

alumni **UBC**

**VIRTUAL COOKING
MASTERCLASS**

PRE EXPERIENCE GUIDE

POWERED BY:

ChefTorial

LET'S GET ORGANIZED!

INGREDIENTS

BITTER BUTTER

- 1/2 cup (120 ml) butter, unsalted
- 3 tbsp + 1/2 tsp (50 ml) white wine
- 1 tbsp (15 ml) fresh lemon
- 1/3 cup (100 ml) onion, diced

RISOTTO

- 3/4 cup (200 gm) Rice, Arborio
- 1 tbsp (15 ml) shallot, finely chopped
- 1/4 + 1 tbsp (75 ml) white wine
- 4 cups (1 litre) chicken or vegetable stock
- 1 tsp (5 gm) fresh rosemary
- 1 large bay leaf
- 1 tbsp + 1 tsp (20 ml) butter, unsalted
- Garlic bud, split & nerve removed – 1
- About 1/2 cup (125 ml) each, grated Asiago & Parmesan Cheese for finishing & garnish
- Plus, 1 recipe of bitter butter!

MEYER LEMON SEMIFREDDO WITH FRESH SUMMER BERRIES

- 1/2 cup (125 ml) sliced almonds, toasted
- 1 3/4 cup 35% Whipping Cream, chilled
- 1 cup + 2 tbsp white sugar (285 ml)
- 7 eggs, yolks only
- 1/2 cup (125 ml) Meyer Lemon juice
- Meyer lemon zest – 25 ml
- 2 ml salt
- Mixed berries (black, blue, rasp, etc.) – 1 lt
- Plus, a selection of summer berries, such as raspberries, blueberries, strawberries and blackberries, and even fresh mint for garnish!

TOOLS

- Cutting board with sharp knife
- Small saucepan
- Measuring Spoons & Cups
- Fine strainer
- Whisk and medium to large bowl

- Cutting board with sharp knife
- Medium to Large saucepan with lid to heat stock
- Wooden spoon or silicone spatula to stir the rice
- Measuring Spoon & Cups
- Ladle

- 1 9 cm x 25 cm loaf pan
- Cling / Plastic Wrap
- Large Bowl
- Whisk
- Microplane or Citrus Zester
- Small frying pan (to toast nuts)
- Scraper
- Plus, please have space available on a rack in your freezer

LET'S GO SHOPPING

Fruits & Veggies	Specialty Meats & Cheese	From the Pantry
<ul style="list-style-type: none"> • 1 fresh lemon • Plus 2 Meyer Lemons (or 3 regular lemons total) • 1 small white onion • 1 bunch fresh rosemary • 1 bulb fresh garlic • Optional: Selection of Fresh Berries • 	<ul style="list-style-type: none"> • 1/2 cup grated asiago • 1/2 cup grated parmigiano 	<ul style="list-style-type: none"> • Salt & Pepper • White Wine (require approximately 1 - 1 1/2 cups) • 1 large bay leaf • White sugar • Optional: Saffron Stems or Ground Saffron for Saffron Tea
Eggs, Dairy or Non-Dairy Options	Pasta, Rice or Grains	Pre Experience Prep Work
<ul style="list-style-type: none"> • 1 brick (2 cups, 1 lb) unsalted butter • 1 dozen eggs (we require 7 yolks for this recipe) • 500 ml (1/2 litre) 35% whipping cream 	<ul style="list-style-type: none"> • 1 package Arborio Rice 	<ul style="list-style-type: none"> • Have all of your produce & tools washed and ready to use! • Please have your broth getting warm on the stove. • If you're making Semifreddo alongside, please have your whipping cream chilled until use. • Optional: Have your Semifreddo made and in the freezer ready to get garnished
Pantry, Seasonings or Baking	Other	
<ul style="list-style-type: none"> • 4 cups (1 litre) chicken or veggie broth • sliced almonds 	<ul style="list-style-type: none"> • White Wine (require approximately 1 - 1 1/2 cups) <p>(you can choose to use grocery store non-alcoholic wine for this, but we always suggest to use a wine you could drink alongside - something like an Italian Pinot Grigio is perfect!)</p>	

alumni **UBC**

**WE CAN'T WAIT
TO COOK WITH
YOU SOON!**

POWERED BY:

 **ChefTorial**