



COOKING CLASSES
AT SUR LA TABLE

SWEETHEART COOKIES

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.

Dairy

- ☐ 8 ounces unsalted butter
- ☐ 2 large eggs
- ☐ 1/2 cup plus 2 tablespoons of pasteurized egg whites, meringue powder or 5 large egg whites from pasteurized eggs

Pantry Items

- ☐ All-purpose flour
- ☐ Baking powder
- ☐ Kosher or sea salt
- ☐ Granulated sugar
- ☐ Vanilla bean paste or extract
- ☐ 2 pounds confectioners' sugar
- ☐ Cream of tartar
- ☐ Clear, flavored extracts such as almond (optional)
- ☐ Assorted gel food coloring
- ☐ Assorted colored edible metallic glitter and powders (optional)

Equipment Needed

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

Hand Tools/Gadgets

- ☐ Measuring cups and spoons
- ☐ Mixing bowls (various sizes)
- ☐ Whisk
- ☐ Silicone spatula
- ☐ Bench scraper
- ☐ Rolling pin
- ☐ Ruler (optional)
- ☐ Small spoons
- ☐ Toothpicks or cake tester

Appliances

- ☐ Stand mixer or hand mixer
- ☐ Paddle and whisk attachments

Bakeware

- ☐ 2 rimmed baking sheets lined with parchment paper or silicone baking mat
- ☐ Cookie cutters (hearts, circles, and squares recommended)
- ☐ Wire cooling rack
- ☐ A pastry bag for each of your colors
- ☐ Couplers (optional)
- ☐ 1/8-inch open tip such as Wilton #3 or #5, or Ateco #3 or #4

Other

- ☐ Plastic wrap
- ☐ Sprinkles, crushed candies, or shredded coconut for decorating
- ☐ Assorted colors of sanding sugars
- ☐ Food-safe paint brushes (optional)
- ☐ Food-safe decorative rubber stamps (optional)

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.

Sugar Cookie Dough

1. **1 hour before class:** Prepare dough, divide into two pieces, wrap individually in plastic wrap and transfer to the refrigerator.

2. **30 minutes before class:** Preheat the oven to 350°F.

SUGAR COOKIE DOUGH

Yield: 3 dozen cookies

3 cups unbleached all-purpose flour, plus more for rolling
3/4 teaspoon baking powder
1/4 teaspoon fine kosher salt
8 ounces (2 sticks) unsalted butter, room temperature
1 1/4 cups granulated sugar
2 large eggs
1 tablespoon vanilla bean paste

1. To a large mixing bowl, add flour, baking powder and salt; whisk to combine.
2. To the bowl of a stand mixer fitted with a paddle attachment, add butter and sugar and beat together at medium speed until light and fluffy, 3 to 4 minutes. Beat in the eggs, 1 at a time, mixing until incorporated and scraping down the sides of the bowl with a silicone spatula as needed. Add the vanilla bean paste and mix for 30 seconds.
3. Turn the stand mixer off and add the dry ingredients. Beat at a very low speed, scraping the side of the bowl occasionally, just until the flour is mixed in and the dough is smooth, about 30 seconds. Divide dough in half, pat each half into discs and wrap in plastic wrap; refrigerate until chilled and firm, at least 1 hour.
4. Preheat oven to 350°F and position the racks in the center of the oven. Line two baking sheets with a silicone baking mat or parchment paper.
5. **To prepare the dough:** Roll the dough on a lightly floured work surface to 1/4-inch thickness. Cut out shapes using cookie cutters. Carefully transfer the cookies onto the prepared baking sheet, leaving 1 inch between each cookie.
6. **To bake:** Bake until cookies are pale but set, 8 to 10 minutes, (baking times will vary based on the size and thickness of your cookies), rotating sheets halfway through. Remove sheets from the oven and transfer cookies to a wire cooling rack. Cool completely before decorating.

Note: Cookies can be stored in airtight containers, up to 1 week.

ROYAL ICING

Yield: 4 1/2 cups

We offer three options for the type of egg whites you can use in this recipe. Pasteurized egg whites, meringue powder (dehydrated egg whites that you rehydrate) or egg whites from pasteurized eggs.

