

# BEFORE YOU START: SESSION ONE

## Equipment list

To help you keep pace with the chef, we recommend you have all the items from this list clean, ready, and within reach before class begins.

- 1 cutting board
- 1 chef knife
- 3 medium mixing bowls
- 1 sanitizer towel with sanitizer solution (1 Tbsp of bleach mixed with 4 cups of water)
- Tasting spoons
- Measuring cups and spoons
- 1 soft spatula
- 1 tongs
- 1 platter or 4 dinner plates

## Advanced prep list

Please complete the following items before class begins.

- Wash all produce items.

## Shopping list

Produce	Dry
1 lime	½ tsp cumin, ground
1 clove garlic	Extra virgin olive oil
1 shallot	Wine vinegar (red or white)
1 serrano chili	Honey
1 ear corn	2 oz pine nuts
1 avocado	
1 bunch cilantro	
5 oz baby arugula	
1 tomato	