



List of ingredients of utensils

Should you like to cook along or make the cheesecake with me on zoom please have the following ingredients already weighed and utensils ready to use. You can easily reduce quantities should you wish to make less of each. Thank you ☺

Sea bass fillets with tomatoes, garlic and chilli

Ingredients

4-5 tablespoons of extra virgin olive oil
2 cloves of garlic, finely sliced
1 fresh chilli, finely sliced and partially deseeded or a pinch of dried chilli
400g tin of plum tomatoes in tomato juice
4 sea bass or bream fillets
8 cherry tomatoes, halved
Small bunch of fresh parsley, finely chopped
Salt and freshly ground black pepper to taste

Utensils

Non-stick frying pan
Chopping board
Chopping knife
Serrated knife
Fish tweezers – don't worry if you don't have any!
Flat spatula
Fork, spoon, teaspoon
Small-medium serving plate

No-bake Cheesecake

Ingredients

80g amaretto biscuits
80g digestive biscuits
80g soft butter
100ml. whipping/double cream
250g mascarpone cheese
200g light cream cheese
80g icing sugar
Grated zest of 1 unwaxed lemon
1 teaspoon of vanilla extract
A pinch of salt
200-250g raspberries
A few mint leaves and icing sugar to decorate (optional)

Utensils

Food processor (if not available then a rolling pin and ziplock bag to crumble the biscuits)
Mixing bowl
Hand whisk
Large spoon
20cm/9in spring form baking tin or similar
Parchment paper
Cake spatula
Electric mixer