



COOKING CLASSES
AT SUR LA TABLE

SUMMER IN TUSCANY

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

- ☐ 1 pound boneless, skinless chicken thighs

Produce

- ☐ 1 quart strawberries
- ☐ 1 bunch flat-leaf parsley
- ☐ 3 ears corn
- ☐ 1 large package fresh basil
- ☐ 1 garlic clove
- ☐ 1 pint cherry tomatoes
- ☐ 1 lemon

Dairy/Refrigerated

- ☐ 4 TBSP unsalted butter
- ☐ 4 ounces Parmigiano-Reggiano cheese, grated

Frozen

- ☐ 1 pint vanilla ice cream, gelato, or Greek-style yogurt

Pantry Items

- ☐ Dark brown sugar
- ☐ Freshly ground black pepper
- ☐ Kosher salt
- ☐ Olive oil
- ☐ Red pepper flakes
- ☐ Vegetable oil

Dry/Canned Goods

- ☐ 1 TBSP aged balsamic vinegar
- ☐ 1 cup polenta
- ☐ 1 TBSP pine nuts

Equipment Needed

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

Cutlery

- ☐ Chef knife
- ☐ Cutting board

Hand Tools/Gadgets

- ☐ Measuring cups and spoons
- ☐ Liquid measuring cups
- ☐ Mixing bowls, various sizes
- ☐ Tongs
- ☐ Silicone pastry brush
- ☐ Microplane or box grater
- ☐ Whisk
- ☐ Wooden spoon
- ☐ Corn stripper, optional
- ☐ Silicone spatula
- ☐ Ice cream scoop

Cookware

- ☐ Grill pan
- ☐ Large saucepan with lid

Appliances

- ☐ Food processor or blender

Bakeware

- ☐ 9x13-inch baking dish

Other

- ☐ Metal or bamboo skewers

Pre-Class Mise en Place and Notes

- Please gather all ingredients before 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.

All recipes

1. Wash and dry produce

Chicken Kabobs

1. If using bamboo skewers, soak in water 30 minutes before class.

GRILLED CHICKEN KABOBS WITH SUMMER BASIL PESTO

Yield: 4 servings

Metal skewers are great for this recipe as they do not require soaking and can be used again and again. If using wooden skewers, soak in water for at least 30 minutes.

For pesto:

*1 garlic clove
1/4 cup grated Parmigiano-Reggiano cheese
1 tablespoon pine nuts, toasted
1 cup basil leaves
5 tablespoons extra-virgin olive oil
Kosher salt and freshly ground black pepper*

For the chicken:

*2 tablespoons vegetable oil, plus more for brushing grill grates
1 pound boneless, skinless chicken thighs cut into 1-inch cubes
1 pint cherry tomatoes
4 (12-inch) metal skewers
Kosher salt and freshly ground black pepper
Lemon wedges for serving*

1. ***To prepare the pesto:*** To the bowl of a food processor fitted with a metal blade add garlic, Parmesan, and pine nuts. Pulse until the mixture looks like breadcrumbs. Add basil and olive oil and blend again to make a smooth mixture, stopping to scrap the sides of the bowl with a silicone spatula. Taste and adjust seasoning with salt and pepper.
2. ***To prepare the chicken:*** To a medium bowl, add the chicken pieces and 3 tablespoons of the prepared pesto; toss to coat and transfer to refrigerator to marinate for 30 minutes. Thread marinated chicken onto the skewers, alternating with tomatoes, leaving a 1/4-inch space between pieces. Season the skewers with salt and pepper.
3. Preheat a grill or grill pan to medium-high and, using a silicone brush, lightly coat grill grates with vegetable oil. Place the chicken skewers on the grill and cook until grill marks develop, 3 to 4 minutes. Turn the skewers and brush with remaining pesto; finish cooking, about 4 minutes more or until cooked through.
4. Arrange skewers on a serving platter and serve with lemon wedges.

SOFT POLENTA WITH GRILLED SWEET CORN AND BASIL

Yield: 4 servings

Polenta is made from cornmeal and while you don't need to buy products specifically labeled polenta, it is helpful since the quality and size of the cornmeal matters during the cooking process. Instant polenta cooks in less than ten minutes, while regular polenta, depending on grind size, can take up to an hour.

Polenta:

3 cups water

Kosher salt

1 cup polenta

4 tablespoons unsalted butter at room temperature

1/2 cup grated Parmigiano-Reggiano cheese, plus more for garnish

2 tablespoons chopped flat-leaf parsley

Freshly ground black pepper

Grilled corn:

3 ears corn, shucked

1/4 cup extra-virgin olive oil

3 tablespoons balsamic vinegar

10 basil leaves, cut into ribbons

1 teaspoon red pepper flakes

1. To prepare the polenta: To a large saucepan over medium-high heat, add the water, generously season it and bring to a boil. Using a whisk, vigorously whisk in the polenta to ensure no lumps form. Reduce the heat to low and simmer, stirring with a wooden spoon, until the mixture thickens; when polenta is soft and creamy, stir in butter, cheese and parsley. Taste and adjust seasoning with salt and pepper.

2. To prepare the corn: Preheat a grill or grill pan to medium-high heat. Place corn on grill and cook, turning until evenly grill-marked and tender, about 6 minutes. Transfer corn to a cutting board and remove kernels from the cob with a sharp knife or a corn stripper. In a medium bowl, toss to combine the corn kernels, olive oil, balsamic, basil and chile flakes; taste and adjust seasoning with salt and pepper.

3. To serve: Transfer polenta to a medium serving dish or divide among dinner plates; spoon the grilled corn over polenta, garnish with parmesan and serve immediately.

STRAWBERRIES WITH BALSAMIC AND BLACK PEPPER

Yield: 4 servings

Roasting strawberries with balsamic vinegar intensifies their flavor, creating a dark jam-like sauce.

1 quart strawberries, hulled and quartered
1 tablespoon aged balsamic vinegar
1 tablespoon dark brown sugar
1/4 teaspoon freshly ground black pepper
1 pint vanilla ice cream, gelato, or Greek-style yogurt

Preheat oven to 350°F and position rack in middle of oven.

1. To a medium bowl add strawberries, balsamic, sugar, and pepper, toss to coat. Transfer the mixture to a 9x13-inch baking dish and place in oven. Roast the strawberries until dark and syrupy, about 15 minutes. Transfer berries and all juices back to the bowl and crush with a potato masher or fork.
2. To serve: Spoon the strawberry sauce over a scoop of ice cream, gelato, or yogurt. Serve immediately.