



MEDITERRANEAN COOKING CLASSES

HEALTHY COOKING FOR A HEALTHY LIFE

Fish market visit

- **Tuesday 24th June**
- **Saturday 28th June**
- **Saturday 12th July**
- **Saturday 19th July**

From **10:am** to **3:30pm**. Lunch around **2:pm**

Price **€84,-** per person (**€93,-** less WIB discount **10%**.)

If you are a small group (from 3 persons) you can choose any day of the week except Monday.

The fishmarket-visit will be followed by a cooking class

Menu will be **tapas** of **fish** and **shellfish**, organic **greens** & white **wine**, **dessert**.

- **10:am**, we meet at the market. After the lesson, we choose our fish and shellfish
- **11:30am** back in my house to cook together with those who have not joined us for the fishmarket.
- Lunch around **2:pm**

You will learn the **difference** between **WILD fish** and **farm-raised fish**.

- How to choose **fresh fish** caught the night before(the taste is out of this world).
- How to recognize **fish** and **shellfish** which are **not fresh**.
- How to prepare **carpaccio** fish, **marinated** fish in lemon (not in vinegar)
- To **grill** the blue fish or oily fish on a bed of **sea salt**.
- How to **fry** the small fish (not deep-fried) in a delicious and healthy way with the right olive oil.
- How to **clean** the shellfish and prepare them a la **marinera**, **al pil-pil**, **steamed**.
And more importanthow to **locate** the bad ones.

If you are interested and would like to attend, let me know. rashida@easydishes.com

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