



COOKING CLASSES
AT SUR LA TABLE

SPOOKY & SWEET TREATS

WITH SUR LA TABLE CHEF

Ingredient Shopping List

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

Dairy/Refrigerated

- ☐ 4 large egg whites
- ☐ 1/2 cup plus 2 tablespoons of pasteurized egg whites, meringue powder, or 5 large egg whites from pasteurized eggs
- ☐ 8 ounces unsalted butter
- ☐ 2 large eggs

Pantry Items

- ☐ Cream of tartar
- ☐ Granulated sugar
- ☐ Almond, vanilla or other natural extracts, clear in color
- ☐ Cornstarch
- ☐ Kosher salt
- ☐ All-purpose flour
- ☐ Baking powder
- ☐ 2 pounds confectioners' sugar
- ☐

Dry/Canned Goods

- ☐ Assorted gel food coloring, especially black, orange and white
- ☐ Sprinkles (various colors)
- ☐ Candy eyes (optional)
- ☐ Edible markers (optional)
- ☐ Shredded sweetened coconut (optional)
- ☐ 4 ounces milk, white, or dark chocolate (optional)

Equipment Needed

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

Cutlery

- ☐ Paring knife
- ☐ Cutting board

Hand Tools/Gadgets

- ☐ Measuring cups and spoons
- ☐ Mixing bowls (various sizes)
- ☐ Silicone spatula
- ☐ Kitchen shears
- ☐ Whisk
- ☐ Bench scraper
- ☐ Rolling pin
- ☐ Ruler (optional)
- ☐ Small spoons
- ☐ Toothpick or cake tester

Appliances

- ☐ Stand mixer or hand mixer

Bakeware

- ☐ 2 to 4 baking sheets
- ☐ Multiple disposable or canvas piping bags
- ☐ Piping tips: 1/8-inch open tip (such as Wilton #3 or #5, or Ateco #3 or #4) medium round, small round, medium open star, leaf tip (optional)
- ☐ Couplers (optional)
- ☐ Wire cooling rack
- ☐ Halloween themed cookie cutters (optional)*

Other

- ☐ Parchment paper
- ☐ Plastic wrap

* If you don't have Halloween themed cookie cutters, we will show you to make spooky cookies with round, heart and gingerbread man cutters.

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.

Meringue Shaped Bones, Ghosts, Goblins & Pumpkins

1. Line 2 baking sheets with parchment paper.

Sugar Cookie Dough

1. **1 hour before class:** Prepare dough, divide into two pieces, wrap individually in plastic wrap and transfer to the refrigerator.
2. **30 minutes before class:** Preheat the oven to 350°F.

COOKIE DECORATING 101

Decorating cookies is a fun way to create edible works of art! The canvas is a delicious buttery sugar cookie and your medium is royal icing. To achieve a high glossy form and finish there are a few steps to take.

Having everything ready before you start decorating is crucial, so set up your work area before you get started. Royal icing dries quickly so have color gels, spatula, piping bags, damp paper towels for wiping, toothpicks for dragging, decorative candies, paintbrushes, bowls, mixing spoons, plastic wrap for covering bowls, scissors, measuring spoons and water for thinning.

Consistency of the icing depends on how it will be used. When you lift a bit of the icing up and it falls back into self in a line, the amount of time (number of seconds) it takes to disappear into the icing will be how you tell if you have the proper consistency.

Outlining: Line disappears after 20 seconds

Piped decorations: After 15 seconds

Flooding: After 10 seconds

Should the consistency become too thin, simply sift in confectioners' sugar until the desired texture is achieved. Before piping directly onto a cookie, practice on a sheet of parchment paper to ensure your consistency is correct and the flow is what you want.

Outlining: Creates a border or a dam to hold in the flooded icing. The icing should be able to flow with gentle pressure when piped from a parchment pastry cone or piping bag with a 1/8-inch tip.

