

# BEFORE YOU START: SESSION SEVEN

## 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.

- Cutting board
- 1 chef knife
- 1 medium mixing bowl
- Tasting spoons
- Measuring cups and spoons
- 1 sanitizer towel with sanitizer solution  
(1 Tbsp of bleach mixed with 4 cups of water)
- 1 small baking sheet
- 1 soft spatula
- Peeler
- 1 small sauté pan
- 1 medium saucepan
- 1 slotted spoon or mesh skimmer

## Advanced prep list

Please complete the following items before class begins.

- Wash all produce items.
- Preheat oven to 325°F.
- Lay bacon out on a baking sheet and roast for about 20 minutes or until crisp.
- Peel the outer layer of the beets and carrots.

## Shopping list

Produce	Dry	Meat	Dairy
2 large beets	1 Tbsp aged balsamic	2 slices bacon	3 oz goat cheese
2 cups carrots	1 Tbsp honey		2 oz butter
2 cups broccoli			