



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

MULTI LOCATION CLASS
PAN CON PEJERREY

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 LUCIA CALMELL

DEL SOLAR

LIMA | PERU



There is nothing Lucia loves more than her family, scuba diving, Peru, traveling and of course cooking.

With her culinary journey starting at just the age of 12 where she helped in their parents restaurant, she has since worked as a restaurant consultant, menu developer, customer service advisor, caterer and helped manage events for corporate clients and celebrities. One of those restaurants landed on the list of the prestigious “The 50 Best Restaurants of Latin America.” Pursuing her love of food, travel and cooking - she opened her own cooking class and experience company working in both Lima and Cusco city.

In addition to her long list of accolades, she has spent so much of her life travelling. With more than 50 countries under her belt, she’s visited 5 continents and has traveled more than 70% of her home country of Peru. During her travels, she discovers the local traditions and food to understand the country’s culture and history.

Now she gives specialty gastronomic tours and experiences, consults restaurants and runs a business that offers private chef services. She can’t wait to bring a little Peru into your kitchen in her cooking classes with The Chef & The Dish.



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



FISH SANDWICH | SHOPPING LIST

PERU



CLASS MENU

Pan Con Pejerrey | Traditional Peruvian Breakfast Sandwich

Tartara | Homemade Peruvian Tartara with fresh herbs

Sarsa Criolla | Traditional Red Onion Side Salad

INGREDIENTS

HAVE IT

PRODUCE

Red Onion - 2 Medium

Lettuce - a few leaves (optional)

Garlic - 2 Cloves

Limes - 3

Avocado - 1 Medium

Fresh Chili Pepper - (Can be spicy) - 1

Chives - 8-10 stems (substitute Green Onion Stems- 3)

Cilantro - 1/8 of Bunch

FISH

White Fish Fillets - any mild white fish - Smelt, Cod, Haddock, Flounder, Tilapia) 2 x 100-150 gram fillets

DAIRY

Eggs - 2 fresh

INGREDIENTS

HAVE IT

PANTRY

All-Purpose Flour - 1 Cup

Vegetable Oil - 1 1/2 Cups

Yellow Mustard - 2 Tbsp.

BREAD

French or Italian Rolls - 2

SPICES

Dried Whole Oregano (Can substitute dry oregano) - 1 Tbsp.

Salt & Pepper to taste

INGREDIENT SPOTLIGHT*

Smelt fish (Pejerrey)-In Peru, pejerrey (smelt fish) plays a unique & beloved role in traditional Peruvian breakfast sandwiches, especially in coastal areas like Lima. The “*pan con pejerrey*” is a classic morning street food. Smelt fish like pejerrey are not widely available in North America, especially outside specialty Latin American or Asian markets. While some North American smelt species (such as rainbow smelt) exist and are consumed—mainly in the Great Lakes region—they differ in taste and texture from the Peruvian variety, and their culinary use is less common.



SUGGESTED PAIRING

We recommend any Sauvignon Blanc or Pale Ale beer

PAN CON PEJERREY | EQUIPMENT LIST

PERU



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:

- Medium skillet
- Baking tray (or skillet if not using oven)
- Immersion Blender (or regular blender)
- Tongs
- Mixing Bowls
- Chef's knife
- Cutting board
- Paper Towels
- Wooden spoon (optional)

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