



COOKING CLASSES
AT SUR LA TABLE

SKILLET-FRIED CHICKEN + BISCUITS

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 whole chicken broken down into 10 pieces (3-4 pounds total weight)

Produce

- ☐ 1 bunch fresh thyme
- ☐ 1 bunch fresh flat-leaf parsley
- ☐ 1 bunch fresh dill
- ☐ 1 bunch fresh chives
- ☐ 1 pound red or green cabbage
- ☐ 1 medium carrot
- ☐ 1 shallot
- ☐ 1 lemon

Dairy

- ☐ 7 cups buttermilk
- ☐ 2 large eggs
- ☐ 2 sticks unsalted butter
- ☐ 1/4 cup mayonnaise
- ☐ 1/4 cup sour cream

Pantry Items

- ☐ Kosher salt
- ☐ Freshly ground black pepper
- ☐ Granulated sugar
- ☐ Paprika
- ☐ Dried oregano
- ☐ Dried sage
- ☐ 3 bay leaves
- ☐ Caraway seeds
- ☐ Celery seeds
- ☐ All-purpose flour
- ☐ Baking powder
- ☐ Baking soda
- ☐ 2 cups vegetable oil
- ☐ Honey
- ☐ Whole-grain mustard

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)
- ☐ Tongs
- ☐ Instant-read thermometer
- ☐ Whisk
- ☐ Citrus press or citrus reamer
- ☐ Vegetable peeler
- ☐ Silicone spatula
- ☐ Box grater
- ☐ 4" round biscuit cutter or 4" round glass
- ☐ Fork
- ☐ Rolling pin
- ☐ Microplane or citrus zester

Cookware

- ☐ Large cast-iron skillet

Bakeware

- ☐ Large baking dish
- ☐ 2 wire baking racks
- ☐ 2 rimmed baking sheets

Other

- ☐ Paper towels
- ☐ Parchment
- ☐ Plastic wrap

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.

Skillet-Fried Chicken

1. If starting with a whole chicken, break it down into 10 pieces.
2. 3 to 8 hours before class prepare the marinade, pour over the chicken pieces and refrigerate.
3. 30 minutes before class, remove the chicken from the marinade and transfer to a wire rack set over a baking sheet. Drain thoroughly. Allow the chicken to come to room temperature.

Creamy Buttermilk Coleslaw with Lemon and Herbs

1. Wash and dry all the produce.

Buttermilk Biscuits with Honey Butter

1. Preheat the oven to 400°F.
2. 30 minutes before class, place 4 ounces of unsalted butter in the freezer.
3. 30 minutes before class, remove 4 ounces of unsalted butter from the refrigerator and allow to soften.

SKILLET-FRIED CHICKEN

Yield: 4 to 6 servings

Cast iron is perfect for pan-frying chicken because it keeps a consistent, even heat throughout the cooking process. The other key is to use a pan that doesn't crowd the chicken (use two or cook in batches if necessary). The chicken should sizzle merrily in the oil but it shouldn't brown too quickly, or the outside will be done before the inside is fully cooked.

Marinade:

1 (3 to 4 pounds) whole chicken, cut into 10 serving pieces, each breast split in half

4 cups buttermilk

12 fresh thyme sprigs, roughly chopped

3 bay leaves

2 tablespoons kosher salt

2 teaspoons freshly ground black pepper

Seasoned flour:

2 cups unbleached all-purpose flour

2 tablespoons kosher salt

2 teaspoons freshly ground black pepper

1 tablespoon paprika

2 teaspoons dried oregano

2 teaspoons dried sage

Buttermilk coating:

1 cup buttermilk

1 large egg

1 teaspoon baking powder

1/2 teaspoon baking soda

Vegetable oil, for frying

Fine kosher salt

1. To prepare the marinade: Arrange the chicken in a large baking dish and set it aside in the refrigerator. To a large mixing bowl, add the buttermilk, thyme, bay leaves, salt and pepper. Whisk to combine and pour over the chicken. Cover and marinate the chicken in the refrigerator for at least 3 hours or for up to 8 hours. (Alternatively, use a vacuum sealer or instant marinator to reduce the marinating time by half.)