Flooding: Once the outline is dry you can flood the center. Pipe the thinner icing onto the middle of your cookie and gently nudge the icing with either a small offset spatula or the back of a small teaspoon to the outer edges. Let this dry completely before piping any beadwork.

Beadwork or decorative work: To create a bead or small Swiss dot, fill the parchment cone with icing and hold the pastry bag at a 90 degree angle, apply gentle pressure and squeeze and quickly release, creating dots or designs. Practice on parchment beforehand.

Marbling: Have the colored icing you plan on using for marbling *the consistency used for piped decorations* ready to pipe once you have just finished flooding. Quickly pipe dots or lines onto the freshly flooded cookie and immediately drag a toothpick through the design, creating a marbled effect.

SUGAR COOKIE DOUGH

Yield: 3 dozen cookies

3 cups unbleached all-purpose flour, plus more for rolling

3/4 teaspoon baking powder

1/4 teaspoon fine sea salt

8 ounces (2 sticks) unsalted butter, room temperature

1 1/4 cups granulated sugar

2 large eggs

1 tablespoon vanilla bean paste

1. To a large mixing bowl, add flour, baking powder and salt; whisk to combine.
2. To the bowl of a stand mixer fitted with a paddle attachment, add butter and sugar and beat together at medium speed until light and fluffy, 3 to 4 minutes. Beat in the eggs, 1 at a time, mixing until incorporated and scraping down the sides of the bowl with a silicone spatula as needed. Add the vanilla bean paste and mix for 30 seconds.
3. Turn the machine off and add the dry ingredients; beat at very low speed, scraping the side of the bowl occasionally, just until the flour is mixed in and the dough is smooth, about 30 seconds. Divide dough in half, pat each half into discs and wrap in plastic wrap; refrigerate until chilled and firm, at least 1 hour.
4. Preheat the oven to 350°F and position the racks in the center of the oven. Line two baking sheets with a silicone baking mat or parchment paper.
5. **To prepare the dough:** Roll the dough on a lightly floured work surface to 1/4 inch thickness. Cut out shapes using cookie cutters. Carefully transfer the cookies onto the prepared baking sheet leaving 1 inch between each cookie.
6. **To bake:** Bake until cookies are pale but set, 8 to 10 minutes, (baking times will vary based on the size and thickness of your cookies) rotating sheets halfway through. Remove sheets from the oven and transfer cookies to a wire cooling rack. Cool completely before decorating.

Note: Cookies can be stored in airtight containers, up to 1 week.

ROYAL ICING

Yield: 4 1/2 cups

We offer three options for the type of egg whites you can use in this recipe. Pasteurized egg whites, meringue powder (dehydrated egg whites that you rehydrate) or egg whites from pasteurized eggs.

2 pounds confectioners' sugar

1/2 teaspoon cream of tartar (for creating a bright white color)

Egg white options, use ONE of the following:

1/2 cup plus 2 tablespoons of pasteurized egg white

Meringue powder, follow the manufacturers' directions based on the quantity of confectioners' sugar

5 large egg whites from pasteurized eggs

Clear flavored extract to taste (optional)

Assorted gel colors

1. ***To prepare the icing:*** To the bowl of a stand mixer fitted with a whip attachment, add the confectioners' sugar and cream of tartar. With the mixer on very slow speed, whisk to combine. Slowly add the egg whites to the sugar, scraping down the sides as needed. Gradually increase speed to medium-high. Whip on medium-high until the icing is stiff, white and fluffy, 2 to 3 minutes. If using a flavoring, whisk it in now.

2. With a silicone spatula, divide the icing into bowls for coloring. Coloring before any water is added will ensure even color distribution. Start with a few drops of color as gel colors are very concentrated.

