



COOKING CLASSES
AT SUR LA TABLE

WEEKNIGHT SHRIMP PASTA

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 pound shrimp (shelled and deveined)

Produce

- 1 bunch lacinato kale
- 1 lemon
- 1 shallot
- 3 garlic cloves
- Small bunch of flat-leaf parsley

Dairy

- 1/2 cup heavy whipping cream
- 1 stick plus 2 tablespoons unsalted butter
- 1 egg

Pantry Items

- Kosher salt
- Freshly ground black pepper
- 1 pound bucatini, linguine or fettuccine
- Extra-virgin olive oil
- All-purpose flour
- Whole-wheat flour
- Baking soda
- 3/4 cup peanut butter (creamy or crunchy)
- Honey
- Vanilla bean paste or vanilla extract
- 1/3 cup raspberry or strawberry jam
- Granulated sugar
- Light brown sugar

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)
- Prep bowls
- Lemon juicer or citrus reamer
- Silicone spatula
- Wooden spoon
- Microplane
- Small ice cream scoop or spoon
- Tongs

Cookware

- Stockpot
- Medium saucepan

Appliances

- Stand mixer with paddle attachment or hand blender

Bakeware

- 3 rimmed baking sheets

Other

- Parchment paper

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.

Sautéed Shrimp Lemon Bucatini with Roasted Kale

1. If using frozen shrimp, defrost in a colander.
2. Wash and dry all the produce.

Whole Wheat PB & J Cookies

1. 30 minutes before class, remove 1 stick of unsalted butter from the refrigerator and allow to soften at room temperature.
2. Preheat the oven to 350°F.

SAUTÉED SHRIMP LEMON BUCATINI WITH ROASTED KALE

Yield: 4 servings

1 bunch lacinato kale, tough stems removed
3 tablespoons extra-virgin olive oil, divided
Kosher salt and freshly ground black pepper
2 tablespoons unsalted butter
1 pound shrimp, shelled and deveined
1 shallot, minced
3 garlic cloves, minced
1 tablespoon fresh lemon juice, plus more if needed
1 teaspoon lemon zest
1/2 cup heavy whipping cream
1/4 cup fresh flat-leaf parsley, chopped
1 pound bucatini, linguine, or fettuccine

Preheat the oven to 350°F.

1. **To roast the kale:** To a rimmed baking sheet, add the kale, 2 tablespoons of oil, salt and freshly ground pepper; toss to coat. Arrange the kale in a single layer and transfer to the oven. Roast until the kale is crisp and starting to brown, about 25 minutes.

3. **To sauté the shrimp:** To a medium saucepan over medium-high heat, add the butter and 1 tablespoon of oil and heat until the foaming subsides. Add the shallots and cook until translucent, about 2 minutes. Add the garlic and cook until fragrant, about 1 minute. Add the shrimp and cook until just opaque, 2-3 minutes. Remove the shrimp from the pan. Whisk in the lemon juice, lemon zest and cream. Bring to a simmer and cook until the sauce is thickened and coats the back of a spoon, about 3 minutes. Take the pan off the heat and add the cooked shrimp and parsley, stirring to coat with the sauce. Taste and adjust the seasoning with salt and freshly ground pepper. Cover to keep warm.

3. **To cook the pasta:** Heat a large stockpot or saucepan of water over high heat until boiling. Generously season the water with salt. Add the pasta and stir gently to prevent the pasta from sticking together. Boil the pasta until al dente per the instructions on the box. Reserve 1 cup of pasta water and drain the pasta in a colander.

4. Add the cooked pasta to the saucepan with the shrimp and toss to combine thoroughly. Thin the sauce as needed with the reserved pasta water. Taste and adjust seasoning with salt, freshly ground pepper and lemon juice.

5. Divide the pasta into 4 bowls. Top each serving with crispy kale and freshly ground pepper.

WHOLE WHEAT PB&J COOKIES

Yield: 2 dozen cookies

1/2 cup all-purpose flour
1/2 cup whole wheat flour
3/4 teaspoon baking soda
1/2 teaspoon fine kosher salt
3/4 cup peanut butter (creamy or crunchy)
1/2 cup unsalted butter, softened
1/3 cup packed light brown sugar
1/4 cup granulated sugar, plus more for rolling
1 tablespoon honey
1 egg
1 teaspoon vanilla bean paste or vanilla extract
1/3 cup raspberry or strawberry jam

Preheat the oven to 350°F with two racks in the center of the oven. Line 2 rimmed baking sheets with parchment paper.

1. To a large mixing bowl, whisk together the two flours, baking soda and kosher salt.
2. To the bowl of a stand mixer fitted with the paddle attachment, add the peanut butter and the butter and cream until light and fluffy. Add the sugars and honey and beat on high speed for 3 minutes, scraping down the sides of the bowl as needed. Add the egg and vanilla and mix on medium speed until well blended. Add the dry ingredients and stir to just combine.
3. Using a small ice-cream scoop or spoon, portion the dough into 1 tablespoon-sized pieces and roll them into balls. To a small bowl, add the granulated sugar. Roll the balls in the sugar and transfer to the prepared baking sheets. Using your thumb or the end of a wooden spoon, make an indentation in the center of each cookie. Spoon each indentation with 3/4 teaspoon of jam.
4. Bake the cookies for 15 minutes, rotating the baking sheets halfway through cooking. Bake until the cookies are golden brown.
5. The cookies can be kept in an airtight container at room temperature for 5 days or frozen for up to 2 months.

Recipe variations:

- Thumbprints can be filled with chocolate hazelnut spread or chocolate ganache.