

SAMPLE FISH COURSE

Aim - learn to prepare and cook a variety of seafood from the main categories:

Molluscs, flatfish and roundfish.

Squid tempura with dipping sauces.

- Squid prepared for tempura.
- Aioli and chilli dipping sauce made
- Tempura batter weighed and mixed
- Individuals cook off their own tempura one by one for all to taste

Plaice with pancetta and beurre noisette

- Fillet Plaice
- Matthew will then demonstrate the beurre noisette whilst the plaice is under the grill

Roasted monkfish with puy lentils

- Cook off the lentils
- Prepare sauce for lentils
- Skin and fillet monkfish
- Cook the fish and assemble the dish