
Virtual Cooking Class Set-Up: Mother's Day for Abuse Hurts

The Menu:

- La Vie en Vert Smoothie
- Croque Madame Sandwich

Zoom How-to:

1. Best used on a laptop but also works on any mobile device
2. Make sure you have the app downloaded and get familiar with the features
3. Sign in 30 minutes before the class start to mingle and make sure you are ready to go
4. Hold down space bar to "unmute" and ask a question (saran wrap your keyboard ahead of time!)
5. You can "pin" your choice of video to your screen to focus on the chef only

Ingredients List for 4 Portions:

- Salt and Pepper
- 2 medium avocados
- 2 bananas
- 2 cups fresh spinach (60 g/ 2 oz)
- 4 cups coconut water or coconut milk
- 2 tsp vanilla powder or 4 tsp unsweetened vanilla extract
- 4 tbsp MCT oil or extra virgin coconut oil
- 4 to 8 tsp maple syrup or organic honey (optional if not sweet enough)
- 4 tsp matcha powder / green tea powder (Optional)
- 4 serving 100% Whey protein (Optimum Nutrition Gold Standard Whey is great) (you are welcome to omit or reduce the protein powder)
- 10-12 ice cubes
- 6 ounces unsalted butter, divided
- 2 tablespoons all-purpose flour (or gluten-free flour)
- 1 cup whole milk (or lactose-free substitute)
- 1 bay leaf
- 1/4 cup grated Parmesan
- 8 slices thick sourdough bread
- 8 to 12 slices good quality ham (about 3/4 lb.) (you may use turkey or spinach, avocado, tomato as a substitute)
- 12 ounces Gruyere cheese, grated
- Non-stick spray
- 4 eggs

Kitchen Tools Needed:

- Chef's Knife
- Paring knife
- Serrated knife
- Cutting board
- 1 large baking tray
- Aluminum foil
- 2-4 Mixing bowls
- Large spoon
- Ladle
- Spatula
- Tongs
- Grater
- Large cast iron skillet or frying pan
- Small sauce pan
- Blender
- Measuring cups and spoons

What to Prepare in Advance:

- Any questions you may have regarding ingredient substitutes/timing, etc. – please email us, events@thechefupstairs.com
- Fill large pot with water and set on low heat with lid on
- Set-up cutting board and all equipment
- Wash all produce and remove everything from packaging
- Grate all cheese and keep separate
- Slice sourdough bread into ½” slices and arrange on an aluminum foil lined baking tray
- Slice ham into thin slices or shavings (same goes for turkey or tomato or avocado substitute)

Class Flow – We will prepare the meal in this order:

1. Prepare the bechamel sauce.
2. Prepare the smoothie.
3. Remove the bay leaf from the bechamel, stir in the Parmesan, transfer to a bowl and cool.
4. Enjoy the smoothies.
5. Prepare the croque madame sandwiches.
6. Serve and Bon Appetit!

La Vie en Vert Smoothie

Makes 4

Ingredients

- 2 medium avocados
- 2 bananas
- 2 cups fresh spinach (60 g/ 2 oz)
- 4 cups coconut water or coconut milk
- 2 tsp vanilla powder or 4 tsp unsweetened vanilla extract
- 4 tbsp MCT oil or extra virgin coconut oil
- 4 to 8 tsp maple syrup or organic honey (optional if not sweet enough)
- 4 tsp matcha powder / green tea powder (Optional)
- 4 serving 100% Whey protein (Optimum Nutrition Gold Standard Whey is great) (you are welcome to omit or reduce the protein powder)
- 10-12 ice cubes



Directions

1. Halve the avocados and remove the seed.
2. Place everything in a blender: scooped avocado flesh, spinach, coconut water/milk, vanilla, matcha (if used) and MCT oil.
3. Add ice and pulse until smooth.
4. Taste and add maple syrup or honey if needed.
5. Pour in a glass and enjoy!

Croque Madame Sandwich

Serves 4

Ingredients

- 6 ounces unsalted butter, divided
- 2 tablespoons flour
- 1 cup whole milk
- 1 bay leaf
- 1/2 teaspoon kosher salt, plus more for seasoning
- 1/4 cup grated Parmesan
- 8 slices thick sourdough bread
- 8 to 12 slices good quality ham (about 3/4 pound)
- 12 ounces Gruyere cheese, grated, divided
- Nonstick spray
- 4 eggs



Directions

1. Preheat the broiler.
2. Make the bechamel sauce: In a small saucepan, melt 1 ounce butter over medium heat. Whisk in the flour and cook, stirring constantly, until you smell the flour and butter cooking, 2 to 3 minutes. Do not allow it to brown. Add the milk and bay leaf and cook, stirring from time to time, until the mixture thickens like a soup, 10 to 12 minutes. Remove the bay leaf and stir in the Parmesan. Transfer to a bowl to cool.
3. Arrange 4 slices of the bread on a flat surface. Top each with 2 to 3 slices of ham. Mix together half of the Gruyere cheese and the bechamel sauce. Taste for seasoning. Spread a little of the sauce on top of the ham and top each with another slice of bread.
4. Heat a large cast iron skillet and, when hot, add half of the remaining butter. Add 2 of the sandwiches and brown on one side, 2 minutes. Turn on the other side and brown 2 more minutes. Transfer to a baking sheet and repeat with the remaining butter and sandwiches. Spread the remaining bechamel on top of the sandwiches and top with the other half of the Gruyere cheese.
5. Wipe any crumbs from the cast iron skillet and spray with nonstick spray. Crack 4 eggs into the skillet, leaving a little room between each. (Alternatively, fry 2 at a time). While the eggs are frying, place the sandwiches under the broiler and broil until the top becomes golden brown, 1 to 2 minutes. Season the eggs with salt and top each sandwich with a fried egg. Serve immediately.