



• KITCHEN TO KITCHEN •



# THE CHEF & THE DISH



• CULINARY EXPERIENCE •

MULTI LOCATION CLASS  
MAPLE ROASTED ATLANTIC SALMON

# WELCOME TO THE CHEF & THE DISH

## How it works.

Get ready for a cooking experience you'll never forget! In your Multi-Location Cooking Class with The Chef & The Dish, you and your team will be joined by your Chef who will guide you through mastering a dish, native to their region. Your class will also be co-hosted by a Host from The Chef & The Dish.

During your Cooking Experience, you'll get to know your chef and teammates. Then, you'll begin to do work together. Just follow your chef's lead. Ask questions, share stories, and have some fun together as you whip up an amazing traditional dish. Watch your chef, and get personalized coaching as you learn the fundamentals of their nation's most important dishes.

At the end of the class, enjoy your first few bites, and then say goodbye to your chef and classmates so you can enjoy an epic meal.

## TRANSPORT YOUR KITCHEN FOR THE DAY™



# CHEF TED FONDULAS

NEW ENGLAND | UNITED STATES



Chef Ted Fondulas had a love of cooking and food at a very early age, but it wasn't until several trips to Europe when he decided to make it a career. He worked in hotels and restaurants in New York and California, and eventually settled in New England as part of the “back-to-the-land” movement in the early seventies.

In 1982, Ted and his wife, Linda, opened Hemingway's Restaurant in Killington, Vermont which eventually received critical acclaim. Chef Ted's trailblazing dedication to using local ingredients paved the road for the farm to table movement in Vermont and beyond. He received Four-Star and Four Diamond travel guide honours for many consecutive years, the prestigious Robert Mondavi Culinary Award of Excellence, has been featured in Esquire Magazine, the Discovery Channel, Great Chefs of the East, Condé Nast Traveller, and in Food & Wine as owner of one of the Top 25 Restaurants in the US.

Now he's excited to transport into our kitchen to teach you some of New England's most iconic dishes. Hang up the keys and get ready for a whole new way to enjoy some time in.



# GETTING READY CHECKLIST

- Watch your Kitchen Prep Video to get you ready!
- Review your Shopping List. If you have any questions, just email us!
- A few days before your cooking class, head to the grocery store, or arrange for delivery.
- 30 minutes before your cooking class**, organize your ingredients and equipment on your countertop
- Make sure your computer is charging!
- 10 minutes before your class, click on the link in your email or calendar to join your group conference.** Please be prompt, so we can ensure a great experience for you and your teammates! Please know, we admit everyone individually to check for audio and video, so if your class starts a few minutes late, we're helping your teammates!
- You will see you're one a few people! Say hello!
- Once everyone joins, your Host will get everyone ready to have some fun, and then your Chef will transport you into their kitchen to make something delicious.
- If you run into any problems at all, just email us! We're in front of our computer and ready to help.  
[KitchenAssistant@TheChefandTheDish.com](mailto:KitchenAssistant@TheChefandTheDish.com)



# MAPLE ROASTED ATLANTIC SALMON

## SHOPPING LIST



### CLASS MENU

Maple Roasted Atlantic  
Salmon with Crispy  
Potatoes

#### INGREDIENTS

#### HAVE IT

##### PRODUCE

Kale - 1 lb.

Onion - 1 small

Italian Parsley- 1 bunch

Russet Potato -1 large

##### DELI/MEAT

Bacon - 4 strips

##### FISH

North Atlantic Salmon - 2 medium filets,  
skinless (1 lb.)

##### FROZEN

Frozen Peas - 1 cup

#### INGREDIENTS

#### HAVE IT

##### SPICES

Nutmeg - 1/4 tsp.

Cinnamon - 1/2 tsp.

Cayenne - 1/4 tsp.

Salt & Pepper to taste

##### PANTRY

Olive Oil - a good few glugs

Vermont Maple Syrup or Honey - 1 tbsp.

Chicken Stock - 1/2 cup

Dijon Mustard - 1 tbsp.

Worcestershire Sauce - 1 tbsp.



#### **SUGGESTED PAIRING**

We recommend a full bodied oaked or unoaked American Chardonnay to pair with your meal.

# MAPLE ROASTED ATLANTIC SALMON

## EQUIPMENT LIST



As with a chef, it's important to have your workstation in order in advance of cooking. This means having your ingredients prepped and cooking equipment on your countertop ready to go.

If you don't have any of the equipment below, please contact your Kitchen Assistant with The Chef & The Dish so we can ensure you have the best results possible.

