



## MEDITERRANEAN COOKING CLASSES

HEALTHY COOKING FOR A HEALTHY LIFE

Twice a month the fish market visit,.

- Tuesday 27th of May

- Saturday 31st of May

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** fish on a bed of **seasalt-flower**
- How to **fry** the small fish ( not deep-fried ) in a delicious and healthy way.
- How to **clean** the shellfish and prepare them a la **marinera**, **al pil-pil**, **steamed**.  
And more important ....how to know **the bad ones**.

If you are interested and would like to attend, let me know. [rashida@easydishes.com](mailto:rashida@easydishes.com)

Rashida K. Reidel

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