



COOKING CLASSES
AT SUR LA TABLE

STEAK NIGHT

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 strips

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
- 5 cups 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
- 1 cup rolled oats

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
- 2 medium-sized mixing bowls
- 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
- Meat thermometer
- Whisk
- Garlic rocker (optional)
- Microplane or zester (optional)
- Citrus press or reamer (optional)
- Bench scraper (optional)

Cookware

- 10 to 12-inch oven-safe skillet (steak)
- 10 to 12-inch 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

Tabletop

- 1 plate for seasoning steak
- 4 dinner plates and flatware
- Serving platters, optional

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.

Roasted Steak with Chimichurri Sauce

1. 30 minutes prior to class preheat oven to 400°F. Set steaks on a plate and set on counter.
2. Wash and dry all produce.

Sautéed Corn with Smoky Lime Butter

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

Berry Crisps

1. 30 minutes prior to class, set butter out to bring to room temperature.

ROASTED STEAK WITH CHIMICHURRI SAUCE

Yield: 4 servings

Steak:

2, 12-ounce sirloin steaks or NY strip steaks

Sea 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 coarsely chopped shallot

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

Sea salt and freshly ground black pepper

1. Preheat oven to 400°F.

2. 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.

3. **To cook the steak:** Preheat a large, heavy-bottom skillet set over medium-high. When the pan is hot, carefully add the steaks and sear, about 2 minutes per side. Transfer the pan to the oven and cook to desired doneness, 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 steaks to a cutting board and tent loosely with foil.

4. **To prepare the chimichurri sauce:** In the bowl of a food processor, combine all ingredients. Pulse until herbs are finely chopped, stopping to scrape down the sides of the bowl as needed. Transfer chimichurri to a medium bowl. Taste and adjust seasoning with salt and pepper.

5. **To serve:** Slice 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, but the suggested cook times might vary based on thickness of 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
1 lime, zested and cut in half
1/2 teaspoon smoked paprika
3 tablespoons unsalted butter, cut into pats
2 tablespoons cilantro, chopped
Sea salt
Freshly ground black pepper*

1. Place a large sauté pan over medium heat; add vegetable oil and swirl the pan to coat the bottom. Add peppers, shallot and garlic; sauté until tender, stirring often.
2. Increase heat to high and add corn. Cook the mixture, tossing every 30 seconds until the 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 the lime. Add cilantro, season with salt and pepper, and serve.

Recipe Variations:

Substitutions for poblano peppers: Anaheim, or mix one bell pepper and one jalapeno pepper.

Substitutions for shallot: Red, white, sweet or yellow onion, as well as the white and light green portions of a green onion.

INDIVIDUAL BERRY CRISPS

Yield: 4 6-ounce ramekins

Easy to make, this classic berry crisp can be made with most fruits. In the summer, berries, plums, cherries, peaches and nectarines are divine. In the fall and winter, try apples or pears studded with cranberries. We are making these in individual ramekins. If doubling or tripling recipe, use a 9x9 or 9x13 baking dish.

Berry Filling

1/2 cup granulated sugar

1/4 teaspoon kosher salt

2 tablespoons cornstarch

1 teaspoon orange or lemon zest

5 cups berries such as blueberries, blackberries, strawberries or raspberries

1 teaspoon vanilla bean paste or 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 oven.

- 1. To make filling:** To a medium bowl add sugar, salt, cornstarch and zest; whisk to combine. Add berries and gently toss to coat. Stir in vanilla and juice; stir to coat.
2. Divide fruit between ramekins.
- 3. To make crisp topping:** To a small bowl add oats, flour, sugar, salt and cinnamon; stir to combine. Using your clean hands, work the butter into the dry ingredients until the 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 30 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. Chopped, toasted nuts make a delicious addition to the crisp.

Filling variations:

Diced, mixed apples or pears

Pear and cranberry

Peaches, nectarines, plums and cherries