



• KITCHEN TO KITCHEN •



THE CHEF & THE DISH



• CULINARY EXPERIENCE •

MULTI LOCATION CLASS
LUMP CRAB CRUSTED RED FISH

WELCOME TO THE CHEF & THE DISH

How it works.

Get ready for a cooking experience you'll never forget! In your Multi-Location Cooking Class with The Chef & The Dish, you and your team will be joined by your Chef who will guide you through mastering a dish, native to their region. Your class will also be co-hosted by a Host from The Chef & The Dish.

During your Cooking Experience, you'll get to know your chef and teammates. Then, you'll begin to do work together. Just follow your chef's lead. Ask questions, share stories, and have some fun together as you whip up an amazing traditional dish. Watch your chef, and get personalized coaching as you learn the fundamentals of their nation's most important dishes.

At the end of the class, enjoy your first few bites, and then say goodbye to your chef and classmates so you can enjoy an epic meal.

TRANSPORT YOUR KITCHEN FOR THE DAY™



CHEF GASON NELSON

NEW ORLEANS | UNITED STATES



New Orleans native Chef Gason, is a two-time James Beard Scholar. His extraordinary culinary skills have taken him around the world to cook for those with the most discriminating tastes including the Kardashians, Dwayne 'The Rock' Johnson, Matthew McConaughey, Swiss Beats, Sinbad, Reggie Bush, Demarcus Cousins and New Orleans Saints' tight end, Ben Watson.

Featured in Sports Illustrated, New Orleans Magazine, Readers Digest, and on the Food Network show, "Chopped", making it all the way to the final round... his passion for food and his hometown comes out in the smallest details - which you'll taste during your cooking class.

Chef Gason is excited to welcome you into his New Orleans home, and teach people around the world how to make authentic Creole cuisine.



GETTING READY CHECKLIST

- Watch your Kitchen Prep Video to get you ready!
- Review your Shopping List. If you have any questions, just email us!
- A few days before your cooking class, head to the grocery store, or arrange for delivery.
- 30 minutes before your cooking class, organize your ingredients and equipment on your countertop
- Make sure your computer is charging!
- 10 minutes before your class, click on the link in your email or calendar to join your group conference. Please be prompt, so we can ensure a great experience for you and your teammates! Please know, we admit everyone individually to check for audio and video, so if your class starts a few minutes late, we're helping your teammates!
- You will see you're one a few people! Say hello!
- Once everyone joins, your Host will get everyone ready to have some fun, and then your Chef will transport you into their kitchen to make something delicious.
- If you run into any problems at all, just email us! We're in front of our computer and ready to help.

KitchenAssistant@TheChefandTheDish.com



LUMP CRAB CRUSTED RED FISH

SHOPPING LIST



CLASS MENU

SERVES 2

Tony Chachere's Lump Crab Crusted Red Fish
Cajun Apple & Kale Slaw with Lemon Vinaigrette

| Ingredient | HAVE IT |
|------------|---------|
|------------|---------|

PRODUCE

| | |
|--|--------------------------|
| Lemon - 4 Large | <input type="checkbox"/> |
| Italian/Flat Leaf Parsley - 1 Bunch | <input type="checkbox"/> |
| Green Onion - 1 Bunch | <input type="checkbox"/> |
| Kale - 1 Bunch | <input type="checkbox"/> |
| Apple - 1 Large (Granny Smith suggested, or a semi-tart apple that you prefer) | <input type="checkbox"/> |
| Red Onion - 1 Small | <input type="checkbox"/> |
| Microgreens for serving (optional) | <input type="checkbox"/> |