### **EQUIPMENT:**

- Sharp Chef's Knife
- Spatula
- Cutting Board
- Large Skillet
- Potato Peeler
- Small Bowl
- Baking/Sheet Pan
- Medium Pot
- Pastry Brush

Make sure to wash any produce before your class.  
Before your class, please place your ingredients on your countertop,  
and put the equipment in a convenient place.

**If you need anything at all, just email us!**  
**[KitchenAssistant@TheChefandTheDish.com](mailto:KitchenAssistant@TheChefandTheDish.com)**

**We can't wait to see what you cook up.**



# CONVERSIONS

## IMPERIAL TO METRIC CONVERSIONS



### WEIGHT

Ounces (oz)	Exact Metric Conversion (g)	Standard Metric Conversion (g)
1 oz	28.3 g	30 g
2 oz	56.7 g	55 g
3 oz	85.0 g	85 g
4 oz	113.4 g	125 g
5 oz	141.7 g	140 g
6 oz	170.1 g	170 g
7 oz	198.4 g	200 g
8 oz	226.8 g	250 g
16 oz (1 lb)	453.6 g	500 g
32 oz	907.2 g	1000 g (1kg)

*As you start cooking dishes from around the world, you'll notice that the units of measurements can vary. We've put together this handy conversion chart of some of the common conversions you'll need.*

*Don't panic, if you still need help or are unclear of how much ingredients you'll need, your Kitchen Assistant is only an email away.*

~ The Chef & The Dish

### VOLUME

Conventional Measure	Exact Metric Conversion (mL)	Standard Metric Conversion (mL)
1/4 teaspoon	1.2 mL	1 mL
1/2 teaspoon	2.4 mL	2 mL
1 teaspoon	4.7 mL	5 mL
2 teaspoon	9.4 mL	10 mL
1 tablespoon	14.2 mL	15 mL
2 tablespoons	28.4 mL	30 mL
3 tablespoons	42.6 mL	45 mL
1/4 cup	56.8 mL	50 mL
1/3 cup	75.6 mL	75 mL
1/2 cup	113.7 mL	125 mL
2/3 cup	151.2 mL	150 mL
3/4 cup	170.5 mL	175 mL
1 cup	227.3 mL	250 mL
4 1/2 cups	1022.9 mL	1000 mL (1L)

### OVEN TEMPERATURES

Fahrenheit (°F)	Celsius (°C)
175°	80°
200°	95°
225°	110°
250°	120°
275°	140°
300°	150°
325°	160°
350°	175°
375°	190°
400°	205°
425°	220°
450°	230°
475°	240°
500°	260°



# WEIGHING YOUR INGREDIENTS

## WEIGHT TO VOLUME CONVERSIONS



Many of our Chef's at **The Chef & The Dish** use weight measurements as their primary unit of measurement. It's standard in a lot of commercial kitchens around the world, especially where accurate and scalable measurements are needed.

You don't have to worry, the team at **The Chef & The Dish** has converted most of these weights into easy to measure volume measurements for you. However, as you further your culinary journey and start reading recipes and cooking dishes from around the world, you may want to buy a weight scale to translate some of the recipes for yourself. Weighing your ingredients remains the most accurate way to measure food.

We've attached a chart of some of the standard weight to volume conversions. This is only a guide, depending on the ingredients and how its packed, the volume can vary greatly.

We encourage everyone to keep thinking about food and cooking, and most importantly, keep exploring.

~ For the Love of Food | The Chef & The Dish

### DRY INGREDIENTS

INGREDIENT	GRAMS	CUPS
All-Purpose Flour	120 grams	1 cup
Whole Wheat Flour	113 grams	1 cup
Baking Powder	4 grams	1 tsp
Baking Soda	3 grams	1/2 tsp
Brown Sugar (packed)	213 grams	1 cup
Confectioners' Sugar	113 grams	1 cup
Granulated Sugar	198 grams	1 cup
Chocolate Chips	170 grams	1 cup
Cocoa Powder	42 grams	1/2 cup

### WET INGREDIENTS

INGREDIENT	GRAMS	CUPS
Butter	113 grams	1/2 cup
Buttermilk	227 grams	1 cup
Corn Syrup	312 grams	1 cup
Heavy Cream	227 grams	1 cup
Milk	227 grams	1 cup
Vegetable Oil	198 grams	1 cup
Vegetable Shortening	46 grams	1/4 cup
Eggs	50 grams	1 large
Vanilla Extract	14 grams	1 tbsp