



COOKING CLASSES
AT SUR LA TABLE

SCRUMPTIOUS SPRING SALMON

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, 4 to 5 ounce salmon fillets, skinned and pin bones removed
- 4 ounces bacon

Produce

- 10 ounces fresh peas (substitute with frozen)
- 2 small packages, or 1 large package fresh mint
- 3 garlic cloves
- 2 lemons
- 1 bunch fresh parsley
- 5 cups berries such as blueberries, blackberries, strawberries, and or raspberries

Dairy/Refrigerated

- 1 1/3 cup grated Parmigiano-Reggiano cheese
- 2 TBSP heavy whipping cream
- 2 large eggs
- 1/2 cup unsalted butter

Pantry Items

- 1/3 cup, plus more olive oil
- Vegetable oil
- Salt and black pepper
- Vanilla bean paste or extract
- 1 cup rolled oats
- 4 TBSP all-purpose flour
- 1/2 cup granulated sugar
- 2 TBSP cornstarch
- 1/2 cup light brown sugar
- 1/4 tsp ground cinnamon

Dry/Canned Goods

- 1/2 cup pine nuts, toasted
- 8 ounces dried spaghetti

Equipment Needed

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

Cutlery

- Chef knife
- Paring knife
- Cutting boards

Hand Tools/Gadgets

- Measuring cups and spoons
- Liquid measuring cup
- Mixing bowls, various sizes
- Citrus juicer, optional
- Silicone spatulas
- Silicone basting brush
- Fish spatula
- Tongs
- Microplane grater
- Wooden spoon
- Ladle
- Oven mitts

Cookware

- Grill pan, or large heavy-bottomed skillet
- Large skillet
- Large saucepan

Appliances

- Food processor

Bakeware

- 4, 6-ounce ramekins or an 8x8-inch baking dish

Other

- Paper towels

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.
1. Preheat oven to 400°
 2. Set ½ cup unsalted butter on counter to soften.
 3. Thaw and drain frozen peas if using.

GRILLED SALMON WITH GREEN PEA AND MINT PESTO

Yield: 4 servings

If fresh peas aren't available, use a good quality bag of frozen peas that have been thawed. To save any leftover pesto, press a sheet of plastic wrap directly on top of the pesto, cover, and refrigerate for up to 2 days. It's great when tossed with hot spaghetti. If you don't have a grill or grill pan, a large heavy-bottom skillet can be used.

Pea and mint pesto:

10 ounces fresh shelled peas, blanched, or 1 (10-ounce) package, frozen peas, thawed

1/2 cup pine nuts, toasted

1/2 cup loosely packed fresh mint leaves, plus more for garnish

2 garlic cloves

1/3 cup extra-virgin olive oil

1/3 cup grated Parmigiano-Reggiano cheese

2 tablespoons fresh lemon juice, plus more as needed

Kosher salt and freshly ground black pepper

4 (4-5 ounces each) salmon fillets, skinned and pin bones removed

Vegetable oil, for brushing grates

1. **To prepare pesto:** To the bowl of a food processor fitted with a metal blade, add peas, pine nuts, mint, and garlic; pulse to a rough chop. With the machine running, add olive oil in a steady stream and process to a smooth paste. Stop the motor and add cheese and lemon juice, pulse to combine. Taste and adjust seasoning with salt, pepper, and lemon juice. Set aside.
2. **To prepare salmon:** Pat salmon fillets dry with paper towels, season with salt and pepper, pressing firmly to adhere.
3. Preheat a gas grill or heat a large grill pan over medium heat. Brush grill grates or grill pan lightly with oil. Place salmon fillets, presentation side down, and grill for 3 to 4 minutes. Using a fish spatula, carefully flip the filets and grill to medium, another 2 to 3 minutes. Remove from grill and transfer to 4 individual serving plates.
4. **To serve:** Garnish salmon with a generous dollop of pea pesto and a few small mint leaves. Serve immediately.

