

Cooking School

with the London Chef

Oven Roast Rosemary Chicken, Leek Risotto, Garlic Sauteed Kale

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 the best outcome. Please note that this set up list is for a live cooking class and set up may differ slightly any pre-recorded videos that we have available in our Video Library.

Chicken

2 Chicken breasts or supremes
1 Lemon
Rosemary

Risotto

1 cup Arborio rice
1 L of Stock – chicken or veg*
1 medium yellow onion
1 Leek
½ cup White cooking wine
1 chunk Grana Padano
1 knob of butter
¼ bunch parsley

Kale

6-7 stems of kale
2 cloves of garlic
Salt
Olive oil

Cooking Equipment

2 Frying pans – oven proof
2 Large pots with lid or foil to cover (one for stock and the other for risotto)
Cheese grater
Knife & cutting board
Tongs
Wooden spoon
Tasting spoons
Olive oil & salt
Pre-heat oven to 400

**Vegetarian friendly, substitute portobello mushrooms*

**GF*