

# Cooking School

*with the London Chef*

## **Salmon Recheado, Kachumber Salad, Minted Yogurt & Cardamom 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! 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.

### **Salad**

Cucumber  
Red Onion  
Tomato  
Fresh green chile  
Black pepper  
Red wine vinegar  
Lime  
Cilantro  
Ground cumin  
Canola oil

### **Rice**

Basmati rice  
Cardamom pod  
Salt  
Butter

### **Yogurt**

Full fat yogurt  
Fresh mint  
Salt

### **Salmon**

Filets or side of salmon  
Cumin seeds  
Coriander seeds  
Black peppercorns  
Whole cloves  
Turmeric  
Crushed dry chiles  
Chunk fresh ginger  
Red wine vinegar  
Canola oil

### **Equipment**

Knife  
Cutting board  
Small pot with lid  
Large mixing bowl  
Small mixing bowls  
Tongs  
Small food processor or blender  
Oven pre-heated to 300