



**COOKING CLASSES**  
AT SUR LA TABLE

**VEGETARIAN SUMMER FAVORITES**

WITH SUR LA TABLE CHEF

# Ingredient Shopping List

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

## Produce

- ☐ 1 pound summer (yellow) squash
- ☐ 1 yellow, sweet onion
- ☐ 1 package tarragon
- ☐ 2 plum tomatoes, or heirloom tomatoes
- ☐ 1 package fresh basil
- ☐ 2 limes
- ☐ 1 orange
- ☐ 1 small seedless watermelon
- ☐ 1 English cucumber
- ☐ 2 medium avocados
- ☐ 1 package mint
- ☐ 1 pound fresh apricots

## Dairy/Refrigerated

- ☐ 5 ounces goat cheese
- ☐ 1 large egg
- ☐ 1/3 cup crumbled feta
- ☐ 1 1/2 cups heavy whipping cream
- ☐ 2 cups plain Greek-style yogurt
- ☐ 1 TBSP unsalted butter

## Frozen

- ☐ 1 package puff pastry

## Pantry Items

- ☐ Extra-virgin olive oil
- ☐ Vegetable oil
- ☐ Kosher salt
- ☐ Black peppercorns
- ☐ All-purpose flour
- ☐ Honey
- ☐ Granulated sugar

## Dry/Canned Goods

- ☐ 1 envelope unflavored gelatin powder

# Equipment Needed

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

## Cutlery

- ☐ Chef knife
- ☐ Small serrated knife
- ☐ Cutting board

## Hand Tools/Gadgets

- ☐ Measuring cups and spoons
- ☐ Liquid measuring cup
- ☐ Mixing bowls, various sizes
- ☐ Wooden spoon
- ☐ Rolling pin
- ☐ Fork or dough docker
- ☐ Offset spatula
- ☐ Silicone pastry brush
- ☐ Citrus press or juicer
- ☐ Tongs
- ☐ Whisk

## Cookware

- ☐ Large non-stick skillet
- ☐ Grill pan
- ☐ Medium saucepan

## Bakeware

- ☐ Rimmed baking sheet
- ☐ Parchment paper

## Other

- ☐ 4 to 8 small vessels such as ramekins for panna cotta
- ☐ Serving plates and bowls

## **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.

### **Summer squash, tomato, and tarragon tart**

1. Thaw puff pastry overnight in refrigerator.

## SUMMER SQUASH, TOMATO, AND TARRAGON TART

***Yield:*** 4 servings

Inspired by summer farmers' markets, this fresh tart is simple and uncomplicated. If you don't enjoy tarragon, simply substitute your favorite fresh herb.

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*2 tablespoons extra-virgin olive oil*

*1 pound small yellow squash, cut cross-wise into 1/4-inch thick rounds*

*1/2 medium sweet onion, thinly sliced*

*Kosher salt and freshly ground black pepper*

*5 ounces goat cheese, softened*

*2 teaspoons minced fresh tarragon*

*All-purpose flour, for dusting*

*1 sheet puff pastry, thawed according to manufacturer's instructions*

*2 plum or heirloom tomatoes, thinly sliced*

*1 large egg beaten*

*3 tablespoons chopped basil*

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Preheat the oven to 425 degrees and position oven rack in the lower third. Line a baking sheet with parchment.

1. ***To prepare vegetables:*** To a large nonstick skillet set over medium heat add oil. When the oil is hot and shimmering add squash and onion, season with salt and pepper. Cook until tender and lightly browned, about 5 minutes. Transfer vegetables to a paper towel-lined plate or a colander to remove any excess moisture.
2. To a small bowl add the goat cheese and tarragon. Stir with a silicone spatula to thoroughly combine.
3. ***To prepare tart:*** Lightly flour a clean surface, use a rolling pin to roll the puff pastry to a 12-inch square shape. Using a fork, prick the pastry all over and transfer onto the parchment-lined baking sheet. Using an off-set spatula, spread the goat cheese evenly over the pastry, leaving a 1-inch border around the edges. Arrange the squash and onion mixture on the top and place the tomato around. Sprinkle the tart with salt and pepper. Crimp the sides of the tart and use a silicone pastry brush to coat the pastry with beaten egg mixture.
4. Transfer the mixture to the oven and bake until the edges are golden and the bottom is completely cooked through, 30 to 40 minutes.
5. ***To serve:*** When cooked, remove from the oven, garnish with basil and cut into squares. Serve warm or at room temperature.

