



COOKING CLASSES
AT SUR LA TABLE

SUMMER VEGETARIAN MEAL

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.

Produce

- 1 garlic clove
- 1 lemon
- 1 bunch green onions
- 6 ounces sugar snap peas

Dairy

- 1 large egg
- 1/2 cup crumbled feta cheese
- 3/4 cup plain whole-milk yogurt

Frozen

- 1 1/2 cups frozen cauliflower rice

Pantry Items

- All-purpose flour
- Cayenne pepper
- Baking powder
- Kosher or sea salt
- Black peppercorns in a grinder or mill
- Vegetable oil
- Ground cumin
- Red pepper chile flakes
- Olive oil
- Apple cider vinegar

Dry/Canned Goods

- 1 cup quinoa
- 1/4 cup pumpkin seeds, roasted and salted

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)
- Whisks
- Measuring cups and spoons
- Silicone spatula
- Small ice cream scoop (optional)
- Flexible turner or spatula
- Fine-mesh strainer or colander
- Microplane or citrus zester

Cookware

- Large non-stick skillet
- Medium saucepan

Bakeware

- Wire rack
- Baking sheet

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.

Cauliflower and Feta Fritters with Spicy Yogurt Sauce

1. Thaw and drain cauliflower rice.
2. Wash and dry all produce.
3. Line a baking sheet with paper towels or a wire rack.
4. Place yogurt in a fine-mesh strainer and allow to drain excess liquid.

Quinoa and Sugar Snap Pea Salad

1. Wash and dry all produce.
2. Baking sheet or plate lined with a clean dishtowel or paper towels.

CAULIFLOWER AND FETA FRITTERS WITH SPICY YOGURT SAUCE

Yield: 2-4 servings, about 16 small fritters

Fritters:

*1 teaspoon kosher salt, plus more for finishing
1/2 cup all-purpose flour
1/4 teaspoon ground cayenne pepper
1/2 teaspoon baking powder
1 large egg
1 garlic clove, minced
1 teaspoon lemon zest
1 1/2 cups frozen cauliflower rice, thawed and drained well
1/2 cup crumbled feta cheese
1/4 cup green onion, thinly sliced
1/4 teaspoon freshly ground black pepper
1/4 cup vegetable oil*

Spicy yogurt sauce:

*3/4 cup plain whole-milk yogurt, drained of excess liquid
2 tablespoons fresh lemon juice
1/4 teaspoon ground cumin
1/4 teaspoon red pepper chile flakes
Sea salt and freshly ground black pepper*

Preheat oven to 200°F.

- 1. To prepare fritters:** To a medium bowl, add salt, flour, cayenne, and baking powder; whisk to combine. To a separate large bowl, add egg, garlic, and lemon zest; whisk to combine. Add flour mixture to egg mixture and whisk until smooth. Using a silicone spatula, add cauliflower rice, feta, green onion, and pepper; stir well to combine. Set aside.
- 2. To cook fritters:** To a large nonstick skillet set over medium-high heat, add oil. Using a 2 tablespoon spoon or cup, scoop batter into hot oil, flattening if necessary. Working in batches, cook fritters until golden brown, about 3 minutes. Using a flexible spatula, carefully flip fritters and cook until golden brown on other side, about 2 minutes more. Transfer cooked fritters to a paper towel-lined baking sheet, season with salt, and transfer to oven to keep warm.
- 3. To prepare sauce:** To a medium bowl, add yogurt, lemon juice, cumin, and chile flakes; whisk to combine. Taste and adjust seasoning with salt and pepper.
- 4. To serve:** Transfer fritters to a large platter and serve with spicy yogurt sauce.

Recipe variations:

- Adjust heat in the sauce by reducing the amount of chile flakes. Add chopped herbs to sauce if you have on hand.
- For a vegan fritter, substitute feta with dairy-free cheese and substitute cashew cream for yogurt. For the egg substitute, add a tablespoon of vegetable oil and 2 tablespoons water to fritter batter.

QUINOA SALAD WITH SUGAR SNAP PEAS

Yield: 2 cups salad

6 ounces sugar snap peas
1 cup quinoa, rinsed and drained
3 tablespoons olive oil
1 tablespoon apple cider vinegar
Kosher salt and freshly ground black pepper
1/4 cup pumpkin seeds, roasted and salted
1/4 cup green onions, thinly sliced

1. **To prepare peas:** To a medium saucepan set over high heat, add water and bring to a boil. Add peas and cook, until peas turn bright green, about 1 minute. Using a slotted spoon, immediately remove peas from water and rinse under cold water. Drain snap peas by laying out on a clean kitchen towel or a paper towel-lined plate. Once cool and dry, slice peas into 1" pieces on the diagonal.
2. **To prepare quinoa:** To a medium saucepan set over high heat, add 3 cups water and bring to a boil. Once water is boiling, add quinoa. Reduce heat to medium and cook until quinoa is tender, about 15 minutes. Drain quinoa through a fine-mesh strainer. Return quinoa to warm pot to stir to dry out. Set aside to cool.
3. To a medium mixing bowl add oil, vinegar, salt, and pepper; whisk to combine. Add peas, quinoa, pumpkin seeds, and green onions, stir to combine. Taste and adjust seasoning with salt and pepper. Serve at room temperature or chilled.

Recipe variations:

- For an Asian-inspired salad, substitute 2 tablespoons of sesame oil and rice vinegar for olive oil and apple cider vinegar.
- Any of your favorite nuts or seeds can be substituted for pumpkin seeds.