

Cooking School

with the London Chef

Asian Steak Salad with Rice Noodles & Sauteed Bok Choy

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! These quantities can be easily doubled, but if you increase food quantity 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 from any videos that we have in our Library.

Ingredients

Flank steak for 2 people
Stick rice noodles (ie not vermicelli)
Ponzu sauce
Soy Sauce
Large knob ginger
1 bunch cilantro
1 lime
A few cloves garlic
1 large carrot
1 red pepper
3-4 bok choy
Sesame oil
Fish sauce
Canola oil
Salt

Cooking Equipment

Knife
Cutting board
Frying pan x 2
Large bowl
Saran wrap
Grater
Strainer
Mixing bowl
Tongs
Peeler
Full kettle turned on before class starts

**GF flexible, Dairy free*