2 pounds confectioners' sugar

1/2 teaspoon cream of tartar (for creating a bright white color)

Egg white options, use ONE of the following:

1/2 cup plus 2 tablespoons of pasteurized egg white

Meringue powder, follow the manufacturers' directions based on the quantity of confectioners' sugar

5 large egg whites from pasteurized eggs

Clear flavored extract to taste (optional)

Assorted gel colors

1. ***To prepare the icing:*** To the bowl of a stand mixer fitted with a whip attachment, add the confectioners' sugar and cream of tartar. With the mixer on very slow speed, whisk to combine. Slowly add the egg whites to the sugar, scraping down the sides as needed. Gradually increase speed to medium-high. Whip on medium-high until the icing is stiff, white and fluffy, 2 to 3 minutes. If using a flavoring, whisk it in now.

2. With a silicone spatula, divide the icing into bowls for coloring. Coloring before any water is added will ensure even color distribution. Start with a few drops of color as gel colors are very concentrated.

Water additions for thinning 1 cup of icing:

Outlining: 1/2 to 3/4 teaspoon water

Piped decorations: 1 1/2 to 2 teaspoons water

Flooding: 2 to 3 teaspoons water

3. Add the water in small amounts, testing for flow once each addition is thoroughly mixed in. Keep bowls of icing covered with plastic wrap pressed on the surface of the icing to prevent icing from drying out.

4. ***To decorate:*** Transfer icing to disposable piping bags fitted with a 1/8-inch tip. Store prepared bags in tall glasses with damp paper towels at the bottoms; this prevents the tips from crusting over.

COOKIE DECORATING 101

Decorating cookies is a fun way to create edible works of art! The canvas is a delicious buttery sugar cookie and your medium is royal icing. To achieve a high-gloss form and finish there are a few steps to take.

Having everything ready before you start decorating is crucial, so set up at your work area before you get started. Royal icing dries quickly, so have color gels, spatula, piping bags, damp paper towels for wiping, toothpicks for dragging, decorative candies, paintbrushes, bowls, mixing spoons, plastic wrap for covering bowls, scissors, measuring spoons and water for thinning. If decorating over flooded cookies, it's best to let dry overnight. However, you can speed up the drying by using a fan on low to medium speed to blow cool air gently over the cookies for around an hour.

Consistency of the icing depends on how it will be used. When you lift a bit of the icing up and it falls back into self in a line, the amount of time (number of seconds) it takes to disappear into the icing will be how you tell if you have the proper consistency.

Outlining: Line disappears after 20 seconds

Piped decorations: After 15 seconds

Flooding: After 10 seconds

Should the consistency become too thin, simply sift in confectioners' sugar until the desired texture is achieved. Before piping directly onto a cookie, practice on a sheet of parchment paper to ensure your consistency is correct and the flow is what you want.

Outlining: Creates a border or a dam to hold in the flooded icing. The icing should be able to flow with gentle pressure when piped from a parchment pastry cone or piping bag with a 1/8-inch tip.

Flooding: Once the outline is dry you can flood the center. Pipe the flooding icing to evenly cover the cookie. Gently nudge the icing with either a toothpick or the back of a small teaspoon to fill the outer edges and any holes. Let this dry completely before piping any beadwork.

Beadwork or decorative work: To create a bead or small Swiss dot, fill the piping bag with icing at piped decoration consistency. Hold the pastry bag at a 90-degree angle and apply gentle pressure and squeeze and quickly release, creating dots or designs. Practice on parchment beforehand.

Marbling: Prepare icing at piping consistency and flooding consistency in two separate piping bags. Outline and flood the cookie. Quickly pipe dots or lines onto the freshly flooded cookie with the piping consistency icing and immediately drag a toothpick through the design, creating a marbled effect.

Flocking: To create texture over your icing, outline and flood the area you wish to flock.

Before the flooded icing begins to set, sprinkle fine sanding sugar or decorative sprinkles over the area and shake off the excess sugar. The color of the sugar you use for flocking should be similar to the color of the icing beneath.

Painting: Flood the entire area of a sugar cookie with one solid color of royal icing to serve as your canvas. It's best to let the cookies set overnight, so that the icing is completely dry before you begin painting. Mix ½ teaspoon of gel coloring to 1 teaspoon of water together. Dip a small paintbrush into the gel mixture and lightly brush designs onto the cookie. The effect can look like a watercolor painting!

Stamping: Use a completely dried flooded cookie as your canvas and apply a thin coat of gel coloring to a completely clean rubber stamp (not used before with ink). Firmly apply pressure and lift up to make the imprint. Let the image dry for up to an hour, and lightly brush luster dust over the image to create a colored effect.