



COOKING CLASSES
AT SUR LA TABLE

TUSCAN 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

- ☐ 1 1/2 pounds flank or thick-cut sirloin steak
- ☐ 3 ounces pancetta

Produce

- ☐ 6 garlic cloves
- ☐ Small bunch fresh rosemary
- ☐ 5 ounces baby arugula
- ☐ 1 lemon
- ☐ Small bunch fresh sage
- ☐ 2 shallots

Dairy

- ☐ 4 ounces Parmigiano-Reggiano
- ☐ 4 tablespoons unsalted butter

Pantry Items

- ☐ Olive oil
- ☐ Freshly ground black pepper
- ☐ Kosher salt
- ☐ Vegetable oil
- ☐ 1/4 cup capers
- ☐ Aged balsamic vinegar
- ☐ 8 cups vegetable or low-sodium chicken broth
- ☐ Saffron
- ☐ 1 1/2 cup Arborio or Carnaroli rice

Dry/Canned Goods

- ☐ 1/2 cup dry white wine

Equipment Needed

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

Cutlery

- ☐ Chef's knife

Hand Tools/Gadgets

- ☐ Cutting board
- ☐ Measuring cups and spoons
- ☐ Mixing bowls (various sizes)
- ☐ Slotted spoon
- ☐ Wooden spoon
- ☐ Ladle
- ☐ Instant-read thermometer
- ☐ Tongs
- ☐ Vegetable peeler
- ☐ Silicone spatula

Cookware

- ☐ Small saucepan
- ☐ Cast-iron grill pan or cast-iron skillet
- ☐ Large saucepan or stockpot
- ☐ Dutch oven

Other

- ☐ Paper towels

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.

Steak Tagliata with Arugula and Fried Capers

1. Preheat the oven to 400°F.
2. Rinse, drain and pat capers dry.
3. 30 minutes before class, remove the steaks from the refrigerator and allow them to come to room temperature.
4. Wash and dry all the produce

Parmigiano-Reggiano Risotto with Pancetta

1. Wash and dry all the produce.

STEAK TAGLIATA WITH ARUGULA AND FRIED CAPERS

Yield: 4 servings

Traditionally, tagliata is a very simple preparation of thinly sliced grilled beef garnished with olive oil. This updated version includes infused garlic-rosemary oil and arugula salad with fried capers.

Steak Tagliata:

1 1/2 pounds flank or thick-cut sirloin steak
2/3 cup plus 2 tablespoons olive oil, divided
6 large garlic cloves, thinly sliced
2 tablespoons fresh rosemary, finely chopped
2 teaspoons freshly ground black pepper, plus more as needed
Kosher salt

Arugula and fried capers:

About 1/2 cup vegetable oil, for frying
1/4 cup capers, rinsed and patted dry
5 ounces baby arugula leaves, stemmed
Aged Balsamic vinegar, for drizzling
2 ounces Parmigiano-Reggiano cheese, shaved into thin ribbons with a vegetable peeler
Lemon wedges, for serving

1. Rub the steak liberally with 2 tablespoons of olive oil and season generously with salt and pepper. Allow the steak to sit at room temperature for about thirty minutes before cooking.

2. ***To prepare the garlic-rosemary oil:*** To a small saucepan over low heat, combine the remaining 2/3 cup of olive oil and garlic. Cook until the garlic starts to turn brown around the edges, about 2 minutes. Add the chopped rosemary and freshly ground black pepper, stirring to combine.

3. ***To fry the capers:*** To a small saucepan over medium heat, fill with a 1/2 inch of vegetable oil. Heat until the oil registers 325°F on a deep-fry thermometer. Using a fine-mesh spider or slotted spoon, carefully add the capers to the hot oil and fry, stirring once, until they begin to open and turn golden brown, 1 to 2 minutes. Remove the fried capers with a slotted spoon and drain on a paper towel-lined plate. Set aside.

