

# Cooking School

## *with the London Chef*

### **Risotto Milanese with Roast Asparagus, Pan Fried Halibut & Herb Oil**

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.

#### **Risotto**

Arborio rice  
Saffron  
White wine  
Lemon  
Vegetable stock, good quality  
Garlic  
Cherry tomatoes  
Butter  
Olive oil  
Salt

#### **Asparagus**

Bunch asparagus  
Olive oil  
Salt

*\*Gluten free*

#### **Halibut**

Halibut, skin off  
  
Bunch fresh flat-leaf parsley  
Bunch fresh basil  
Bunch mint  
Dijon mustard  
Capers  
Canola oil  
Salt

#### **Cooking Equipment**

Knife  
Cutting board  
Medium pot  
Wooden spoon  
Baking tray  
Oven pre-heated to 400  
Large non-stick frying pan  
Handblender and container for mixing  
Olive oil  
Canola oil  
Salt