

# Cooking School

## *with the London Chef*

### Dan's Filet-O-Fish

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.

#### **Burger**

Buns of your choice  
White fish filets, skinned and pin-boned  
\*could be sole, cod, pollock, rockfish,  
lingcod or flounder  
Panko bread crumbs  
1 Egg  
AP flour  
½ head iceberg lettuce  
Canola oil

#### **Lemon Mayonnaise**

1 lemon  
Dijon mustard  
3 eggs  
Canola oil

#### **Smoky Yam Wedges**

1-2 Yams, depending on size  
Smoked paprika  
Olive oil

#### **Cooking Equipment**

Pre-heat oven to 400 F  
Knife  
Cutting board  
Paper-towel lined plate  
Deep frying pan  
Hand blender with container that fits (1L  
Yogurt container is ideal) \*you have to  
have a hand blender, there is no sub  
Baking tray  
Slotted spoon  
Salt & pepper  
Bottle of canola oil (you will need a lot  
for frying and mayo)

*\*DF, GF Friendly - sub gf flour,  
breadcrumbs & buns*