

PROGRAM WORKBOOK
Home Chef Pro





Welcome

Home Chef Pro

Congratulations for taking this exciting step toward a healthier relationship with food and cooking. This course will help you make long-term changes to the delicious foods you eat and serve to those you love.

Together, we will learn foundational skills to help you successfully, safely, and efficiently execute any recipe. We will dive deep into things like knife skills and proper cooking techniques. We will learn about recipe conversion and ingredient swaps—and even discuss things like food safety and how to get in and out of the market as quickly as possible.

What are you waiting for? Let's get started!

Participation in this program is completely voluntary. Nothing presented or stated shall be considered medical advice, but solely used for educational purposes. Any lifestyle and diet changes should be discussed with your primary care provider.

Please be advised that all nutritional information in our recipes is evaluated using the information available at the time of writing. While information is based on recipes specific to Launch My Health, nutrient values and allergens in each food may vary due to your selected portion size, use of other condiments and seasonings, as well as growing conditions, product manufacturer formulations, or any substitutions. The information provided in our recipes is meant to be a guide. If you are concerned about specific food allergens or sensitivities, always check the specific ingredients listed and labels used on your products for allergen information before consuming. Launch My Health is not liable for any food reactions.



Chef Jeremy Reinicke studied at Le Cordon Bleu and has a broad food background from chef instructor to restaurant manager to culinary education manager. Chef Jeremy takes a “back to basics” approach to cooking whole, fresh foods. He wants to take your culinary skills to the next level and improve your health while doing it.

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



HOME CHEF PRO

Session One

Food for Thought

Classes featured: Welcome to Home Chef Pro, Food for Thought Overview, Food for Thought—Arugula Salad

OBJECTIVES

- Understand our food philosophy and ways to incorporate into your life.
- Learn the function of macronutrients in cooking.

SKILLS SPOTLIGHT

- Seasoning to taste
- Knife cuts
- Poaching
- Plating

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	

Arugula Salad with Sweet Corn and Avocado

YIELD: 4 SERVINGS

Gluten-free
Dairy-free

RECIPE CUSTOMIZATION

To make it low-FODMAP, omit garlic, limit avocado (tolerated in small amounts), and swap honey with maple syrup

INGREDIENTS

½ tsp lime juice
1 clove garlic, minced
½ shallot, minced
½ serrano chili, minced, seeds removed
1 ear sweet corn, poached in seasoned water
1 tomato, diced
1 avocado, diced
2 Tbsp cilantro, chopped
½ tsp cumin, ground
5 oz baby arugula
4 Tbsp pine nuts, raw or gently toasted
Extra virgin olive oil (to taste)
Wine vinegar, red or white (to taste)
Honey (to taste)
Salt, kosher (to taste)
Pepper (to taste)

DIRECTIONS

1. In a non-reactive bowl (stainless steel, glass, or enamel), toss lime juice (½ tsp) with garlic, shallot, and serrano. Set aside for 10 minutes.
2. Gently fold in the sweet corn, tomato, avocado, cilantro (2 Tbsp), and cumin (½ tsp). Season to taste with salt and pepper.
3. In another non-reactive bowl, lightly sprinkle the baby arugula (5 oz) with olive oil, wine vinegar, and honey.
4. Sprinkle lightly with salt, and gently toss to coat all the arugula. Taste and adjust flavor with additional olive oil, vinegar, honey, and/or salt.
5. Plate and serve sprinkled with pine nuts.

Chef tip: Add more protein by topping your salad with salmon, chicken, white beans, or chickpeas.



LECTURE SUPPLEMENTS

FOOD PHILOSOPHY

- Consume and use high-quality, whole foods and ingredients as much as possible.
- Listen to your body and what it needs daily.
- Food should taste good and be full of flavor.
- Flexible eating styles are more sustainable than restrictive diets.
- Food is social; it's a way to build community.
- Focus on the positive benefits that food provides.

Macronutrients Overview

Macronutrients provide the foundation for ingredients in cooking. Each macro provides its own unique flavor, texture, and function in a recipe. Throughout the Home Chef Pro program, you will learn about the science behind each of the macronutrients when applied in a variety of recipes.

Fats	Protein	Carbohydrates
Avocado	Bison	100% Whole grains
Egg yolks	Eggs	Brown/wild rice
Flax	Elk	Fruits
Natural nut butter	Fish	Pasta
Nuts	Lean beef	Veggies: corn, squash, sweet potatoes
Oils	Pork	Whole grain cereals
Sunflower seeds	Poultry	
	Tempeh	
	Tofu	
	Venison	
	Whey protein powder	

Fat-Protein Combos

- Cottage cheese
- Chia/hemp seeds
- Eggs
- Salmon
- Tuna
- Whole fat organic dairy

Carbohydrate-Protein Combos

- Beans/legumes
- Greek yogurt
- Organic dairy
- Peas
- Quinoa
- Sprouted grains



HOME CHEF PRO

Session Two

Honing Your Knife Skills

Classes featured: Knife Skills—Anatomy and Honing, Knife Skills—Carrots, Celery, and Onions, Knife Skills—Herbs, Peppers, and Roots

OBJECTIVES

- Know the hallmarks of a quality kitchen knife.
- Become proficient at handling and using a chef knife.
- Learn the fundamental vegetable cuts.