SEAFOOD

| | |
|--|--------------------------|
| Red Fish Fillets - 2 fillets, 6-8 oz. each (perfectly fine substitutions: Red Snapper, Perch, Trout, or Haddock) - Skin on or off. | <input type="checkbox"/> |
| Lump Crab Meat (picked clean) 8 oz. - Fresh lump crab meat can be found in the refrigerated seafood section of the market, but canned lump crab meat is fine, too. Please no imitation crab! | <input type="checkbox"/> |

| Ingredient | HAVE IT |
|------------|---------|
|------------|---------|

DAIRY

| | |
|---------|--------------------------|
| Egg - 1 | <input type="checkbox"/> |
|---------|--------------------------|

PANTRY

| | |
|------------------------------|--------------------------|
| Panko Bread Crumbs - 1/2 Cup | <input type="checkbox"/> |
| Mayonnaise- 2 Tbsp | <input type="checkbox"/> |
| Pecans - 1 Handful | <input type="checkbox"/> |
| Dijon Mustard - 1 Tbsp. | <input type="checkbox"/> |
| Honey - 1 Tbsp. | <input type="checkbox"/> |
| Olive Oil - ~1/4 Cup | <input type="checkbox"/> |

TONY CHACHERE'S SPICES

| | |
|--|--------------------------|
| Tony Chachere's BOLD Creole Seasoning™ - to taste | <input type="checkbox"/> |
| Tony Chachere's Spice N' Herbs Seasoning™ - to taste | <input type="checkbox"/> |

SUGGESTED BEVERAGE PAIRING

We recommend a crisp Sauvignon Blanc, or Pinot Grigio. If you'd prefer a red, we'd recommend a light Pinot Noir



LUMP CRAB CRUSTED RED FISH

EQUIPMENT LIST



As with a chef, it's important to have your workstation in order in advance of cooking. This means having your ingredients wash and cooking equipment on your countertop ready to go.

If you don't have any of the equipment below, please contact your Kitchen Assistant with The Chef & The Dish so we can ensure you have the best results possible.

EQUIPMENT:

- Sharp Chef's Knife
- Large Skillet
- Baking Sheet
- Cutting Board
- Large Bowl
- Medium Bowl
- Small Bowl/Jar (to mix salad dressing)
- Serving Plates

Make sure to wash any produce before your class.
Before your class, please place your ingredients on your countertop, and
put the equipment in a convenient place.

If you need anything at all, just email us!
KitchenAssistant@TheChefandTheDish.com

We can't wait to see what you cook up.



THE PERFECT BLEND IN EVERY BITE.



Tony's seasoning is an extraordinary blend of flavorful spices prized by cooks everywhere. You owe it to yourself to experience how much it enhances the flavor of meats, seafood, poultry, vegetables, eggs, soups, stews, and salads – even barbecue and french fries! Use it anytime, anywhere on anything.



Tony Chachere's BOLD Creole Seasoning is our spiciest blend yet. Spicier than our Original Creole Seasoning or even our More Spice Seasoning. It's great to use on anything that needs the perfect kick.



Great for bronzing, blackening, grilling, or just sprinkling on your favorite foods ... Tony Chachere's Spice N' Herbs Creole Seasoning is the perfect combination of Tony's world-famous Original Creole Seasoning mixed with an assortment of herbs so flavorful, you'll want to try it on everything!



CONVERSIONS

IMPERIAL TO METRIC COVERSIONS



WEIGHT

| Ounces (oz) | Exact Metric Conversion (g) | Standard Metric Conversion (g) |
|--------------|-----------------------------|--------------------------------|
| 1 oz | 28.3 g | 30 g |
| 2 oz | 56.7 g | 55 g |
| 3 oz | 85.0 g | 85 g |
| 4 oz | 113.4 g | 125 g |
| 5 oz | 141.7 g | 140 g |
| 6 oz | 170.1 g | 170 g |
| 7 oz | 198.4 g | 200 g |
| 8 oz | 226.8 g | 250 g |
| 16 oz (1 lb) | 453.6 g | 500 g |
| 32 oz | 907.2 g | 1000 g (1kg) |

As you start cooking dishes from around the world, you'll notice that the units of measurements can vary. We've put together this handy conversion chart of some of the common conversions you'll need.

