



COOKING CLASSES

AT SUR LA TABLE

SOUTH AMERICAN STEAK

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

- 2, 12-ounce sirloin steaks or NY strip steaks

Produce

- 1 bunch flat-leaf parsley leaves
- 1 bunch cilantro leaves
- 2 shallots
- 3 garlic cloves
- 2 sprigs fresh oregano leaves
- 1 lime
- 2 poblano peppers
- 4 ripe but firm bananas

Dairy

- 1 stick unsalted butter

Frozen

- 1 pound frozen corn kernels

Pantry Items

- Kosher salt
- Freshly ground black pepper
- Extra-virgin olive oil
- Vegetable oil
- Red pepper flakes
- Red wine vinegar
- Ground cumin
- Smoked paprika
- Light brown sugar
- Ground cinnamon
- Flaky sea salt

Dry/Canned Goods

- 1/2 cup store-bought dulce de leche

Equipment Needed

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

Cutlery

- Chef's knife
- 2 cutting boards

Hand Tools/Gadgets

- Prep bowls (various sizes)
- Mixing bowls (various sizes)
- Measuring spoons
- Liquid and dry measuring cups
- 2 pairs of tongs
- Oven mitts
- Wooden spoon
- Silicone spatula
- Colander or fine-mesh strainer
- Instant-read thermometer
- Microplane or zester
- Citrus press or reamer (optional)
- Bench scraper (optional)
- Offset spatula or fish spatula

Cookware

- Ovenproof large skillet or cast-iron skillet
- Large skillet
- Small saucepan
- Medium skillet

Appliances

- Blender or food processor

Bakeware

- Wire rack (if making more than 1 recipe of steak)
- Rimmed baking sheet (if making more than 1 recipe of steak)

Other

- Aluminum 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.

Roasted Steak with Chimichurri Sauce

1. 30 minutes before class, preheat the oven to 400°F. Remove the steaks from the refrigerator and allow to come them to room temperature.
2. Wash and dry all the produce.

Sautéed Corn with Smoky Lime Butter

1. Wash and dry all the produce.
2. Thaw and drain the frozen corn. Pat the corn dry with paper towels.

ROASTED STEAK WITH CHIMICHURRI SAUCE

Yield: 4 servings

Steak:

2, 12-ounce sirloin steaks or NY strip steaks
Kosher salt and freshly ground black pepper
Vegetable oil

Chimichurri sauce:

1 cup packed fresh flat-leaf parsley leaves
1/2 cup packed fresh cilantro leaves
1/2 cup extra-virgin olive oil
1 tablespoon shallot, coarsely chopped
2 garlic cloves, chopped
1/2 teaspoon ground cumin
1 tablespoon fresh oregano leaves
1/2 teaspoon red pepper flakes
2 tablespoons red wine vinegar
Kosher salt and freshly ground black pepper

1. Preheat the oven to 400°F and position a rack in the middle of the oven. Remove the steaks from the refrigerator and pat dry with paper towels. Rub both sides of the steak with oil, season with salt and pepper. Let the steak stand at room temperature for 30 minutes.
2. **To cook the steak:** To a heavy-bottomed skillet set over medium-high, heat until hot. Add the steaks and sear, about 2 minutes per side. Transfer the pan to the oven and cook to desired doneness, about 6 to 8 minutes for medium-rare (or 125°F on an instant-read thermometer when inserted into the thickest part of the steak). Transfer the steaks to a cutting board and tent loosely with foil.
3. **To prepare the chimichurri sauce:** To the bowl of a food processor, combine all the ingredients. Pulse until the herbs are finely chopped, stopping to scrape down the sides of the bowl as needed. Transfer the chimichurri to a medium bowl. Taste and adjust seasoning with salt and pepper.
4. **To serve:** Slice the steaks crosswise into 1/2-inch slices; serve with chimichurri sauce.

Recipe Variations:

- Most cuts of steak will work well for this recipe. The cooking technique will be the same, the suggested cook times might vary based on the thickness of the steak.

SAUTÉED CORN WITH SMOKY LIME BUTTER

Yield: 4 servings

*1 tablespoon vegetable oil
1-2 poblano peppers, diced
1 shallot, diced
1 garlic clove, chopped
1 pound frozen corn, thawed and drained
1 lime, zested, and cut in half
1/2 teaspoon smoked paprika
3 tablespoons unsalted butter, cut into pats
2 tablespoons cilantro, chopped
Kosher salt
Freshly ground black pepper*

1. To a large skillet set over medium heat, add the vegetable oil and swirl the pan to coat the bottom. Add the peppers, shallots, and garlic, stir often and sauté until tender.
2. Increase the heat to high and add the corn. Cook the mixture, tossing every 30 seconds until the corn begins to brown.
3. Lower the heat to medium-high and add the zest, smoked paprika, and butter, stir to combine. Cook, stirring often until butter melts and the zest and paprika are fragrant. Remove the skillet from the heat and squeeze in the juice from half of the lime. Add the cilantro and adjust the seasoning with salt, pepper, and lime juice.

Recipe variations:

- **Substitutions for poblano peppers:** Anaheim or a mix of one bell pepper and one jalapeño pepper will work.
- **Substitutions for shallot:** Red, white, sweet, or yellow onions as well as the white and light green portions of a green onion.

PAN-FRIED BANANAS WITH DULCE DE LECHE

Yield: 4 servings

This simple recipe is the base for bananas foster. Serve with vanilla ice cream and a shot of rum for a bananas foster-inspired sundae.

4 tablespoons (1/2 stick) unsalted butter

1/4 cup firmly packed light brown sugar

1/8 teaspoon ground cinnamon

4 ripe and firm bananas cut in half, crosswise and halved lengthwise

1/2 cup store-bought dulce de leche

Flaky sea salt

1. To a small saucepan over medium heat, add the dulce de leche. Heat until just simmering.

Take off the heat and keep warm.

2. To a medium skillet add the butter, brown sugar, and cinnamon. Place over low heat and cook, stirring constantly until the sugar dissolves.

3. Add the bananas cut side down and cook, spooning the butter mixture over the bananas until they soften and begin to brown. Flip the bananas and remove the skillet from heat.

4. **To serve:** Spoon the bananas out of the pan and divide between four bowls. Spoon the pan sauce over the bananas. Top the bananas with the warm dulce de leche and garnish with flaky salt.

Recipe variations:

- Peeled, cored and sliced pears or apples will also work well with this recipe.