Water additions for thinning 1 cup of icing:

Outlining: 1/2 to 3/4 teaspoon water

Piped decorations: 1 1/2 to 2 teaspoons water

Flooding: 2 to 3 teaspoons water

3. Add the water in small amounts, testing for flow once each addition is thoroughly mixed in. Keep bowls of icing covered with plastic wrap pressed on the surface of the icing to prevent icing from drying out.

4. ***To decorate:*** Transfer icing to disposable piping bags fitted with a 1/8-inch tip. Store prepared bags in tall glasses with damp paper towels at the bottoms; this prevents the tips from crusting over.

MERINGUE SHAPED BONES, GHOSTS, GOBLINS & PUMPKINS

Yield: 2 dozen meringue cookies

4 large egg whites

1/4 teaspoon cream of tartar

1 1/4 cup granulated sugar

1/2 teaspoon almond extract or other natural extracts

1 teaspoon cornstarch, sifted

Pinch of kosher salt

Black, green, purple, or orange gel food coloring

Sprinkles in various colors

Shredded sweetened coconut

Candy eyes

Edible markers

4 ounces milk, white, or dark chocolate, chopped (optional)

Preheat oven to 250°F and line 2 baking sheets with parchment paper.

1. **To prepare meringue:** To the bowl of a stand mixer with a whisk attachment, beat whites, cream of tartar and salt on high speed until foamy. Beat in sugar 2 tablespoons at a time until stiff glossy peaks form. Fold in extract and cornstarch. Portion meringues into mixing bowls. Using a silicone spatula, fold gel food coloring into meringue until desired color is reached.
2. **To pipe meringue bones:** Transfer white meringue to a piping bag with a medium round tip. Pipe rounded end of a bone. Do not release pressure on piping bag and continue piping at a 90° angle from rounded end to form a straight line, about 4" long. Pipe a rounded end attached to line at opposite end and release pressure on piping bag. Pipe 2 additional rounded ends on each side, forming a heart shape on both ends.
3. **To pipe meringue ghosts:** Transfer white meringue to a piping bag with a medium round tip. Pipe ghost in one continuous motion starting with a dollop for head. Continue piping in a back in forth squiggle with a wide center ending in a narrow pointed tail. If using candy eyes, place on meringues before baking.
4. **To pipe meringue goblins:** Transfer black, blue, green, or purple meringue to a piping bag with a medium round tip. Holding piping bag directly above parchment, pipe a round of meringue. Using wet, clean fingertips, draw edges of meringue to points to mimic horns or spikes. Sprinkle goblins with shredded coconut or sprinkles. If using candy eyes, place on meringues before baking.
5. **To pipe meringue pumpkins:** Transfer orange meringue to a piping bag fitted with a medium open star tip. Transfer green meringue to a piping bag fitted with a leaf tip or small round tip. Holding piping bag with orange meringue directly above parchment, pipe a round of

meringue pulling up while releasing pressure to form a point. Using green meringue, pipe a green stem in center of round.

6. ***To pipe meringue monster eyes:*** Transfer white and black meringue to a small paper cornet or a piping bag with a small round tip. Using white meringue, pipe small dots onto parchment. Using black meringue, pipe a smaller dot in center of white dot.

7. ***To bake meringues:*** Transfer meringues to oven and bake until hard and dry, about 45 minutes.

8. Allow meringues to cool completely. Using edible markers, draw eyes and faces on meringues. Alternatively, using a clean paintbrush dipped in water, slightly dampen the back of a meringue eye and adhere to meringue cookie.

9. ***To dip meringues in chocolate (optional):*** To a microwavable bowl, add chopped chocolate. Microwave on high in 30 second intervals, stirring between each interval until chocolate is melted and smooth but not hot. Line a baking sheet with parchment. Dip bottoms of baked and decorated meringues in chocolate. Shake meringue to remove excess chocolate and place on prepared baking sheet. Transfer to refrigerator to set, 10 minutes.

Recipe variations:

- Meringues can be dipped in melted chocolate and transferred to refrigerator to set.