

Home Chef Pro

Syllabus + FAQs

SYLLABUS

This program is designed to teach you the skills needed to take the stress out of mealtimes and take command of your kitchen! Empower yourself with wholesome, healing, and delicious meals that you will want to eat. Before beginning this program:

- Review the **resource page** for the Home Chef Pro program.
- Download and print the full program workbook or start with just session one.

SESSION 1: FOOD FOR THOUGHT

- Learn how to create a food philosophy.
- Understand macronutrients and their culinary function.

Classes:

- Welcome to Home Chef Pro
- Food for Thought Overview
- Food for Thought—Arugula Salad

Activity: Color Fruit and Veggie Tracker, Weekly Scorecard

Menu: Arugula Salad with Sweet Corn and Avocado

Supplemental Recipes: Mini Egg Bakes; Ginger Edamame Bowl; Granola Cups with Greek Yogurt; Blueberry Oatmeal Power Muffins; Broccoli Cheddar Quinoa Bites; Chicken Burrito Bowl with Chia Vinaigrette; Vegetable Soup with Lentils, Quinoa, and Basil Pesto

SESSION 2: HONING YOUR KNIFE SKILLS

- Learn and practice proper knife use, maintenance, and safety.

Classes:

- Knife Skills—Anatomy and Honing
- Knife Skills—Carrots, Celery, and Onion
- Knife Skills—Herbs, Peppers, and Roots

Activity: Weekly Scorecard

Supplemental Recipes: Walnut Crusted Salmon with Avocado; Buttermilk Ranch Dressing; Greek Cucumber Sauce; Classic Hummus; Pico de Gallo; Coconut Quinoa; Spinach Salad with Strawberry and Pear; Layered Mason Jar Salad with Grilled Chicken and Tarragon Vinaigrette

SESSION 3: CONVENIENT COOKERY

- Review the dos and don'ts of convenience foods.
- Learn to make scratch convenience foods.

Classes:

- Convenient Cookery Overview
- Convenient Cookery—Rice Pilaf
- Convenient Cookery—Roux
- Convenient Cookery—Cream of Mushroom Soup

Activity: Weekly Scorecard

Menu: Rice Pilaf with Parsnip, Carrot, and Peas; Roux; Cream of Mushroom Soup

Supplemental Recipes: Beef Stroganoff; Turmeric Tonic; Chicken on Baguette with Zucchini, Gouda, and Herb Vinaigrette; Chicken Fajitas with Rice, Bell Pepper, and Red Onion; Chicken Salad with Mixed Greens, Grapes, and Figs

SESSION 4: PLANNING AND PREPPING

- Learn meal planning and prepping best practices.
- Understand common ingredient substitutions and recipe conversions.
- Learn leftover transformations.

Classes:

- Planning and Prep Overview
- Planning and Prep—Carrot Soup
- Planning and Prep—Pasta Sauce

Activity: Weekly Scorecard, Shopping List

Menu: Purée of Carrot Soup; Contemporary Pasta Sauce

Supplemental Recipes: Chicken and Sausage Skillet with Zucchini, Red Peppers, and Wild Rice; Lentil Salad with Red Wine Vinaigrette; Roasted Apple, Ginger, and Sweet Potato Soup

SESSION 5: FOUNDATION OF FLAVOR

- Build a bold flavor profile.
- Optimize herbs, spices, acidity, brines, and marinades to maximize the flavor and appeal of a dish.

Classes:

- Foundation of Flavor Overview
- Foundation of Flavor—In Action
- Foundation of Flavor—Chicken Stock

Activity: Weekly Scorecard

Menu: Sautéed Pork Loin with Asparagus and Mixed Green Salad with Vinaigrette; Chicken Stock

Supplemental Recipes: Juniper Brined Turkey; Mojo Verde; Eggplant Lasagna with Marinara and Fresh Basil; Chicken Caprese with Tomato, Fresh Mozzarella, Basil, and Aged Balsamic

SESSION 6: CLASSIC COOKING TECHNIQUES

- Learn the five “better for you” classic cooking techniques: grill, fry, sauté, roast, and poach.

