

Cooking School

with the London Chef

Pan Grilled Prawns with Cherry Tomatoes and Pea & Spring Onion Risotto, & Summer 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. 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. P

Risotto

1 cup Arborio rice
1L good quality vegetable stock
Large handful frozen peas
1 bunch spring onions
1 head garlic
1 lemon
1 glass white wine
¾ block butter

Herb Oil

Selection of soft green herbs such as parsley, dill, basil, mint (have at least 2 of these)

Prawns

6 large prawns per person
Punnet of good quality cherry tomatoes

Cooking Equipment

Large frying pan or chargrill pan
Medium pot
Knife
Cutting board
Food processor, hand blender* or blender
*1 L plastic container for blending if using a hand blender
Wooden spoon
Canola oil
Olive oil
Salt

**GF*

**DF friendly, omit butter or sub df butter*

**Pescatarian*