

# BEFORE YOU START: SESSION FOUR

## 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 peeler
- 1 large saucepan

## Advanced prep list

Please complete the following items before class begins.

- Wash all produce items.
- Peel carrots.

## Shopping list

Produce	Dry
4 lb carrots	1 oz olive oil
2 cups onion	1 tsp sugar
1 large Idaho potato	½ tsp cinnamon
1 pack thyme	2 Tbsp Italian seasoning
	½ tsp fennel, ground
	1 pinch chili flakes