



COOKING CLASSES
AT SUR LA TABLE

**SUMMER FUN:
FAMILY DINNER**

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 pounds ground beef

Produce

- ☐ 1 sweet onion (Vidalia, Walla Walla or Maui)
- ☐ 4 leaves Bibb lettuce
- ☐ 4 slices beefsteak tomatoes
- ☐ 4 cups fresh or frozen strawberries
- ☐ 4 to 5 lemons

Dairy / Refrigerated

- ☐ 2 1/2 cups whole milk
- ☐ 1 cup grated mozzarella cheese
- ☐ 1/4 cup grated Parmigiano-Reggiano
- ☐ 9 tablespoons unsalted butter
- ☐ 3 1/2 cups grated sharp cheddar cheese

Pantry Items

- ☐ Granulated sugar
- ☐ Vegetable oil
- ☐ Kosher salt
- ☐ Freshly ground black pepper
- ☐ Dry mustard
- ☐ All-purpose flour
- ☐ Ketchup

Dry/Canned Goods

- ☐ 8 ounces elbow macaroni
- ☐ 4 hamburger buns

Equipment Needed

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

Cutlery

- ☐ Chef's knife
- ☐ Cutting board

Hand Tools/Gadgets

- ☐ Mixing bowls (various sizes)
- ☐ Citrus juicer or reamer
- ☐ Colander
- ☐ Whisk
- ☐ Silicon spatula
- ☐ Metal spatula
- ☐ Offset spatula
- ☐ Silicone pastry brush
- ☐ Fork
- ☐ Cheese grater

Cookware

- ☐ Grill pan or grill
- ☐ Small saucepan
- ☐ Medium saucepan
- ☐ Large stockpot

Appliances

- ☐ Food processor or blender

Other

- ☐ Straws

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.

Extra Cheesy Mac and Cheese

1. Bring a large pot of water to boil.

Freshly Ground Sirloin Burgers Stuffed with Cheddar and Sweet Onion

1. Wash and dry produce.

Frozen Strawberry Lemonade

1. If using fresh strawberries, 2 hours prior to class hull and transfer strawberries to freezer.

EXTRA CHEESY MAC AND CHEESE

Yield: 4 servings

3 tablespoons unsalted butter

3 tablespoons all-purpose flour

2 1/2 cups whole milk, plus more as needed

Kosher salt

1/4 teaspoon dry mustard

1/8 teaspoon freshly ground black pepper

2 cups Cheddar cheese, grated, plus more as needed

1 cup mozzarella cheese, grated, plus more as needed

1/4 cup Parmigiano-Reggiano, grated

8 ounces elbow macaroni

1. To a medium saucepan set over medium heat, add butter and melt. When butter has melted add flour and whisk to incorporate until smooth. Cook flour and butter, or roux, for 2 to 3 minutes, whisking frequently. Slowly pour milk into roux, whisking continuously. Reduce heat to medium-low and allow to simmer whisking constantly. Whisk until creamy and smooth, about 8 minutes. Add mustard powder and season with salt and pepper.

2. Remove sauce from heat and add all three cheeses. Whisk until melted and cheese sauce is smooth. Taste and adjust seasoning with salt and pepper.

3. To a large pot of water set over high heat, bring to a boil. Generously season with salt. Add pasta and cook according to package directions. Using a colander, drain pasta and return pasta to large pot. Add cheese sauce to cooked pasta and stir well until incorporated. To thin cheese sauce to coat pasta, add a small amount of milk and set over low heat, stirring constantly. Taste and adjust seasoning with salt and pepper.

Recipe variations:

- Elbow macaroni may be the go-to classic, but don't be afraid of different pasta shapes that hold even more cheesy sauce, like cavatappi, shells or rigatoni.

FRESHLY GROUND SIRLOIN BURGERS STUFFED WITH CHEDDAR AND SWEET ONION

Yield: 4 servings

The secret to great, flavorful burgers is stuffing the patties with cheese. By tucking cheese inside the burger, you get a delicious surprise in every bite. Make sure not to over-work the ground meat, which can make the burgers tough.

Burgers:

1 large sweet onion, fine dice (Vidalia, Walla Walla, or Maui)

1 tablespoon Vegetable oil, more for brushing grill grates

2 pounds ground beef

4 tablespoons unsalted butter, melted and cooled

Kosher salt and black pepper

1 1/2 cups sharp cheddar cheese, grated

2 tablespoons butter, at room temperature

4 burger buns (use a soft, but sturdy bun such as Kaiser, sweet, or potato)

Ketchup

4 leaves Bibb lettuce

4 slices beefsteak tomatoes

1. To prepare onion filling: To a medium nonstick skillet set over medium heat, add oil. When oil is shimmering add onions and cook while stirring occasionally until soft and transparent, about 5 minutes. Season with salt and black pepper, stir to combine and set aside to cool.

2. To shape patties: Transfer ground beef to a large mixing bowl. Drizzle with melted butter and season with salt and 1 teaspoon pepper. Gently toss and mix with a fork to combine. Divide meat into 4 lightly packed balls, then divide again, making 8 approximately 1" thick patties. Evenly top 4 patties with grated cheese, cooked onions, and top with another 1" patty. Crimp edges together firmly to completely seal patty. Alternatively, use a stuffed burger press to assemble stuffed burger patties. Refrigerate stuffed burgers until ready to grill.

3. To grill patties: Season both sides of burger with salt and pepper. Preheat a grill or grill pan over medium heat. Using a silicone pastry brush, lightly coat grill grates with vegetable oil. When grill is hot, place burgers and cook undisturbed until burger releases from grates, about 3 to 4 minutes. Flip and cook for another 3 to 4 minutes, for a medium-rare burger.

4. While burgers are cooking, butter cut-side of buns. Toast cut-side down on grill until toasted. Alternatively, transfer to a baking sheet, cut side up, and toast under broiler until toasted.

5. ***To assemble burgers:*** Spread bottom half of bun with ketchup and top with lettuce, tomato, and beef patty. Cover with toasted bun and serve immediately.

Recipe variations:

- This cheese-stuffed burger, or Juicy Lucy, can be filled with blue cheese, brie or a soft garlic and herb goat cheese.

FROZEN STRAWBERRY LEMONADE

Yield: 4 servings

2 cold water, divided

1 1/4 cups granulated sugar

4 cups frozen strawberries, plus more for garnish

2/3 cup fresh lemon juice, plus more to taste

1. To a medium saucepan set over medium-high heat add 1 cup water and sugar. Bring to a simmer, stirring occasionally with a silicone spatula, until sugar dissolves, about 5 minutes. Stir in remaining 1 cup cold water.
2. To the bowl of a food processor or blender fitted with a metal blade, add frozen strawberries and process until smooth. Add lemon juice and sugar syrup and blend until smooth.
3. Pour frozen lemonade into 4 tall glasses and garnish with a sliced strawberry.

Recipe variations:

- Try substituting strawberries with blueberries or mango or try a mix of fruit!
- If preparing frozen strawberry lemon ahead of time, transfer to freezer. When ready to serve, reprocess or blend until smooth.