2. Place a wire rack over a baking sheet. Remove the chicken from marinade, set on the rack and drain thoroughly. Pat away any excess with paper towels and bring the chicken to room temperature, about 30 minutes.
3. To a large mixing bowl, whisk together the flour, salt, pepper and spices; set aside.
4. To another large mixing bowl, whisk together the buttermilk, egg, baking powder and baking soda. The mixture will bubble and foam as the baking powder reacts with the liquid, creating aeration in the batter by releasing carbon dioxide.
5. To a cast-iron skillet set over medium heat, add 1" of oil. Heat until the oil registers 350°F on an instant-read thermometer. If your skillet is smaller, use two or fry the chicken in batches.
6. Dredge the marinated chicken pieces in the seasoned flour, making sure all the creases are well-coated. Dip the chicken in the buttermilk coating, shaking off any excess and then dredge back in the seasoned flour, shaking off any excess.
7. **To fry the chicken:** Add the coated chicken to the hot oil carefully, skin-side down. (Always place food in hot oil away from your body to avoid splashes to your skin and clothes.) Once all the chicken is in the oil, adjust the heat so that the oil temperature returns to 350°F and continue to adjust the heat as needed to maintain the temperature throughout the frying process. After about 15 minutes, check the chicken. If a rich brown crust has developed, turn each piece. If the chicken still looks just golden, cook for a few more minutes before turning.
8. Continue frying the chicken until well-browned on both sides and the meat is cooked through, about 30 to 40 minutes total. Continue to fry until an instant-read thermometer inserted into the thickest part of the chicken registers 165°F. If cooking the chicken in batches, remember to return the oil temperature to 350°F before proceeding with the next batch.
9. **Fry-oven method:** Brown the chicken on all sides in the frying oil heated to 350°F. Transfer the browned chicken to a wire rack set over a rimmed baking sheet and place in a preheated 350°F oven. Roast for approximately 10 to 15 minutes until an instant-read thermometer inserted into the thickest part of the chicken registers at 165°F.
10. Transfer the chicken to a wire cooling rack set over a rimmed baking sheet. Immediately sprinkle lightly with salt and serve.

Recipe notes:

- Ask your grocery butcher to break the whole chicken into 10 pieces. You may also find chicken already broken down in the meat section of your grocery store.

Recipe variations:

- Like it hot? Add the pepper sauce of your choice (hot sauce, sriracha and sambal oelek) to the marinade and the buttermilk coating.
- For a lighter crust, substitute the all-purpose flour with rice flour.

CREAMY BUTTERMILK COLESLAW WITH LEMON AND HERBS

Yield: 4 servings

The word "coleslaw" comes from the Dutch word "koolsla", "kool" meaning cabbage and "sla" meaning salad. The English word originates from the Dutch and made its first appearance in New York in the late 1700s. Since then, it has been a featured side dish at almost every picnic or barbecue in America.

1 pound cabbage (about 1/2 medium head), red or green, finely shredded (about 6 cups)

1 medium carrot, shredded

1/4 cup buttermilk

1/4 cup mayonnaise

1/4 cup sour cream

2 tablespoons shallot, minced

2 tablespoons fresh flat-leaf parsley, minced

Zest and juice of 1 lemon

1 tablespoon granulated sugar

1 tablespoon whole-grain mustard

1/2 teaspoon caraway seeds

1/4 teaspoon celery seeds

1 teaspoon fresh thyme leaves, minced

1/4 cup fresh dill, minced

1/4 cup fresh chives, minced

Kosher salt and freshly ground black pepper

1. To a large bowl, add the shredded cabbage and carrot, toss together and set aside.
2. To a small bowl, add the remaining ingredients and whisk to combine. Pour the dressing over the cabbage and carrots; toss to combine. Refrigerate until chilled for at least 30 minutes or for up to 3 days. Taste and adjust the seasoning with salt and pepper before serving.

Recipe variations:

- Want additional color? Try using tri-colored carrots.

BUTTERMILK BISCUITS WITH HONEY BUTTER

Yield: 8, 4-inch biscuits

It should take no time to whip up a bunch of these fluffy, tender biscuits which are great with chicken but could also be served for breakfast, lunch, or dinner.

Biscuits:

2 cups unbleached all-purpose flour
1 tablespoon baking powder
1 teaspoon kosher salt
1 teaspoon granulated sugar
1 stick (4 ounces) unsalted butter, frozen
1 cup cold buttermilk
1 large egg, beaten

Honey butter:

1 stick (4 ounces) unsalted butter, softened
1/4 cup honey
1/4 teaspoon kosher salt

Preheat the oven to 400°F. Line a rimmed quarter-baking sheet with parchment paper or a silicone mat.

1. ***To prepare the biscuits:*** To a large bowl, add the flour, baking powder, salt and sugar; whisk to combine. Using the largest holes on a cheese grater, grate the frozen butter into the flour and mix with a fork to coat the butter with the flour. Make a well in the center and add the buttermilk; use the fork to mix just until the mixture forms large clumps and starts to come together. Turn the biscuit dough onto a lightly floured surface and roll into a 1-inch-thick rectangle. Using a 4-inch round biscuit cutter, cut out 8 rounds and transfer them to a prepared baking sheet. Re-roll the scrap dough to cut additional biscuits. Brush the biscuits with beaten egg and transfer to the oven. Bake until golden-brown and cooked through, about 12 to 14 minutes.

2. Transfer the biscuits to a rack and let cool for at least 5 minutes.

3. ***To prepare the honey butter:*** To a small bowl, stir together the softened butter, honey and salt using a fork. Set aside.

4. ***To serve:*** Transfer the biscuits to a large, warmed platter and serve immediately with the honey butter.