



• KITCHEN TO KITCHEN. •
— FORK —
**THE CHEF
& THE DISH**
— KNIFE —
• CULINARY EXPERIENCE. •

MULTI LOCATION CLASS
INTRODUCTION TO SPANISH RICE

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 BEN ELIZONDO

SAN SEBASTIAN | SPAIN



CHEF BENDUR (Ben, for short) is based in the beautiful region of San Sebastian, Spain. Ben has worked in the culinary arts in New York, London, Madrid and San Sebastian over the past 25 years.

After travelling and working abroad for years, he returned to San Sebastian to become a co-owner of Don Vito Restaurant. He also began teaching at San Sebastian cooking school visited by tourists in San Sebastian. He discovered a new passion for meeting and teaching people from all over the world.



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



INTRODUCTION TO SPANISH RICE

SHOPPING LIST



CLASS MENU

Spanish Rice | Spanish Rice with Chicken, Chorizo and Vegetables
Ensalada | Simple Spanish Salad

SERVES 2

INGREDIENTS

HAVE IT

PRODUCE

Vine Tomatoes - 4 Medium	<input type="checkbox"/>
Flat Beans (sometimes called Romano beans or substitute green beans) - Handful	<input type="checkbox"/>
Garlic - 1 Bulb	<input type="checkbox"/>
Lemon - 2 Small	<input type="checkbox"/>
Onion - 1 Small	<input type="checkbox"/>
Red Bell Pepper - 1 Small	<input type="checkbox"/>

MEAT

Chicken breast (Boneless, Skinless) - 2 **	<input type="checkbox"/>
Cured Spanish Chorizo - (substitute uncooked Chorizo if necessary) - 4 oz/100 grams	<input type="checkbox"/>

INGREDIENTS

HAVE IT

RICE

Short Grain Rice - Spanish style rice is preferred - Paella, Bomba, Valencia or Calisparra. If none available, next choice is a medium grain rice such as Calrose, Sushi or Nishiki - 1 Cup	<input type="checkbox"/>
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PANTRY

Vegetable or Chicken Stock/Broth - (optional, can use water) - 3 Cups	<input type="checkbox"/>
Artichokes - 1 Can	<input type="checkbox"/>
Kalamata or Black Olives - 100 grams	<input type="checkbox"/>
Extra Virgin Olive Oil - 1/2 Cup	<input type="checkbox"/>
Smoked or Sweet Paprika - 1 Tbsp	<input type="checkbox"/>
Salt & Pepper - to taste	<input type="checkbox"/>

**Vegetarian option is one medium eggplant



SUGGESTED WINE PAIRING

We recommend serving this meal with a White Rioja, or if you prefer red, pair with any young Spanish red wine.

INTRODUCTION TO SPANISH RICE



RICE VARIETIES

You'll learn more about making "Spanish Rice" and Paella in your class. The first step is selecting rice. Here is an explanation on the best varieties to choose from.

SHORT GRAIN RICE (PREFERRED)

Paella Rice (General term)

- Short grain rice traditionally used in Spanish paella.
- Absorbs liquid well while remaining firm.
- Ideal for dishes requiring a drier, non-creamy finish with distinct grains.

Bomba Rice

- Premium Spanish short grain rice grown in Valencia and Calasparra
- Absorbs up to 3 times its volume in liquid without becoming mushy.
- Maintains shape and texture; perfect for paella.

Valencia Rice

- Traditional Spanish short to medium grain rice from the Valencia region.
- Absorbs flavours well and stays tender without becoming mushy.
- Used in paella and other Spanish rice dishes.

Calasparra Rice

- Grown in the Murcia region of Spain.
- Absorbs flavours deeply; takes longer to cook than regular rice.
- Excellent for paella and other rice-based Spanish dishes.

MEDIUM GRAIN RICE VARIETIES (SECONDARY CHOICE)

Calrose

- Medium grain rice developed in California.
- Slightly sticky when cooked, yet less so than short grain varieties.
- Versatile; good for everyday use and some Asian or Mediterranean dishes.

Sushi Rice

- Japanese medium grain rice (also considered short grain by some).
- Very sticky when cooked, ideal for sushi and molded rice dishes.
- Seasoned with vinegar, sugar, and salt when used for sushi.

Nishiki

- Popular brand of Japanese-style medium grain rice (often used for sushi).
- Slightly sticky, mild in flavour, and versatile.
- Can be used in Asian dishes, rice bowls, or as a substitute in some Mediterranean recipes.



INTRODUCTION TO SPANISH RICE

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
- 9-11 inch Skillet
- Grater
- Spatula/Wooden Spoon
- Cutting Board
- Measuring Cups
- Measuring Spoons
- Paper Towels
- Mixing bowl

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

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