Classes:

- Classic Cooking Techniques Overview
- Classic Cooking Techniques—Sauté and Grill
- Classic Cooking Techniques—Poaching
- Classic Cooking Techniques—Roasting

Activity: Weekly Scorecard

Culinary Exercises: Sautéed Asparagus and Bell Pepper with Herbs and Lime; Poached Shrimp with Shallot, Lemon, and Garlic; Roasted Salmon with Dijon and Capers; Grilled Zucchini

Supplemental Recipes: Coq au Vin; Chicken Carbonara with Zucchini Noodles and Broccoli

SESSION 7: FRESH OFF THE FARM

- Learn how to capture nutrients, and practice healthy cooking techniques for vegetables.

Classes:

- Fresh off the Farm Overview
- Fresh off the Farm—Roasted Beets
- Fresh off the Farm—Glazed Carrots
- Fresh off the Farm—Poached Broccoli

Activity: Weekly Scorecard, Color Fruit and Veggie Tracker

Menu: Roasted Beets with Chevre and Balsamic; Glazed Carrots with Honey and Butter; Poached Broccoli

SESSION 8: PROTEIN POWERHOUSES

- Review proper cooking, resting, and carving meat.
- Build complete plant-based proteins.

Classes:

- Protein Powerhouse Overview
- Protein Powerhouse—Red Beans and Rice
- Protein Powerhouse—Sautéed Whitefish
- Protein Powerhouse—Grilled Chicken
- Home Chef Pro Wrap-up

Activity: Weekly Scorecard

Menu: Red Beans and Rice

Culinary Exercises: Sautéed Whitefish; Grilled Chicken Cutlet

Supplemental Recipes: White Bean Breakfast Hash with Chipotle, Sunny Egg, and Sweet Potato; Black Bean Pasta with Hemp and Chia Marinara

PROGRAM FAQs

What equipment do I need to complete the course?

While you don't need to cook along with the program, doing so adds to your learning and adds to the fun! Each session has a toolkit. This has a list of all food and equipment needed for that session. In general, the following tools will help you cook along:

What age do you recommend participants be? What experience level should I have?

Chef knife	Saucepan	Optional tools:
Cutting board	Sauté pan	Blender or food processor
Measuring cups and spoons	Soft spatula	Grill or grill plate
Mixing bowl	Stove	Peeler
Oven	Tongs	Stock pot or dutch oven
Roasting pan		

This course is designed for anyone age 14 and up. Chef Jeremy focuses on teaching safety in the kitchen and breaking down cooking techniques, making this course accessible for all levels of experience. Even the most experienced home cook will learn many new skills from this course.

I HAVE A FOOD ALLERGY/SENSITIVITY AND/OR FOLLOW A SPECIFIC DIET. WILL I BE ABLE TO COOK ALONG?

Yes! All the recipes included in this program have options to be modified to fit a dairy-free, gluten-free, and/or low-FODMAP eating style. Plus, you'll find many excellent vegetarian, pescatarian, and vegan options on the recommended food lists. If you don't like or can't eat an ingredient, you can swap it out for something that works for you. You're in control.

WHAT DOES A "LOW-FODMAP EATING STYLE" MEAN?

FODMAPs are different forms of carbohydrates that are part of many commonly consumed foods, like fruits, vegetables, dairy, grains, and sweeteners. Most people have no trouble digesting FODMAPs, but in those with irritable bowel syndrome (IBS), unpleasant digestive symptoms like chronic bloating, diarrhea, constipation, and stomach pain can occur from eating high-FODMAP foods. Fun fact: FODMAP stands for fermentable, oligosaccharides, disaccharides, monosaccharides, and polyols.

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