

Cooking School

with the London Chef

Beef Shish Kebab with Tabbouleh, Preserved Lemon Yogurt & Sumac Roast Eggplant

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. 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.

Kebab

1 large steak, or cubed steak
1 lemon
1 tbsp chili flakes
1 tbsp ground cumin

Tabbouleh

2 cups bulgur wheat
2 bunches flat leaf parsley
2 ripe tomatoes
1 lemon

Yogurt

2 cups greek yogurt (higher fat is better)
¼ preserved lemon
2 sprigs fresh mint

Eggplant

1-2 small eggplant
2 tbsp sumac

Cooking Equipment

Oven pre-heated to 400F
Large pot
Baking tray
Large non-stick frying pan
Large mixing bowl
Small mixing bowl
Tongs
Wooden Skewers
Knife
Cutting board
Olive oil
Salt