

THE LONDON CHEF

Lunch & Learn

Join us for a lively cooking demonstration from our chef, and skip back to the office an hour later after a great meal! Choose a Lunch & Learn theme that strikes your fancy, and let the chef prepare a several-course meal based on the cuisine chosen for that class. The menu is ever-changing based on what's fresh and in-season, but is always focused on teaching you some classical cooking techniques with a great meal to follow.



CLASSIC ITALIAN

Italian cooking is true comfort food. Nothing is as cozy as a bowl of risotto, nothing as tempting as the smell of brodo bubbling away on the kitchen stove. We'll delve into lesser known specialities, and show you ways to prepare old familiar pantry staples in a new and exciting way.

Sample Menu: Local vegetable risotto; South Italian inspired braised chicken.



REGIONS OF INDIA

Explore the huge variety of spices that are the foundation of Indian cooking. Learn to use these spices to transform the mundane into mind blowing. We will touch on several different dishes found in different provinces around the country, and learn about foreign ingredients.

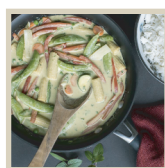
Sample Menu: Goan prawn and coconut masala; fresh spiced basmati rice; sautéed potatoes with fresh mint & cilantro.



MOROCCAN FLAVOURS

Big, bold flavours are the result of Northern Africa's huge variety of spices, herbs, and citrus. Learn all about the ubiquitous dish, the tagine, and the many accompaniments that go alongside it. You will never treat the peel of a lemon the same way again!

Sample Menu: Chicken, almond & apricot tagine; preserved lemon and saffron rice; tomato & fresh herb salad.



THAI DINNER PARTY

Thai cooking has never been so accessible in Canada. One trip to Fisgard street will fill your pantry with exotic foods that make Thai curries exciting and fresh. Learn where to find and how to use all of the building blocks of Thai flavours: lemongrass, kaffir lime, nam pla, pla ra, bird's eye chillies and more!

Sample Menu: Thai vegetable & peanut curry; coconut lemongrass rice.



FRENCH BRASSERIE

With hundreds of dishes that have become famous the world over, French cuisine offers a huge array of classics that we replicate here at The London Chef. Don't be intimidated by the strict rules of French technique - we will show you the short-cuts to making excellent French food without spending all day in the kitchen.

Sample Menu: French-style mussels and prawns with white wine, garlic & herbs; warm baguette with saffron rouille.



LOCAL HARVEST

Victoria is surrounded by hundreds of small and large farms growing amazing produce all year-round. The variety of flavours found in a basket of vegetables are way more diverse and exciting than what's found in the butchers counter, so embrace the power of your greens and learn to prepare them properly!

Sample Menu: Fresh Peninsula vegetables prepared by the chef!

Please note that we cannot accommodate all dietary restrictions for every menu.

If your group has allergies & restrictions, please discuss with us the menu that will be best for you!