

# Cooking School

## *with the London Chef*

### Striploin with Warm Pineapple Salsa & Green Rice

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.

#### Striploin

1 striploin per person

#### Salsa

1 whole pineapple  
1 Jalapeno chili, or any other fresh chili you prefer  
1 bunch cilantro (need 2 total)  
1 lime  
1 red onion  
Brown sugar  
Ground cumin  
Ground coriander  
Rice vinegar

#### Green Rice

1 cup Basmati rice  
1 bunch cilantro (need 2 total)  
1 bunch parsley  
1 bunch spring onions  
A few sprigs fresh mint  
Dry dill

#### Cooking Equipment

Large frying pan  
Knife  
Cutting board  
Chargrill pan or large frying pan  
2 mixing bowls  
Medium pot with lid  
Food processor, hand blender or blender (food processor is the best option but others will work)  
1 L container if using a hand blender  
Tongs  
Salt  
Black pepper  
Canola oil  
Olive oil

*\*DF, GF*

*\*Vegan/vegetarian option - sub  
Portobello mushroom*