

# LIVE COOKING CLASS

# **IMPORTANT Information**

**ZOOM MEETING** 

Join the Zoom Meeting on your computer.

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

# **EXPERIENCE**

## 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

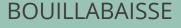
FOR SERVING

• 1 Sourdough baguette (cut in thick slices - 2 slices pp)



### **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



- 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 <a href="mailto:event@vivecookingschool.com.au">event@vivecookingschool.com.au</a>



