

Cooking School

with the London Chef

Falafel, Herb & Sesame Rice, Tomato & Red Onion Salad, Cucumber Mint Yogurt

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 for the best outcome.

Falafel

Two cups dry chickpeas soaked in lots of water for a minimum of 12 hours and a maximum of 48 hours - you can not use canned chickpeas
Garlic
Parsley
Ground coriander
Ground cumin
Fresh cilantro
Lemon
AP Flour
Canola oil - at least 1 litre

Salad

Tomato
Red onion
Olive oil
Salt

Rice

Sesame seeds
Basmati rice
Cilantro
Parsley
Fresh or dry dill, optional

Yogurt

Full fat Greek yogurt
Cucumber
Fresh mint
Garlic
Salt

Cooking Equipment

Knife
Cutting board
Small mixing bowl
Medium mixing bowl
Salad bowl
Small pot with lid
Paper towel lined plate
Slotted spoon
Deep pan for frying
Grater
Salt
Olive oil

**Gluten Free, Vegetarian*