



**COOKING CLASSES**  
AT SUR LA TABLE

# **ONLINE SIMPLE SHEET PAN MEALS**

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

- 4 bone-in, skin-on chicken thighs
- 4 (4-ounce) Italian pork sausage links

## Produce

- 1 bunch rosemary
- 4 garlic cloves
- 1 1/2 pounds fingerling potatoes
- 2 medium carrots
- 1/2 bunch fresh flat-leaf parsley
- 1 bunch Tuscan kale
- 1 small red onion
- 1 fennel bulb
- 1 large garnet sweet potato

## Dairy

- 2 sticks unsalted butter

## Pantry Items

- Olive oil
- Sweet paprika
- Kosher salt
- Red wine vinegar
- Fennel seeds
- Freshly ground black pepper
- All-purpose flour
- Quick oats
- Light brown sugar

## Dry/Canned Goods

- 1 (14-ounce) can artichoke hearts
- 1 cup pitter green olives
- 1 (16-ounce) jar good quality seedless raspberry jam
- 1 cup dried sour cherries

# Equipment Needed

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

## Cutlery

- Chef's knife
- Paring knife
- Cutting board

## Hand Tools/Gadgets

- Mixing bowls (various sizes)
- Measuring cups and spoons
- Whisk
- Tong
- Silicone pastry brush
- Small offset spatula
- Fine-mesh strainer

## Cookware

- Rimmed baking sheets
- 13-inch baking pan

## Appliances

- Instant-read thermometer
- Stand mixer or food processor

## Tabletop

- Dinner plates

## Other

- Paper towels
- Foil

## **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.

### **Crispy Chicken with Rosemary, Olives, and Potatoes**

1. Wash and dry produce.

### **Italian Sausage with Fennel, Kale, and Sweet Potatoes**

1. Wash and dry produce.

### **Raspberry-Cherry Crumble Bars**

1. Cut butter into 1/2-inch pieces and keep in the fridge.

## CRISPY CHICKEN WITH ROSEMARY, OLIVES AND POTATOES

**Yield:** 4 servings

You can use chicken legs or chicken hind quarters in place of chicken thighs. It is important to keep vegetables cut in uniform pieces to make sure they roast evenly.

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*1/4 cup olive oil*  
*1 1/2 tablespoons minced fresh rosemary*  
*2 teaspoons sweet paprika*  
*2 garlic cloves, chopped*  
*1 teaspoon kosher salt, plus more for chicken*  
*1/2 teaspoon freshly ground black pepper, plus more for chicken*  
*4 bone-in, skin-on chicken thighs, trimmed*  
*1 1/2 pounds fingerling potatoes, cut into bite-size pieces*  
*2 medium carrots, cut into bite-size pieces*  
*1 (14-ounce) can artichoke hearts, drained and halved*  
*1 cup pitted green olives*  
*1/4 cup chopped fresh flat-leaf parsley*

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Preheat oven to 450°F.

1. To a small bowl, add oil, rosemary, paprika, garlic, salt, and pepper; whisk to combine.
2. Pat chicken dry with paper towels and season with salt and pepper. Transfer chicken to a large, rimmed baking sheet along with potatoes, carrots, artichoke hearts, and olives. Pour oil mixture over chicken and vegetables, and gently toss together to coat. Transfer to the preheated oven and roast until chicken is cooked through and potatoes are tender, about 45 minutes. Stir chicken and vegetables halfway through roasting and baste with pan juices.
3. **To serve:** Divide chicken and vegetables among 4 warmed plates and top with parsley, serve immediately.

## ITALIAN SAUSAGE WITH FENNEL, KALE AND SWEET POTATOES

**Yield:** 4 servings

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*1/4 cup olive oil*  
*2 tablespoons red wine vinegar*  
*2 garlic cloves, minced*  
*1 tablespoon fennel seeds*  
*1 teaspoon freshly ground black pepper*  
*2 teaspoons kosher salt*  
*1 bunch Tuscan kale, stemmed and cut into bite-size pieces*  
*1 small red onion, halved and then cut into 1/2-inch slices*  
*1 fennel bulb, bulb only, halved, cored, and cut into bite-size pieces*  
*1 large (about 1 pound) Garnet sweet potato, peeled and cut into bite-size pieces*  
*4 (4-ounce) Italian pork sausage links*

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Preheat oven to 375°F.

1. To a small bowl, add oil, vinegar, garlic, fennel seeds, pepper, and salt. Stir to combine.
2. To a rimmed baking sheet, add kale, onion, fennel, and sweet potato. Pour oil mixture and toss. Nestle the sausages in the dressed vegetables. Transfer to preheated oven and roast until an instant-read thermometer inserted into the center of the sausages reads 165°F, about 20 minutes. Remove sausages from baking sheet to a platter and loosely cover with foil.
3. Increase oven temperature to 450°F and continue to roast vegetables until tender and crisp around the edges, about 10 more minutes. Stir vegetables halfway through roasting.
4. **To serve:** Slice sausages and add back into the roasted vegetables and toss together. Evenly divide the sausages and vegetables between 4 warmed plates and serve immediately.

## RASPBERRY-CHERRY CRUMBLE BARS

**Yield:** 36 (3 by 1-inch) bars

These homey, irresistible bars can be put together in no time, will feed a crowd and are loved by everyone.

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*1 3/4 cups (8 3/4 ounces) unbleached all-purpose flour*  
*1 3/4 cups (6 ounces) old-fashioned or quick oats (not instant)*  
*1 cup (8 ounces) firmly packed light brown sugar*  
*1/4 teaspoon kosher salt*  
*2 sticks (8 ounces) cold unsalted butter, cut into 1/2-inch pieces*  
*1 (16-ounce) jar good-quality seedless raspberry jam*  
*1 cup (5 1/2 ounces) dried sour cherries*  
*Confectioners' sugar, for dusting*

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1. Preheat the oven to 350°F and position an oven rack in the center. Line a 13-inch baking pan with foil across the bottom and up the two long sides, then lightly coat with melted butter, oil, or high-heat canola-oil spray.
2. **To mix the crumble dough:** Place the flour, oats, brown sugar, and salt in the bowl of the stand mixer and beat on low speed until evenly mixed (or place in the food processor and process for 5 seconds). Add the cold butter and mix on low speed until the mixture looks like wet sand and starts to form clumps, 5 to 6 minutes (or process for 45 to 60 seconds, pausing to scrape with the spatula).
3. **To bake the bottom crust:** Divide the dough in half. Pat one half into an even layer in the prepared pan. Set the other half aside. Bake for 20 to 25 minutes, until golden and crisp. Transfer to a rack and cool for 20 minutes. Leave the oven on.
4. **To make the filling:** Empty the jar of jam into a medium bowl and stir well to break up any lumps. Add the cherries and stir until well mixed and all the cherries are coated with jam. Spread evenly over the cooled crust, all the way to the edges. Sprinkle the remaining dough evenly over the filling.
5. Bake for 35 to 40 minutes, until the topping is golden brown, and the filling is bubbling. Transfer to a rack and cool completely, 1 1/2 to 2 hours.
6. **To un-mold the cookies:** To serve, run a thin knife or spatula around the edges of the pan to loosen any dough or filling. Lift the cookies out using the foil as handles and place on a cutting surface. Cut into 3 by 1-inch bars. Just before serving, use a fine mesh strainer to lightly dust confectioners' sugar over the cookies.

7. **Storing:** Keep the bars in an airtight container between layers of parchment or waxed paper for up to 4 days at room temperature. Dust with confectioners' sugar just before serving.