Don't panic, if you still need help or are unclear of how much ingredients you'll need, your Kitchen Assistant is only an email away.

~ The Chef & The Dish

VOLUME

| Conventional Measure | Exact Metric Conversion (mL) | Standard Metric Conversion (mL) |
|----------------------|------------------------------|---------------------------------|
| 1/4 teaspoon | 1.2 mL | 1 mL |
| 1/2 teaspoon | 2.4 mL | 2 mL |
| 1 teaspoon | 4.7 mL | 5 mL |
| 2 teaspoon | 9.4 mL | 10 mL |
| 1 tablespoon | 14.2 mL | 15 mL |
| 2 tablespoons | 28.4 mL | 30 mL |
| 3 tablespoons | 42.6 mL | 45 mL |
| 1/4 cup | 56.8 mL | 50 mL |
| 1/3 cup | 75.6 mL | 75 mL |
| 1/2 cup | 113.7 mL | 125 mL |
| 2/3 cup | 151.2 mL | 150 mL |
| 3/4 cup | 170.5 mL | 175 mL |
| 1 cup | 227.3 mL | 250 mL |
| 4 1/2 cups | 1022.9 mL | 1000 mL (1L) |

OVEN TEMPERATURES

| Fahrenheit (°F) | Celsius (°C) |
|-----------------|--------------|
| 175° | 80° |
| 200° | 95° |
| 225° | 110° |
| 250° | 120° |
| 275° | 140° |
| 300° | 150° |
| 325° | 160° |
| 350° | 175° |
| 375° | 190° |
| 400° | 205° |
| 425° | 220° |
| 450° | 230° |
| 475° | 240° |
| 500° | 260° |



WEIGHING YOUR INGREDIENTS

WEIGHT TO VOLUME CONVERSIONS



Many of our Chef's at **The Chef & The Dish** use weight measurements as their primary unit of measurement. It's standard in a lot of commercial kitchens around the world, especially where accurate and scalable measurements are needed.

You don't have to worry, the team at **The Chef & The Dish** has converted most of these weights into easy to measure volume measurements for you. However, as you further your culinary journey and start reading recipes and cooking dishes from around the world, you may want to buy a weight scale to translate some of the recipes for yourself. Weighing your ingredients remains the most accurate way to measure food.

We've attached a chart of some of the standard weight to volume conversions. This is only a guide, depending on the ingredients and how its packed, the volume can vary greatly.

We encourage everyone to keep thinking about food and cooking, and most importantly, keep exploring.

~ For the Love of Food | The Chef & The Dish

DRY INGREDIENTS

| INGREDIENT | GRAMS | CUPS |
|----------------------|-----------|---------|
| All-Purpose Flour | 120 grams | 1 cup |
| Whole Wheat Flour | 113 grams | 1 cup |
| Baking Powder | 4 grams | 1 tsp |
| Baking Soda | 3 grams | 1/2 tsp |
| Brown Sugar (packed) | 213 grams | 1 cup |
| Confectioners' Sugar | 113 grams | 1 cup |
| Granulated Sugar | 198 grams | 1 cup |
| Chocolate Chips | 170 grams | 1 cup |
| Cocoa Powder | 42 grams | 1/2 cup |

WET INGREDIENTS

| INGREDIENT | GRAMS | CUPS |
|----------------------|-----------|---------|
| Butter | 113 grams | 1/2 cup |
| Buttermilk | 227 grams | 1 cup |
| Corn Syrup | 312 grams | 1 cup |
| Heavy Cream | 227 grams | 1 cup |
| Milk | 227 grams | 1 cup |
| Vegetable Oil | 198 grams | 1 cup |
| Vegetable Shortening | 46 grams | 1/4 cup |
| Eggs | 50 grams | 1 large |
| Vanilla Extract | 14 grams | 1 tbsp |