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Catch of the Day: squid, salmon (and Jim)



09 Feb 2011 POST BY HOFJayne

Inspired by Hugh's Big Fish Fight and keen to check out a pre-Valentine's Day gift idea, my better half, Jim, and I embarked on a 'Catch of the Day' cookery course yesterday.

Our plan was twofold:

1. Learn how to cook some sustainable seafood (as an alternative to cod and haddock)
2. Spend an afternoon gazing wistfully at each other over a sizzling stove (ok, that might just be me...)

So without further ado here's how it all panned out (excuse the pun):

The setup:

We arrived at the cookery school, L'Atelier des Chefs in Marylebone at 3pm and were greeted by a friendly team who took our coats and handed us our rather fetching aprons.

We were 2 of 12 people on the lesson and the format was a relaxed group affair. Our professional chef talked us through the menu, demonstrated how to prepare each ingredient and then shoo-ed us off to our work stations to get on with it.

Due to the fact we were cooking 4 courses in less than 2 hours, the work load was shared between the 2 teams, with everyone given a fair chance to get stuck in.

The teaching:

Our chef, Fabrizio, was a professional chef who clearly knew his stuff – mentoring us on everything from knife skills to filleting squid and de-scaling sardines.



Fabrizio in action

The customers:

We were joined by a sheep farmer from Devon, a medical student and an ex-Masterchef contestant so the mix of people was great – and it made for interesting conversation topics when we sat down to eat.



Eating the courses proved as important as cooking them

The romance rating:

While the mood in the kitchen wasn't overly romantic, the fact that we spent time cooking together was really lovely.



Getting cosy with mussels & chorizo + our stuffed quid 2nd course

The pros:

Due to the fact you cover so much in 2 hours, you really do come away with the sense that a 4 course meal is within reach.

The cons:

You share your kitchen failings with 11 other people – I had no idea just how useless I am with a knife.

The verdict:

If food really is the way to a man's heart then this experience will be truly worth it. After just one lesson, I came away feeling ready for the next culinary challenge – convinced that I can treat my man to more than just easy-cook pasta and stir in sauce!

1 Comments



February 15, 2011 at 8:34 pm

Sooz

The dish looks amazing Jayne (and Jim!)