilantro leaves and tender stems.
5. Seed and thinly slice 1 chile or jalapeño.

Sesame-Crusted Lentil Falafel with Lemony Tahini Sauce

1. Wash and dry produce.
2. Cook 1/2 cup green lentils according to package instruction.
3. Prepare Lemony Tahini Sauce according to recipe instructions.
4. Roughly chop 1 yellow onion.
5. Chop 2 garlic cloves.
6. Roughly chop 1/4 cup, plus a little more, fresh parsley.
7. Roughly chop 1/4 cup, plus a little more, fresh cilantro.
8. Pour 1/4 cup sesame seeds into a shallow bowl.



DADA EATS LOVE TO COOK IT:

100 Plant-Based Recipes for Everyone at Your Table

Written by Samah Dada

CUCUMBER RIBBON KACHUMBER

Yield: 1-2 servings

In Indian cuisine, kachumber is simply always on the table. It's like that one friend who you can't not invite to your party. A medley of diced tomatoes, onions, cucumbers, lemon juice, and often green chiles, kachumber serves as a refreshing complement and palate cleanser to all the deliciously spicy Indian food it is often served with. I decided to take traditional Indian kachumber and instead shave the cucumber into ribbons for some extra glamour. You can do this with a simple vegetable peeler, shaving down on one side of the cucumber until you reach the seeds, then flipping it over to shave the other side. This is perfect as an accompaniment to your mains, or as a great light snack when you need something to keep you and your palate cool and refreshed.

1/2 red onion, diced

1 cup fresh cilantro leaves and tender stems, roughly chopped, plus extra for garnish

1/2 cup grape tomatoes, halved

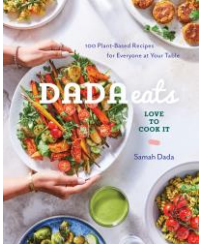
1 green chile, thinly sliced (seeds removed if you don't want it to be too spicy), or 1/2 to 1 whole jalapeño, thinly sliced

1 large hothouse cucumber, or 5 Persian cucumbers

Juice of 1 lemon

Kosher salt and freshly ground black pepper to taste

1. In a medium bowl, combine the red onion, cilantro, grape tomatoes, and sliced chile.
2. Start by peeling the cucumber and discarding the skin. Now, use the vegetable peeler to shave the cucumber until you reach the seeds, rotating the cucumber around to each side so that all you are basically left with is a cucumber-seed carcass. Transfer the cucumber ribbons to the bowl.
3. Add the lemon juice and season to taste with salt and pepper. Garnish with cilantro. Serve immediately!



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100 Plant-Based Recipes for Everyone at Your Table

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SESAME-CRUSTED LENTIL FALAFEL WITH LEMONY TAHINI SAUCE

Yield: 14 falafels

While chickpeas get all the legume attention in their falafel glory, I am a very fair person who really wants to give lentils a chance to shine in their very own falafel form. They're worthy of love and great accompanying tahini sauce too, you know?

I am a huge proponent of recipes that come together in a food processor or high-speed blender, as this falafel does, because when that gadget does the heavy lifting, it means you'll have less cleanup time and more eating time. While I will never stop you from eating these lentil falafels solo, the lemony tahini sauce is a perfect addition, whether you're a dunker or a drizzler.

Lemony Tahini Sauce

1/4 cup tahini

Juice of 1 lemon

1 tablespoon extra-virgin olive oil

1/2 teaspoon ground cumin

Kosher salt and freshly ground black pepper to taste

Falafel

3 tablespoons extra-virgin olive oil

1 yellow onion, roughly chopped

2 garlic cloves, chopped

1 teaspoon ground cumin

1/2 teaspoon ground turmeric

1 cup cooked lentils (I like using green lentils here)

1 tablespoon tahini

3 tablespoons oat flour

1/4 cup roughly chopped fresh parsley, plus extra for garnish

1/4 cup roughly chopped fresh cilantro, plus extra for garnish

Kosher salt to taste

1/4 cup sesame seeds for rolling

1. **Make the Lemony Tahini Sauce:** In a small bowl, whisk the tahini, lemon juice, and olive oil together. Stir in the cumin, followed by a splash or two of water to help the sauce thin and incorporate. Season to taste with salt and pepper.

2. **Make the falafel:** Heat 1 tablespoon of the olive oil in a medium skillet over medium heat. When it shimmers, add the onions and garlic and cook until they just start to brown around the edges, 5 to 7 minutes. Stir in the cumin and turmeric. Cook for a few minutes so that the spices roast with the onions and garlic. Remove the skillet from the heat and let cool for 10 minutes.

3. In a food processor or a high-speed blender, combine the lentils, onion mixture, tahini, oat flour, parsley, cilantro, and salt. Pulse until the mixture comes together but isn't totally blended. You want some texture and pieces of lentil still visible. We want the lentils to shine! The mixture should be sticky and thick enough to hold together. Adjust with salt to taste. Form the mixture into falafel balls using 2 tablespoons per falafel. Put the sesame seeds in a shallow dish and roll the falafel balls in them to coat completely.

4. Heat the remaining 2 tablespoons olive oil in a skillet over medium heat and fry the falafel for 2 to 4 minutes on each side, or until the sesame seeds are toasty and golden. Gently transfer the falafel to a plate.

5. Serve the falafel with the sauce, and garnish with chopped parsley and cilantro.

Recipe note:

- If you cannot find oat flour, grind rolled oats in your blender until a flour-like consistency. About 1/3 to 1/2 cup of rolled oats will yield the 3 tablespoons of oat flour needed for this recipe.