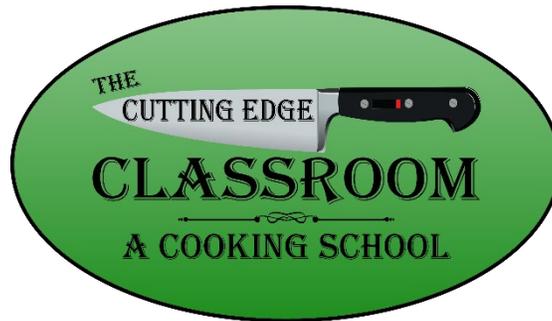


Class Date and Time: March 30th, 2021 5PM-6:30PM ET

Contact Person/Company: Sarah Baker, Athene

Contact Phone Number: 630-470-8216

Contact Email: sbaker@athene.com



Re-Inventing Virtual Cooking Classes At The Cutting Edge Classroom Cooking School

The Menu

Authentic Spanish Paella

Churros

Chocolate Ganache

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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

- ✓ 2 each boneless skinless chicken thighs cut into 1 inch cubes
- ✓ 4 oz calamari
- ✓ 4 oz mussels
- ✓ 4 oz clams
- ✓ 4 oz shrimp

Produce

- ✓ ½ lemon sliced
- ✓ ½ onion diced
- ✓ ½ bell pepper diced
- ✓ 2 clove garlic minced
- ✓ 1 tbsp parsley minced

Dairy

- ✓ ¼ cup unsalted butter
- ✓ 1 large egg
- ✓ 1 cup heavy cream

Pantry Items

- ✓ 2 ½ cup chicken broth
- ✓ 2 oz olive oil
- ✓ 1 bay leaf
- ✓ ½ tsp paprika (Smoked if possible)
- ✓ ½ tsp vanilla extract
- ✓ ¼ tsp saffron threads
- ✓ Salt and pepper
- ✓ 1 oz white wine
- ✓ 1 cup Spanish short grain rice
- ✓ 1 tbsp granulated sugar
- ✓ 1 cup AP flour
- ✓ 2 cup veg or peanut oil
- ✓ 8 oz semi sweet chocolate chips

Dry/Canned Goods

- ✓ ¼ cup frozen peas
- ✓ 4 oz tomato sauce

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Equipment Needed

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

Cutlery

- ✓ Cutting board and knife

Hand Tools/Gadgets

- ✓ Rubber spatula

Cookware

- ✓ Large Paella pan, saute pan, or cast iron pan
- ✓ Saute pan
- ✓ Sauce pan

Appliances

- ✓ Stove
- ✓ Hand or stand mixer and paddle or whisk attachment

Bakeware

- ✓

Other

- ✓ Assorted bowls
- ✓ Piping bag with star tip
- ✓ Aluminum foil

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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 if possible
- Please pre-measure ingredients
- We encourage you to prep all your ingredients and cut all vegetables, fruits, and proteins before class as it will allow you to have more time to listen and watch the instructor

Notes:

- At the end of this class you will have: Paella and churros for 2-4 people
- Feel free to substitute proteins as you prefer

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Spanish Paella

Prep Time 20 mins

Cook Time 40 mins

Total Time 1 hr

Servings: 4

Ingredients

- 2 oz Extra virgin olive oil
- 1/2 onion, diced
- 1/2 bell pepper, diced
- 2 cloves Garlic
- 4 oz. tomato sauce
- 1 Bay leaf
- 1/2 teaspoon paprika , sweet or smoked
- 1/4 tsp saffron threads
- 1/8 tsp Salt and pepper
- 1 oz white wine
- 2 boneless , skinless chicken thighs , cut into pieces
- 1 tbsp Parsley minced, divided
- 1 cup Spanish Rice/short grain
- 2 1/2 cups Chicken Broth
- 1/4 cup frozen peas
- 4 oz Jumbo Shrimp, peeled, tail on
- 1/4 lb Mussels cleaned properly (beards off)
- 4 oz calamari rings
- 4 oz clams in shell
- 1/2 Lemon, for garnish
- 1 tsp hot sauce

