

Cooking School

with The London Chef

Herb & Garlic Pork Tenderloin, Summer Ratatouille, Lemon, Olive Oil & Black Pepper Quinoa

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.

Herb & Garlic Pork

1 pork tenderloin, trimmed of silver skin
2 knobs butter
Sprig rosemary
8 sage leaves
½ glass white wine

Ratatouille

1 punnet cherry tomatoes or 2 large tomatoes
1 eggplant
1 zucchini
1 red pepper
Dry oregano
Red onion
4 cloves garlic, peeled

Quinoa

2 lemons
1 cup quinoa
Fresh ground black pepper

Cooking Equipment

2 large frying pans
Small pot with lid
Wooden spoon
Knife
Cutting board
Salt
Olive oil

**GF*

**DF - omit butter*