

Cooking School

with the London Chef

Almond & Lemon Pesto with Penne, Oven Roast Roma Tomatoes & Pan-Fried Salmon

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.

Ingredients

Any pasta, penne & farfalle are the best for this
1 Cup almonds
1 Lemon
A few cloves garlic
Chunk of hard Italian cheese
Olive oil & Canola oil
Salt
Flat leaf parsley
Fresh basil

2 Salmon filets

2 Large roma tomatoes
White sugar
Salt & black pepper
Rosemary

Cooking Equipment

Large frying pan
Non-stick frying pan
Tongs & wooden spoon
Blender, hand blender or food processor
Pot for pasta
Strainer
Knife
Cutting board
Baking tray
Oven set to 400