## WATERMELON, CUCUMBER, AND AVOCADO SALAD WITH FETA

***Yield:*** 4 servings

Grilling watermelon provides a smoky flavor with an intensified sweetness.

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*Vinaigrette:*

*3 tablespoons lime juice*

*1 tablespoon orange juice*

*2 teaspoons honey*

*1/4 cup extra-virgin olive oil*

*Kosher salt and freshly ground black pepper*

*Salad:*

*1 small seedless watermelon (about 4- 5 pounds)*

*2 tablespoons vegetable oil*

*1 English cucumber, seeded, peeled, and cut into 1/2-inch dice*

*2 medium avocados, peeled and cut into 1/2-inch dice*

*1/4 cup minced mint*

*1/3 cup crumbled feta cheese*

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1. ***To prepare vinaigrette:*** To a medium bowl add the lime juice, orange juice, and honey, whisk to combine. While whisking vigorously, drizzle in the olive oil until emulsified. Taste and adjust seasoning with salt and pepper.

2. ***To prepare the watermelon:*** Cut the watermelon lengthwise into quarters. Cut the quarters crosswise into 2-inch thick slices. Set aside.

Prepare a high charcoal fire, preheat a gas grill to high or heat a large grill pan over high heat.

3. Using a silicone pastry brush, lightly coat the grill plates with oil and carefully add the watermelon and cook until slightly charred and warmed through yet still crunchy, turning once halfway through, about 2 minutes per side. Using tongs, transfer to a cutting board and set aside.

4. ***To assemble:*** Cut the rinds from the watermelon and discard. Cut the watermelon into 1/2-inch cubes and transfer to a large bowl. Add the cucumber, avocado, vinaigrette and mint and toss until well combined. Taste and adjust seasoning with salt and pepper.

5. ***To serve:*** Transfer to a large bowl or platter, sprinkle with feta and serve immediately.

## YOGURT PANNA COTTA WITH HONEY-GLAZED APRICOTS

***Yield:*** 4 to 8 servings

Eaten all over Italy, this dessert is commonly served with fresh berries, caramel or chocolate. Easy to prepare and can be prepared in advance, it is a wonderful dessert any time of the year.

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### *Panna Cotta:*

*2-1/4 teaspoons (1 envelope) unflavored powdered gelatin*  
*2 tablespoons cold water*  
*1-1/2 cups heavy whipping cream*  
*1/3 cup granulated sugar*  
*2 cups Greek-style yogurt*  
*1 tablespoon vanilla bean paste*  
*2 teaspoons honey*  
*1/8 teaspoon salt*

### *Glazed Apricots:*

*1 tablespoon unsalted butter*  
*1 pound apricots, pitted and cut into quarters*  
*1/3 cup honey*

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1. To a small bowl add cold water, sprinkle the gelatin over it and let stand until softened, about 5 minutes.
2. To a medium saucepan set over medium heat add cream and sugar, stir to combine. Bring to a rolling simmer, use a silicone spatula to occasionally stir until the sugar has dissolved. Remove the cream mixture from the heat and use a silicone spatula to stir in the gelatin until thoroughly combined and melted. Using a whisk, stir in the yogurt, vanilla, honey and salt.
3. Pour the mixture into desired amount of ramekins and transfer to the refrigerator to cool until set, about 3 hours.
4. ***To prepare apricots:*** To a large skillet set over medium-high heat add butter. When melted, add the apricots and cook, stirring often until the apricots start to soften, about 4 minutes. Add the honey and toss until well combined. Set aside.
5. ***To serve:*** Run a knife around the inside of each ramekin. Dip the bottom of the ramekin in a bowl of hot water. Set a plate on top each ramekin and invert each panna cotta onto a plate and shake the ramekins to loosen the panna cotta onto the plate. Place a spoonful of the apricots on the side and serve immediately.