



**COOKING CLASSES**  
AT SUR LA TABLE

**SPRING HAPPY HOUR**

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

- 3 ounces smoked salmon

## Produce

- 1/4 cup blueberries
- 2 lemons
- 1 lime
- 1 small bunch mint
- 1 bunch fresh herbs (see recipe below for options)
- 1 zucchini
- 2 garlic cloves
- 1 shallot
- Fresh vegetables to serve with dip such as carrot, cucumber, bell pepper, etc.

## Diary

- 1 egg
- 3 ounces crème fraîche

## Pantry Items

- Granulated sugar
- Kosher or sea salt
- Black pepper
- Ground cumin
- All-purpose flour
- Baking powder
- Vegetable oil
- Extra-virgin olive oil

## Dry/Canned Goods

- 1, 14-ounce can cannellini or white beans

## Other

- Gin (see recipe for substitution suggestions)
- Elderflower liquor, such as Saint Germain (optional)

# 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
- Microplane or zester
- Silicone spatula
- Measuring cups and spoons
- Box grater
- Citrus juicer or reamer
- Vegetable peeler
- Fish spatula or turner

## Cookware

- Medium to large nonstick skillet

## Appliances

- Food processor

## Barware

- Cocktail shaker with strainer
- Jigger
- Muddler or wooden spoon
- Coupe or highball glass

## Other

- Paper towel lined baking sheet or plate

## **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.

### **Blueberry Gin Smash**

1. Wash and dry produce.

### **Zucchini Fritters with Smoked Salmon and Crème Fraîche**

1. Wash and dry produce.

### **Herby White Bean Dip and Crudité**

1. Wash and dry produce.
2. Drain and rinse cannellini beans.

## **BLUEBERRY GIN SMASH**

***Yield: 1 cocktail***

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*1/4 cup fresh blueberries*

*1 teaspoon freshly squeeze lemon juice*

*1 teaspoon freshly squeezed lime juice*

*4 mint leaves, plus more for garnish*

*1 teaspoon granulated sugar*

*Ice*

*1 1/2 ounce gin*

*1/2 ounce elderflower liquor, such as Saint Germain, optional*

*Lemon and lime rounds, for garnish*

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1. To a cocktail shaker, add blueberries, lime, lemon juice, mint and sugar. Using a muddler, or the handle of a wooden spoon mash ingredients together until sugar dissolves.

2. Add a handful of ice to cocktail shaker, along with gin and liquor. Top cocktail shaker with lid, shake aggressively for about 10 seconds and strain into a coupe or highball glass. Add additional ice if desired. Garnish with mint sprig and citrus slices.

### ***Recipe variations:***

- Substitute vodka, tequila, or bourbon for gin.
- Don't like mint? Remove it or replace it with thyme, basil or sage.

## ZUCCHINI FRITTERS WITH SMOKED SALMON AND CRÈME FRAICHE

**Yield:** 6 fritters

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*1 medium zucchini, coarsely shredded*  
*1 garlic clove, minced*  
*1 tablespoon shallot, minced*  
*1/2 teaspoon lemon zest*  
*1/2 teaspoon ground cumin*  
*1/4 teaspoon kosher salt*  
*1/8 teaspoon freshly ground black pepper*  
*1 egg, lightly beaten*  
*1/4 cup all-purpose flour*  
*1/4 teaspoon baking powder*  
*Vegetable oil*

*3 ounces smoked salmon*  
*3 ounces crème fraîche*

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1. **To prepare zucchini fritters:** Using a clean kitchen towel, wrap shredded zucchini inside towel and squeeze off excess liquid. To a large bowl, combine zucchini, garlic, shallots, lemon zest, cumin, salt and pepper. Stir in egg and thoroughly combine. Using a silicone spatula, add flour and baking powder and mix until just incorporated.

2. **To cook fritters:** Line a large plate or baking sheet with paper towels. To a large, nonstick skillet set over medium-high heat, add oil and heat until shimmering. Working in batches, add 2 tablespoons of batter, spreading to form 3" fritters. Fry until golden-brown, about 2 minutes each side. Transfer cooked fritters to paper towel-lined plate to drain excess oil. Season fritters lightly with salt.

3. **To serve:** Arrange zucchini fritters on a platter. Dollop crème fraîche evenly between fritters and top with smoked salmon.

### **Recipe variations:**

- Sour cream can be substituted for crème fraîche.
- Choose your favorite version of cured salmon. Cold smoked, hot smoked or gravlax are all equally delicious with this recipe.
- Substitute smoked salmon with a high-quality thinly sliced ham.

## HERBY WHITE BEAN DIP AND CRUDITÉ

**Yield:** about 1 1/2 cups dip

Serve with your favorite vegetables. White bean dip can be held in your refrigerator in a food storage container for about a week.

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### **Dip:**

*1 can, or 1 1/2 cups cooked cannellini beans or white beans, drained and rinsed*  
*1 tablespoon shallot, minced*  
*1 garlic clove, minced*  
*2 tablespoons extra-virgin olive oil, plus more for garnish*  
*2 tablespoons freshly squeezed lemon juice*  
*Kosher salt and freshly ground black pepper*  
*Water, as needed*  
*2 tablespoons freshly chopped herbs such as rosemary, parsley, thyme, or dill, plus more for garnish*

### **Crudité Suggestions:**

*Carrots, peeled and cut into coins or strips*  
*Cucumber, cut into coins*  
*Radishes, cut in half or quarters*  
*Bell peppers, cut into strips*

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1. To the bowl of a food processor add beans, shallot, garlic, oil and lemon juice. Process until mixture is smooth, add water 1 tablespoon at a time if needed. Taste and adjust seasoning with salt and pepper. Add herbs and pulse just to mix herbs in.

2. **To serve:** Transfer dip to a bowl. Drizzle top of dip with a small amount of olive oil and sprinkle additional herbs. Serve crudité alongside.

### **Recipe variations:**

- This dip is easily customized. Try adding red pepper flakes for some heat, or ground cumin for a smoky flavor.
- Don't have a food processor? A potato masher or fork can be used to mash the beans.