SPAGHETTI ALLA CARBONARA

Yield: 4 entrée size servings, 8 side size servings

With just a handful of ingredients you can create the most delicious plate of pasta in under 15 minutes. The secret to this dish is timing and having everything prepped before you start cooking. Heavy cream is not in most traditional versions of this dish, we like it especially when paired with lighter menu items.

2 tablespoons heavy whipping cream
3/4 cup parmesan cheese, grated
2 large eggs
2 tablespoons flat leaf parsley, coarsely chopped
Kosher salt
4 ounces bacon, sliced crosswise into 1/4-inch thick pieces
1 large garlic clove, minced
8 ounces dried spaghetti
Freshly ground black pepper
Parmesan, for serving

1. To a small bowl add the cream, eggs and parsley, whisk to combine and set aside

2. **To prepare the carbonara:** To a large skillet set over medium heat, add bacon and cook until the fat has been rendered and bacon is golden brown and crispy, about 5 minutes. Add the garlic and cook until fragrant, about 1 minute.

3. **To cook pasta:** To a large pot of water set over high heat, bring to a rolling boil. Generously season water with salt. Add pasta and stir immediately to prevent it from sticking together. Cook until al dente, 2 to 3 minutes. Using a spider or tongs remove pasta from pot and transfer to sauté pan with bacon and garlic.

4. **To finish:** Remove skillet from heat and add reserved cream mixture. Working quickly, use tongs to toss and evenly coat noodles with sauce. The residual heat from the pan will cook the eggs and working quickly will prevent the eggs from scrambling. If the pasta looks dry, add just enough of the reserved pasta water until you have achieved a saucy well-coated paste. Taste and adjust seasoning with salt and generously with black pepper.

5. To serve: Using tongs transfer pasta onto 4 warmed pasta bowls, top with extra parmesan. Serve immediately.

Recipe variations:

- Add in sliced mushrooms, sun dried tomato or other vegetables to make this classic your own.
- Other variations include substitution guaciale for bacon, add in fresh spring peas, or stir in truffle oil.

INDIVIDUAL BERRY CRISPS

Yield: 4, 6-ounce ramekins

Easy to make, this classic berry crisp can be made with most fruit. In summer try berries, plums, cherries, peaches and nectarines. In the fall and winter, apples or pears studded with cranberries are a sweet way to end a meal. We are baking these in individual ramekins, if doubling or tripling the recipe, use a 9 x 9" or 9 x 13" baking dish.

Berry filling:

1/2 cup granulated sugar

1/4 teaspoon kosher salt

2 tablespoon cornstarch

1 teaspoon orange or lemon zest

5 cups berries such as blueberries, blackberries, strawberries or raspberries

1 teaspoon vanilla bean paste or vanilla extract

1/2 teaspoon freshly squeezed orange or lemon juice

Crisp topping:

1 cup rolled oats

4 tablespoons all-purpose flour

1/2 cup light brown sugar, packed

1/4 teaspoon kosher salt

1/4 teaspoon cinnamon

1/2 cup unsalted butter, room temperature

Preheat oven to 400°F and position rack into middle of the oven.

1. **To make filling:** To a medium bowl add sugar, salt, cornstarch and zest, whisk to combine. Add berries, and gently toss to coat. Stir in vanilla and juice, stir to coat.

2. Divide fruit between ramekins.

3. **To make crisp topping:** To a small bowl, add oats, flour, sugar, salt, cinnamon and stir to combine. Add butter, using your clean hands work butter into dry ingredients until mixture resembles coarse crumbs.

4. Divide crisp topping over fruit. Transfer ramekins to preheated oven. Bake until crisp topping is golden brown, and fruit is bubbling, about 25 minutes.

5. **To serve:** Allow crisps to cool for about 10 minutes before serving.

Recipe variations:

- Substitute gluten-free flour or almond meal for the all-purpose flour in the crisp topping.
- For some crunch, add chopped, toasted nuts to topping.