

COOKING CLASSES
AT SUR LA TABLE



PARIS IN SPRING

WITH CHEF TAMICA B.

GRILLED ASPARAGUS WITH TARRAGON AND CHIVE BUTTER

Yield: 4 servings

Asparagus is great on the grill! It grills up quickly with smoky char while retaining a bright color and crisp texture.

Asparagus:

2 tablespoons vegetable oil, divided

1 pound asparagus spears, trimmed

Zest and juice of 1 lemon

Sea salt and freshly ground black pepper

Tarragon and chive butter:

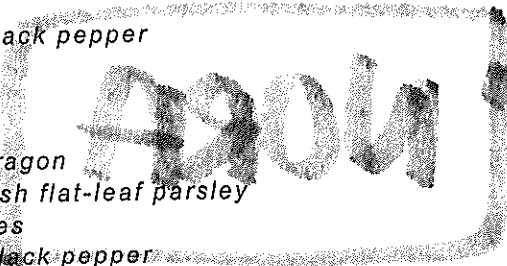
1/4 cup unsalted butter

1 teaspoon chopped fresh tarragon

1 teaspoon finely chopped fresh flat-leaf parsley

1 teaspoon minced fresh chives

Sea salt and freshly ground black pepper



1. Preheat a grill or grill pan to medium-high heat. Using a silicone brush, brush grates with 1 tablespoon of oil. Place asparagus in a single layer on a rimmed baking sheet and drizzle with remaining 1 tablespoon oil, lemon zest, and juice. Roll the asparagus back and forth on the sheet pan to coat; season generously with salt and pepper.

2. Using tongs, transfer the asparagus to the grill. Cook, turning frequently, until slightly charred and tender, about 5 minutes, depending on thickness. Remove asparagus from grill and transfer to a large serving platter.

3. In a small saucepan over medium heat, melt butter. Stir in herbs and season with salt and pepper. Drizzle butter over grilled asparagus and serve immediately.

SWEET PEA AND LEMON SOUFFLÉS

Yield: 4 servings

To make sure the soufflé rises properly, use an oven thermometer to check that your oven's temperature is accurate. Keep the oven door closed while the soufflé is baking, so it has a constant temperature in which to complete its rise. Rather than opening the door, turn on the oven light to watch the magic.

2 tablespoons unsalted butter, divided, plus more to butter ramekins
8 tablespoons finely grated Gruyere cheese, divided
1/2 cup fresh or frozen peas, thawed if using frozen
1 tablespoon olive oil
1 tablespoon unbleached all-purpose flour
1/2 cup whole milk
1 teaspoon chopped fresh mint
1 teaspoon lemon zest
2 large eggs, separated
1/2 teaspoon sea salt
Freshly ground black pepper
1 large egg white

1. Preheat oven to 375°F. Butter 4, 6-ounce ramekins and dust with 2 tablespoons of the grated Gruyere.
2. To a small saucepan set over medium heat, add 1 tablespoon butter. Add peas and cook until soft, about 2 minutes. Add the remaining Gruyere cheese and blend using an immersion blender or transfer to a blender and puree.
3. To a medium saucepan set over medium heat, add olive oil and remaining 1 tablespoon butter. Once the butter has melted, whisk in the flour to form roux; cook until golden brown. Whisk in the milk in a steady stream. Switch to a wooden spoon and, stirring often, cook until the mixture comes to a simmer and thickens, 3 to 5 minutes.
4. Remove the pan from the heat and whisk in the pea mixture, mint, and lemon zest. Transfer to a large bowl and whisk in the egg yolks, one at a time. Stir in salt and a few grinds of pepper.
5. To the bowl of a stand mixer fitted with a whip attachment, add 3 egg whites and beat until they just hold soft peaks. Using a silicone spatula, fold one-third of the whites into the pea mixture to lighten the base. Fold in the remaining egg whites in 2 batches until thoroughly incorporated.
6. Divide the batter between prepared ramekins and transfer to a baking sheet. Bake in the preheated oven until the soufflés are puffed and golden, 15 to 20 minutes. Serve immediately.

PAN SEARED SALMON WITH WHITE WINE PAN SAUCE

Yield: 4 servings

4 (5 to 6-ounce) salmon fillets, pin bones removed
Sea salt and freshly ground black pepper
2 tablespoons vegetable oil
3 tablespoons unsalted butter, divided
2 tablespoons capers, rinsed and roughly chopped
2 tablespoons fresh lemon juice
1/4 cup dry white wine
2 tablespoons finely chopped fresh flat-leaf parsley

1. If your salmon fillets are more than 1 1/2 inches thick, preheat oven to 450°F.
2. *To prepare salmon:* Season fillets generously on both sides with salt and pepper. To a large nonstick ovenproof skillet set over medium-high heat, add oil. When oil is shimmering, carefully place fillets, skin side down, in the skillet. Sear salmon until skin is very crisp and browned, about 3 minutes. Using a fish spatula, turn fillets and sear until nicely browned, about 3 more minutes, depending on the thickness of the fillet.
3. To check for doneness, the salmon flesh should be just slightly springy when lightly pressed and not too firm or falling apart. The flesh in the thickest part of the fillet should be very pink but no longer translucent. (If the fillets are well seared but still undercooked in the middle, place in a hot oven to finish.) Remove salmon from the skillet and place on a large plate; tent loosely with foil to keep warm. (Salmon will continue to cook internally after it is removed from the heat so it's better to slightly undercook fillets for perfect final results.)
4. Discard oil from skillet and return to the stovetop over medium heat. Add 2 tablespoons butter to the skillet and melt, stirring to release any browned bits from the bottom of the skillet and cooking until butter turns golden brown and smells nutty, 2 to 3 minutes. Add capers, lemon juice, and white wine and simmer, stirring constantly, for 2 to 3 minutes longer. Whisk in remaining 1 tablespoon butter, remove skillet from heat, and stir in chopped parsley. Taste and adjust seasoning with salt and pepper.
5. *To serve:* Place salmon fillets on warmed dinner plates and spoon pan sauce over the fish; serve immediately.

MOUSSE AU CITRON WITH FRESH STRAWBERRIES

Yield: 4 servings

Make ahead tip: the lemon curd can be made a few days ahead. Just before serving, and the whipped cream and fold with the curd.

*1/4 cup unsalted butter
3 large eggs
1/2 teaspoon sea salt
2/3 cup granulated sugar
1/2 cup fresh lemon juice
1 tablespoon finely grated lemon zest
1 1/2 cups heavy whipping cream, whipped to stiff peaks
2 cups strawberries, cored and sliced*

1. Prepare an ice bath in a large bowl and place individual 4 dessert bowls in the freezer to chill.
2. To a large bowl set over a saucepan with 2 inches of simmering water, add butter, eggs, salt, sugar, and lemon juice. Whisk constantly until the mixture becomes thick and creamy with the consistency of soft pudding, 5 to 6 minutes. Strain curd through a fine-mesh strainer into a bowl and set over the prepared ice bath; stir until chilled.
3. Stir in lemon zest into the curd. Gently fold the whipped cream into the chilled lemon mixture until well combined. Spoon mousse into chilled bowls, layering with strawberries; serve immediately.