

Cooking School

with the London Chef

Indian Spiced Chicken, Zucchini & Carrot and Herb Salad, Toasted Cumin and Cucumber Raita & Fresh Flatbread

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.

Raita

1/3 long English cucumber
A few sprigs of fresh mint
1 tsp cumin seeds
1 cup high-fat yogurt

Chicken

3 tbsp Garam Masala
6 tbsp whipping cream
2 chicken breasts

Flatbread

2 tsp yeast
1 cup flour, plus extra for dusting

Salad

1 zucchini
1 carrot
1/2 cup pistachios
1/2 bunch cilantro
A few sprigs fresh dill
2 medium ripe tomatoes

Cooking Equipment

2 non-stick frying pans
2 large mixing bowls
Tongs
Vegetable peeler
Measuring cup
Knife
Cutting board
Olive oil
Salt