



COOKING CLASSES
AT SUR LA TABLE

STEAK DINNER + DESSERT

WITH SUR LA TABLE CHEF

Ingredient Shopping List

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

Proteins

- 2, 12-ounce flank steaks

Produce

- 1 bunch flat-leaf parsley leaves
- 1 bunch cilantro leaves
- 2 shallots
- 3 garlic cloves
- 2 sprigs fresh oregano leaves
- 1 lime
- 1 lemon or orange
- 2 poblano peppers
- 2 large apples or pears
- 1 cup fresh or frozen cranberries or mixed berries

Dairy

- 2 sticks unsalted butter

Frozen

- 1 pound frozen corn kernels

Pantry Items

- Kosher or sea salt
- Black pepper in a grinder
- Extra-virgin olive oil
- Vegetable oil
- Red pepper flakes
- Red wine vinegar
- Ground cumin
- Smoked paprika
- Ground cinnamon
- 1/2 cup granulated sugar
- 1/2 cup light brown sugar
- 2 tablespoons cornstarch
- Vanilla bean paste or vanilla extract
- 4 tablespoons all-purpose flour

Dry/Canned Goods

- 1 cup rolled oats

Equipment Needed

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

Cutlery

- Chef's knife
- Paring knife
- 2 cutting boards

Hand Tools/Gadgets

- Prep bowls
- Mixing bowls (various sizes)
- Measuring spoons
- Liquid and dry measuring cups
- 2 pairs of tongs
- Oven mitts
- 2 wooden spoons
- Bench scraper
- Colander or fine-mesh strainer
- Heat-safe spatula
- Instant-read thermometer
- Whisk
- Microplane or citrus zester
- Citrus press or reamer
- Vegetable peeler

Cookware

- 10 to 12" oven-safe skillet (steak)
- 10 to 12" skillet (vegetables)

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)
- 4, 6-ounce ramekins or oven-safe baking dishes

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 prior to class preheat oven to 400°F. Remove steaks from refrigerator and allow to come to room temperature.
2. Wash and dry all produce.

Sautéed Corn with Smoky Lime Butter

1. Wash and dry all produce.
2. Thaw and drain frozen corn.

Fruit Crisps

1. 30 minutes prior to class, set butter out to bring to room temperature.
2. Position a rack in the upper third and one in the lower third of the oven.

ROASTED STEAK WITH CHIMICHURRI SAUCE

Yield: 4 servings

Steak:

2, 12-ounce flank 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

Preheat oven to 400°F and position a rack in the upper third of oven.

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

Recipe variation:

- 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 thickness of steak.

SAUTÉED CORN WITH SMOKY LIME BUTTER

Yield: 4 servings

1 tablespoon vegetable oil
2 poblano peppers, diced
1 shallot, diced
1 garlic clove, chopped
1 pound frozen corn, thawed, drained and patted dry
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 sauté pan set over medium heat, add vegetable oil. Swirl pan to coat. Add peppers, shallot and garlic, sauté until tender, stirring often.
2. Increase heat to high and add corn. Cook mixture, tossing every 30 seconds until corn begins to brown.
3. Lower heat to medium-high. Add zest, smoked paprika and butter, stir to combine. Cook, stirring often until butter melts. Squeeze in juice from half of lime. Add cilantro, taste and adjust seasoning with salt and pepper.

Recipe variations:

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

INDIVIDUAL FRUIT CRISPS

Yield: 4, 6-ounce ramekins

Easy to make, this classic crisp can be made with most fruit. In summer try berries, plums, cherries, peaches and nectarines. In the fall and winter, apples or pears studded with cranberries are a sweet way to end a meal. We are baking these in individual ramekins, if doubling or tripling the recipe, use a 9 x 9" or 9 x 13" baking dish.

Fruit filling:

1/2 cup granulated sugar
1/4 teaspoon kosher salt
2 tablespoons cornstarch
1 teaspoon orange or lemon zest
2 large apples or pears, cored, peeled and cut into 1/2" dice
1 cup fresh or frozen cranberries or mixed berries
1 teaspoon vanilla bean paste or vanilla extract
1/2 teaspoon freshly squeezed orange or lemon juice

Crisp topping:

1 cup rolled oats
4 tablespoons all-purpose flour
1/2 cup light brown sugar, packed
1/4 teaspoon kosher salt
1/4 teaspoon cinnamon
1/2 cup unsalted butter, room temperature

Preheat oven to 400°F and position rack into middle of the oven

1. **To prepare filling:** To a medium bowl, add sugar, salt, cornstarch and zest; whisk to combine. Add fruit and gently toss to coat. Stir in vanilla and juice, stir to coat.

2. Divide fruit between ramekins.

3. **To prepare crisp topping:** To a small bowl, add oats, flour, sugar, salt, cinnamon and stir to combine. Add butter and using your clean hands, work butter into dry ingredients until mixture resembles coarse crumbs.

4. Divide crisp topping over fruit. Transfer ramekins to preheated oven. Bake until crisp topping is golden brown and fruit is bubbling, about 25 minutes.

5. **To serve:** Allow crisps to cool for about 10 minutes before serving.

Recipe variations:

- Substitute gluten-free flour or almond meal for the all-purpose flour in the crisp topping.
- For some crunch, add chopped, toasted nuts to topping.