



Chef Skills with Brian Mellor - Fish

Start Date: 2/25/2020 6:00 PM

End Date: 2/25/2020 8:00 PM



Do you want to know the secrets of the professional kitchen & make the most of your preparation & cooking time? These specially selected sessions developed by Brian will take place at our collaborative restaurant Academy West at Cheshire College South & West. During them you will learn how to get set, prep, cook & move like a Chef.

Each cook & eat session will focus on a specific craft but will unlock so many more tips and techniques that you just won't get from a cookbook or TV show. Brian has developed & lead teams of Chefs for decades and has recently been given an outstanding achievement award by Taste Cheshire as well as being named this year's Cheshire Life Food Hero.

Celebrating Harthill Cookery Schools partnership with the College, five sessions have been developed & each lead by Brian. You can pick the one/s that suit you or book on all 5 taking advantage of a reduced price. You can even purchase your own personal Harthill Cookery School professional knife wallet, so your prep never has to be hampered by cheap, blunt knives again!

Each session last for two hours and is priced at just £45 which includes all ingredients, tuition, equipment & aprons for the session. Alternatively, you can book all 5 for £200.

The sessions run on a Tuesday evening 6pm - 8pm beginning 4th February through to 3rd march as follows:

Knife skills – choosing, using & caring for knives. Once we've introduced you to the knives, together we'll slice & shred our way to a pork stir fry with oyster sauce followed by a fruit salsa with sweet mascarpone. All designed to get you confident with those knives.

How to cook a steak – we'll be talking quality, ageing, cuts, tenderness, cooking, testing and resting as well as eating. Brian will show you how to properly trim a farm reared sirloin. Classic, properly cooked accompaniments too! Seared mushroom, scorched tomato, crispy onion rings & twice cooked chips.

Chicken – Get the most out of a whole chicken. You'll be shown how to easily break down a whole chicken without any hacking, chopping or frustration. We'll glaze the legs with a spiced aromatic Moroccan glaze & serve with a fluffy cous cous spiked with apricot. The rest of the chicken is yours to take away.

Fish – On this session you'll work with both shellfish & a round fish. You'll learn the best way to clean, prepare & check fresh mussels before confidently cooking the classic 'Moules Marinier'; We'll also show you how to fillet & debone a mackerel before torching it to serve with a fresh tasting gremolata, tomato & shredded slaw.