Instructions

1. Add olive oil to a skillet over medium heat. Add the onion, bell peppers and garlic and cook until onion is translucent. Add chopped tomato, bay leaf, paprika, saffron salt and pepper. Stir and cook for 5 minutes. Add white wine and cook for 10 minutes. Taste and add salt if needed.
2. Add chicken pieces, 2 tablespoons chopped parsley and rice to the pot. Cook for 1 minute.
3. Pour the broth slowly all around the pan and jiggle the pan to get the rice into an even layer. (Do not stir the mixture going forward!). Add hot sauce.
4. Bring mixture to a boil. Reduce heat to medium low. Give the pan a gentle shake back and forth just once or twice during cooking. (We don't ever stir the rice, so that a crispy crust forms at the bottom, called a socarrat).
5. Cook for about 15-18 minutes (uncovered), then nestle the shrimp, mussels and calamari into the mixture, sprinkle peas on top and continue to cook (without stirring) for about 5 more minutes. Watch for most of the liquid to be absorbed and the rice at the top nearly tender. (If for some reason your rice is still not cooked, add ¼ cup more water or broth and continue cooking).
6. Remove pan from heat and cover pan with a lid or tinfoil. Place a kitchen towel over the lid and allow to rest for 10 minutes.
7. Garnish with fresh parsley and lemon slices. Serve.

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Churros

Servings: 18

Prep 10 minutes

Cook 20 minutes

Ingredients

- 1 cup water
- 1/4 cup unsalted butter, diced into small cubes
- 1 Tbsp granulated sugar
- 1/4 tsp salt
- 1 cup all-purpose flour (scoop and level to measure)
- 1 large egg
- 1/2 tsp vanilla extract
- Vegetable oil, for frying

For coating

- 1/2 cup granulated sugar
- 3/4 tsp ground cinnamon

Instructions

1. For the coating whisk together 1/2 cup sugar and cinnamon in a shallow dish, set aside.
2. Heat about 1 1/2 inches vegetable oil in a large pot or deep skillet over medium-high heat to 360 degrees Fahrenheit. While oil is heating prepare batter.
3. Add water, butter, sugar and salt to a large saucepan, bring to a boil over medium-high heat.
4. Add flour reduce heat to medium-low and cook and stir constantly with a rubber spatula until mixture comes together and is smooth (a few lumps in it are fine).
5. Transfer mixture to a large mixing bowl, let cool 5 minutes.
6. Add vanilla and egg to flour mixture then blend immediately with an electric mixer. Blend until mixture comes together and is smooth (it will separate at first but keep mixing it will come together).
7. Transfer to a 16-inch piping bag fitted with a rounded star tip (no bigger than 1/2-inch).
8. Carefully pipe mixture into preheated oil, into about 6-inch lengths, cut end with clean scissors.
9. Let fry until golden brown, about 2 minutes per side. Transfer to paper towels to dry briefly then transfer to cinnamon sugar mixture and roll to coat.
10. Repeat process with remaining dough (frying no more than 5 at once). Serve warm with chocolate ganache or caramel sauce for dipping if desired.

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Chocolate Ganache

Prep Time: 10 minutes

Yield: 1 and 1/2 cups

Ingredients

1. 8-ounce quality semi-sweet chocolate
2. 1 cup heavy cream or heavy whipping cream

Instructions

- Place chocolate in a medium heat-proof bowl.
- Heat the cream in a small saucepan over medium heat until it begins to gently simmer. (Do not let it come to a rapid boil– that's too hot!)
- Pour over chocolate, then let it sit for 2-3 minutes to gently soften the chocolate.
- With a small rubber spatula, very slowly stir until completely combined and chocolate has melted. The finer you chopped the chocolate, the quicker it will melt with the cream. If it's not melting, do not microwave it. See Troubleshooting Chocolate Ganache in blog post above.
- Ganache can be ready to use as a drizzle or you can let it sit at room temperature to cool and thicken. It will fully cool within 2 hours. Refrigerating speeds this up, but the ganache will not cool evenly. Stir it a few times as it sets in the refrigerator so it remains even and smooth.
- Once completely cool and thick, the ganache can be piped with a piping tip or scooped with a spoon. You can also beat the cooled thickened ganache with a handheld or stand mixer fitted with a whisk attachment until light in color and texture, about 4 minutes on medium-high speed.
- Cover tightly and store ganache in the refrigerator for up to 5 days. Once ganache cools completely, you can cover it tightly and freeze it for up to 3 months. Thaw in the refrigerator. To rewarm or thin out again, stir constantly over low heat on the stove in either (1) a double boiler or (2) in a heatproof bowl placed over a pot of simmering water. Don't let the bottom of the bowl touch the simmering water.

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