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### Cook Fish Like A Three Star Chef



In this complete course, Cook Fish like a Three Star Chef you will learn *everything* you need to know about Fish from Michelin Star Chef Walter Trupp. This course is the ultimate guide to buying, storing and cooking fish providing you with 39 chefs eye view videos and 37 PDF recipes all with step by step instructions!

*“Dedicated to bringing the chef out in you”- Walter Trupp*

#### **Lesson One- Fish Preparation And Storage- 12 Chefs-eye view videos with instruction**

1. How To Check Freshness Of Fish
2. How To Store Fresh Fish
3. How To Gut Fish
4. How To Scale Fish
5. How To Fillet Sardines And Small Oily Fish (**FREE PREVIEW**)
6. How To Fillet Small Fish
7. How To Fillet Fish Easily
8. How To Fillet A Round Fish
9. How To Fillet A Cooked Fish
10. Filleting Flat Fish And Wastage
11. How To Remove Skin From A Fish Fillet
12. How To Cut Fish Cutlets



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#### **Lesson Two- Fish Basics– 7 Chefs-eye view videos Plus 7 Pdf Recipes with Instruction**

1. How to make Fish Stock (**FREE PREVIEW**)
2. How to Salt Fish- The Japanese Method
3. How to Make Crispy Fish Wafers
4. How to Cure Fish
5. How to Smoke Fish
6. How to Make Salt Crusted Fish
7. How to Make Fish Carpaccio

#### **Lesson Three- Whole Fish Cooking – 5 Chefs-eye view videos Plus 4 Pdf Recipes with Instruction**

1. How To Cook A Whole Fish
2. How To Braise A Whole Fish
3. How To Bake A Whole Fish
4. How To Cook Sardines
5. How To BBQ Fish

#### **Lesson Four- Fish Cooking Techniques- 18 Chefs-eye view videos with Instruction plus 15 Pdf Recipes**

1. How To Cook Crispy Skin Fish With A Thick Fillet
2. How To Cook Crispy Skin Fish With A Thin Fillet
3. How To Make Sous Vide Fish Without A Sous Vide Device
4. How To Steam Fish
5. How To Poach Fish Fillets
6. How To Cook Tuna Perfectly
7. How To Braise Frozen Fish
8. How To Braise Fresh Fish
9. How To Make Fish Parcels
10. How To Make Fish Escalopes (**FREE PREVIEW**)
11. How To Deep Fry Whitebait
12. How To Crumb And Deep Fry Fish
13. How To Make Fish Batter And Tempura Batter
14. How To Make Soft Fancy Crusts On Fish Fillets



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15. How To Make Fancy Crusts On Fish Fillets
16. How To Make Fish EnCrouete
17. How To Make Black Cod Style Fish
18. How To Make Fish Skewers

### Lesson Five- Fish Sauces- 4 Chefs-eye view videos with Instruction plus 4 Pdf Recipes

1. How To Make Sauce Beurre Blanc Sauce (FREE PREVIEW)
2. How To Make Vinaigrette
3. How To Make Veloute
4. How To Make Tartare Sauce

### Step by Step Recipes personally created by Walter Trupp- including photos- 14 PDF recipes with introductions, photos and instruction personally

1. Marinated Sardines Escabeche
2. Creamy Fish And Avocado Tartar
3. Sashimi
4. Fish Fillettes
5. Classic Peruvian Ceviche
6. Smoked Salmon Roulade
7. Potato Fish Cakes
8. Fish And Tomato Tartar On Toast
9. Romesco Baked Fish
10. How To Cook Sushi Rice
11. Smoked Fish Hand Pies
12. How To Make Sushi
13. Nori Maki Sushi Rolls
14. Filo Fish

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