

Cooking School

with the London Chef

Miso Cod, Rice Noodle Salad & Charred Savoy Cabbage

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.

Fish

A filet of cod, thick rock fish or halibut
per person
Miso paste
Soy sauce
Canola oil
Sake or mirin

Noodles

Thick rice noodles
Large carrot
Cucumber
Snap peas
Lime
Fresh ginger
Garlic
Rice wine vinegar
White sugar
Fresh chili (optional)

Cabbage

½ savoy cabbage
Toasted sesame seeds
Salt
Canola oil

Equipment

Knife
Cutting board
Oven safe frying pan
Oven pre-headed to 400
Large bowl for rice noodles
Kettle
Tongs
Smal mixing bowl x 2
Char pan or extra frying pan