

Cooking School

with the London Chef

Pan Roast Filet of Rockfish, Spring Onion Mash, Soy Butter Sauce

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For a true chef mis-en-place experience we suggest having the ingredients out, washed and measured, and the equipment ready to go before you begin cooking. Pour yourself a large glass of whatever you like to enjoy while cooking, and remember to have fun in the kitchen. This recipe can be easily doubled, but if you increase food quantity please make sure to use appropriate sized pots/pans for for the best outcome.

Potatoes

4 russet potatoes
1 bunch green onions
White pepper

Sauce

1L chicken stock, reduced to ½ cup
In advance
3 tbsp soy sauce
1 bunch cilantro
4 large cubes cold butter, unsalted

Fish

4 filets of rockfish
(or other white fish)

Cooking Equipment

Large frying pan
Knife
Cutting board
2 Medium pot
S trainer
Whisk
Masher
Salt
Olive oil

*GF friendly, sub gluten free soy