

Cooking School

with the London Chef

Pan-seared Scallop & Lemon Zest, Pea & Asparagus Risotto with Citrus Dressed Arugula

We suggest having the ingredients and equipment out and ready before you begin cooking for the smoothest experience. For a true chef mis-en-place you can measure everything in advance and have ready to use for each dish in a designated space so it's easy to access your ingredients. Pour yourself a large glass of whatever you like to enjoy while cooking. We hope that you enjoy your class and your meal!

SERVES 2

**If you want to make for more this recipe easily doubles. If you are cooking just for yourself this makes great leftovers and will actually be even better the following day*

Risotto

¾ cup arborio rice
½ white onion, peeled
¼ cup frozen green peas, defrosted
2 tbsp butter, unsalted
1L good quality chicken or veg stock
1 lemon
6-8 asparagus spears
3 cloves garlic, peeled
¼ cup white wine

Scallops

6-10 scallops, defrosted or fresh
2 tbsp butter

Arugula

1 large handful of arugula
1 lemon
1 clove garlic, peeled

Cooking Equipment

2 medium pots
Large frying pan
Mixing bowl
Cutting board
Knife
Wooden spoon
Tongs
Ladle
Tasting spoons
Olive oil
Canola oil
Salt