



BOUILLABAISSE

LIVE COOKING CLASS

ZOOM MEETING

EXPERIENCE

IMPORTANT Information

Join the Zoom Meeting on your computer.

We highly recommend that you use a laptop as opposed to a tablet or mobile phone.

How to get the most of this class:

- Read and **familiarize yourself** with the recipes, the mise en place, and the workflow.
- Have all the required **equipment ready**.
- **Measure and organize** the ingredients according to the pictures below, as it will help you stay on top of the live cooking class.
- All the protein should be out of the fridge at least 5 minutes before the class starts, except for the seafood.

MISE EN PLACE

EQUIPMENT



- 1 x Heavy bottom saucepan + lid
 - 1 x stockpot big enough to hold fish bones and vegetables covered by water
 - 1 x Measuring Jug
 - 1 x Small Mixing Bowl
 - 1 x Chopping Board
 - 1 x Chef's Knife
 - 1 x Hand held strainer
 - 1 x Wooden Spatula
 - 1 x Ladle or Large Serving Spoon
 - 1 x Pair of Tongs
 - 1 x Vegetable peeler
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- 1 Sourdough baguette (cut in thick slices - 2 slices pp)

FOR SERVING



FISH STOCK

Please make sure you have **measured** and **prepared** all your **ingredients** as per our mise en place instructions.

This will ensure you can keep up during the class.



- 1 Leek (washed)
- 1 Onion
- 1 Bulb fennel
- 1 bunch Parsley stalks
- 2 small Tomatoes
- 2 Bay leaves
- ¼ tsp Fennel seeds
- 1 Star anise
- 6 Peppercorns
- 1 whole Fish bones & trimmings (heads, bones, tail)
- 50ml Dry white wine

BOUILLABAISSE



- ½ Onion
- 1 Tomato
- 1 Large garlic clove
- 1 Potato
- ½ tbsp Saffron threads
- ½ Lemon
- Bouquet garni (2 sprigs thyme, 1 bay leaf, Parsley stalks or any combination of fresh herbs)
- 1 tbsp Tomato paste
- 10g Parsley for garnish
- 75ml Dry white wine
- Salt
- Olive oil



SEAFOOD



- 4 Prawns,
- 6 Mussels,
- 1 Calamari,
- 1 Baby octopus,
- 2 Snapper fillets

RUNSHEET

6:00 pm - Introduction

6:05 pm - Mise en place - Saffron wine

6:10 pm - Prepare Fish Stock

6:25 pm - Prep and Mise en place Vegetables

6:35 pm - Prep and Mise en place Fish

6:45 pm - Cooking Bouillabaisse

7:00 pm - Prep Bread

7:05 pm - Cooking Seafood

7:15 pm - Plating

7:20 pm - Q&A session

7:30 pm - Live cooking class conclude.

If you have any questions,
please contact us via email at
event@vivecookingschool.com.au

