



A LITTLE BIT OF DAILY LUXURY

HOME / FASHION / LIFESTYLE / TRAVEL / MEET THE TEAM / CONTACT

HEALTHY EATING, LIFESTYLE / NOVEMBER 27, 2014

= THE ULTIMATE FISH & SHELLFISH COOKERY CLASS =



At House Of Coco we were super excited to sharpen up our culinary skills at London's Cookery School at Little Portland Street. Taking on the freshest fish from the sea, Cookery School taught us how to dissect, prepare, de-bone and cook sustainable fish, with flavoursome recipes that can be easily made at home.

Considered "**The Best City Cookery School 2013**" and runners -up for "**Most Sustainable Cookery School 2014**" being the only London cookery school awarded the maximum 3 Stars for sustainability from the SRA, Cookery School prides itself bringing good home cooking back.

Upon arrival Cookery school provided beautiful warm scones and muffins with Hashbeans coffee and Tregothnan tea for all, and then it was straight in with the skinning and filleting of the fish.

Behanding mackerel, skinning pollock, washing scallops, disassembling squid, poaching lobsters, and removing the digestive system of prawns (aka depooping) it was all going on and nothing was being spared!



The chef taught us how to accurately slice and dice with a range of knives and then guided us through the preparation of the fish. Each pair was designated a recipe and provided with fresh, sustainable and organic ingredients.

Within 5 hours the class of chefs cooked up a banquet of delicious fish dishes:

Calamari Stewed In Red Wine

Fish Cakes

Grilled Mackerel

Lobster Bisque

Pollock With Black Butter

Grilled Prawns

Griddled Scallops

Smoked Mackerel Pate

Mediterranean Fish Soup

Soused Herring

Mussels Cooked In A Provincial Style

Catch Of The Day Baked In Salt

Accompanied with:

Hollandaise Sauce

Tartar Sauce

Chilli Sauce

Salsa Verde

Court-Bouillon

Gooseberry Sauce

It was definitely a fishy feast!

Cookery School provide a variety of courses ranging from one day classes to six week courses and if you fancy treating your taste buds to something different then there is also the World Cuisine one day classes that specialise in Indian, Italian, Middle East, British, Thai, and Mexican banquets.

Whether you want to perfect your skills in the kitchen or want to treat someone to a day at the Cookery School, it will be a mouth watering experience of learning that will last forever.

For more information on how to book a course check out the website:

www.cookeryschool.co.uk

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Email: info@cookeryschool.co.uk

