

Cooking School

with the London Chef

Pork Tenderloin with Black Beans & Peach Salsa

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.

Pork

Pork tenderloin
Canola oil
Salt & Pepper

Beans

Can of black beans
Onion
Knob ginger
Garlic
Cilantro
Jalapeno or serrano chili

Vegetables

Fresh peaches
Red onion
Red pepper
White wine vinegar
White sugar
Cilantro
Dry chili

Cooking Equipment

Knife
Cutting board
Large frying pan x 2
Small pot
Wooden spoon
Tongs
Mixing bowl

**Vegan/vegetarian friendly, substitute
portobello mushrooms*

**GF*