4. Preheat a cast-iron grill pan over medium-high heat. Place the steak on the pan and cook for 4 to 5 minutes. Using tongs, turn the steak and cook to medium-rare, or until a meat thermometer inserted in the thickest part of the steak registers 130°F, about 5 minutes more.

(For steaks thicker than 1 1/2 inches, transfer the steak to a rack set over a rimmed baking sheet and roast in a preheated 400°F oven to finish cooking.) Transfer the steak to a cutting board and rest for 5 minutes.

5. ***To prepare the salad:*** Add the arugula to a bowl and toss lightly with some of the garlic-rosemary oil and half of the capers. Taste and adjust the seasoning with salt and pepper.

6. ***To serve:*** Arrange the arugula salad on the bottom of a serving platter. Using a carving knife, cut the steak across the grain into 1/4-inch thick slices and arrange over the salad. Drizzle some of the warm garlic-rosemary oil and aged balsamic over the steak and scatter with the remaining fried capers and shaved Parmigiano-Reggiano. Serve immediately with lemon wedges.

PARMIGIANO-REGGIANO RISOTTO WITH PANCETTA

Yield: 4 servings

When selecting a wine to use in cooking, pick a dry but fruity white, like a Sauvignon Blanc or Pinot Grigio, that you can also enjoy with the dish.

6 to 8 cups low-sodium vegetable or chicken broth
1 small pinch of saffron
Boiling water, as needed
3 tablespoons extra-virgin olive oil, divided
Kosher salt and freshly ground pepper, to taste
3 ounces pancetta, diced into 1/2-inch pieces
3 tablespoons fresh sage leaves, chopped
2 tablespoons unsalted butter, divided
2 medium shallots, finely chopped
1 1/2 cups Arborio or Carnaroli rice
1/2 cup dry white wine, such as Sauvignon Blanc
1 cup (2 ounces) finely grated Parmigiano-Reggiano cheese

1. **To prepare the broth:** To a large saucepan set over high heat, add the chicken broth and bring to a boil. Reduce the heat to low, add the saffron and cover.
2. **To prepare the pancetta:** To a Dutch oven over medium heat, add 1 tablespoon oil. Add the pancetta and cook until crispy, about 3 minutes. Add the sage and cook until aromatic, about 1 minute. Remove the sage and pancetta with a slotted spoon and transfer to a paper towel-lined plate.
3. **To prepare the risotto:** Place the Dutch oven over medium-high heat, add the remaining tablespoon of oil and 1 tablespoon of butter. When the foaming subsides, add the shallots and rice and cook, stirring constantly until the rice is translucent and shallots are soft, 3 to 4 minutes. Add the wine and cook until the pan is almost dry, 3 more minutes.
4. **To cook the risotto:** Using a ladle, add about one cup of the hot broth to the rice, stirring constantly with a wooden spoon. Reduce the heat to medium and cook until the broth is almost fully absorbed. Add the remaining broth, 1/2 cup at a time, stirring constantly and adding more broth only after the previous addition has been absorbed until the rice begins to pull away from the sides of the pan, 16 to 20 minutes. *(Adjust the heat so the rice simmers rapidly throughout cooking. Use boiling water if all the broth has been used and risotto requires more cooking time or to adjust consistency.)*
5. **To serve:** The risotto is done when it is creamy and the grains are plump and tender with a slight resistance to the bite. Remove from the heat and stir in the remaining tablespoon of

butter, pancetta and sage mixture, and Parmigiano-Reggiano. Taste and adjust the seasoning with salt and pepper. Serve immediately.

Recipe variations:

- For a spring risotto, add 1 cup of blanched asparagus spears or sweet peas to the finished risotto. Heat until the vegetables are warmed through. Serve as above.
- For a vegetarian risotto, omit the pancetta. Use vegetable stock and add sautéed mushrooms to the finished risotto. Heat until the vegetables are warmed through. Serve as above.