SKILLS SPOTLIGHT

- Safe and efficient knife use
- Honing versus sharpening your knife
- Hands-on cutting techniques

HANDS-ON LEARNING

- Slice, dice, and mince celery, onion, garlic, carrot, bell pepper, turnip, and parsley.

Before you start: Session two

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
- 1 dinner plate or platter
- 1 sanitizer towel with sanitizer solution (1 Tbsp of bleach mixed with 4 cups of water)

ADVANCED PREP LIST

Please complete the following items before class begins.

- Wash all produce items.

SHOPPING LIST

Produce

2 large carrots

1 bunch celery

1 onion

1 bulb garlic

1 bunch parsley

1 turnip



AGENDA

Dice

Celery
Onion
Carrot
Bell pepper
Turnip

Dippers

Carrot
Celery

Slice

Onion
Bell pepper

Mince

Garlic

Rough Chop

Parsley



LECTURE SUPPLEMENTS

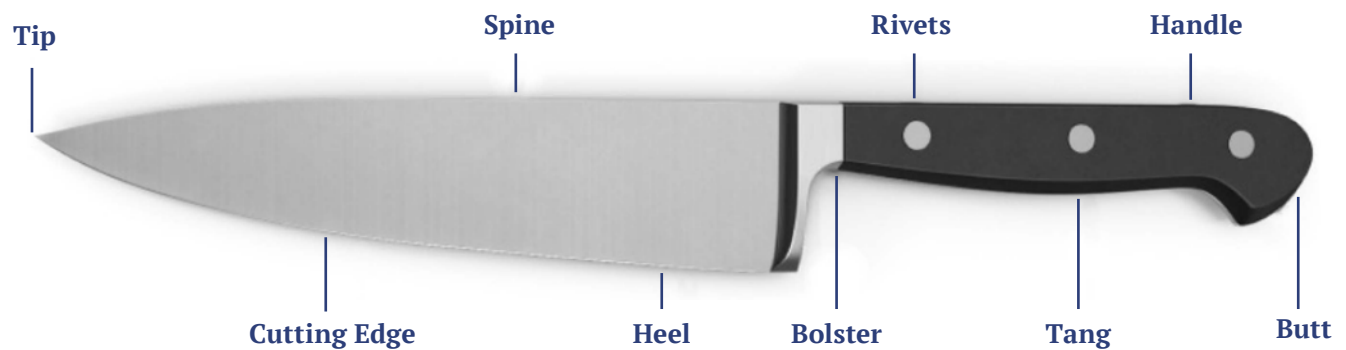
TYPES OF KNIVES

Below are the types of knives available for you to buy; the only one you really need is the chef's knife.



1. Pairing
2. Utility
3. Steak
4. Santoku
5. Chef
6. Bread
7. Boning
8. Fillet
9. Carving
10. Slicing
11. Cleaver
12. Honing

ANATOMY OF A KNIFE





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Session Three

Convenient Cookery

Classes featured: Convenient Cookery Overview, Convenient Cookery—Rice Pilaf, Convenient Cookery—Roux, Convenient Cookery—Cream of Mushroom Soup

OBJECTIVES

- Define whole foods versus convenience foods.
- Understand the pros and cons of convenience foods.
- Produce scratch-made versions of common convenience foods.

SKILLS SPOTLIGHT

- Make and use a roux.
- Prepare a versatile from-scratch soup base and scratch-cooked version of a common boxed side dish.

Before you start: Session Three

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
- 1 medium mixing bowl
- 1 sanitizer towel with sanitizer solution (1 Tbsp of bleach mixed with 4 cups of water)
- Tasting spoons
- Measuring cups and spoons
- 2 medium saucepans
- 1 small sauté pan
- 2 soft spatula
- 1 whisk
- 1 peeler

ADVANCED PREP LIST

Please complete the following items before class begins.

- Wash all produce items.
- Rinse the rice well (two times) in a bowl submerged in water. Then strain.
- Peel carrot and parsnip.

SHOPPING LIST

Produce	Dry	Dairy	Freezer
6 oz mushrooms	1 1/2 cups flour	8 oz butter	1 cup peas
1 small onion	1 cup long-grain rice (jasmine or basmati)	3 cups milk of your choice	
2 parsnips	2 cups chicken stock		
2 carrots			

Rice Pilaf with Parsnip, Carrot, and Peas

YIELD: 6 SERVINGS

Gluten-free

RECIPE CUSTOMIZATION

To make it low-FODMAP, swap onion for green part of green onions or chives

To make it dairy-free, swap butter for avocado oil

INGREDIENTS

- 2 Tbsp butter
- 1 cup onion, small dice
- 1 cup parsnip, peeled and small diced
- 1 cup carrot, peeled and small diced
- 1 cup long-grain rice, rinsed
- 2 cups chicken stock
- 1 tsp salt, kosher
- 1 cup peas

DIRECTIONS

1. In a medium saucepan, melt butter (2 Tbsp) over medium heat. Cook onion in butter for about three minutes, stirring occasionally, until tender.
2. Stir in parsnip and carrot, and cook for another two minutes. Stir in rice, and cook for another two minutes, stirring frequently.
3. Stir in stock (2 cups) and salt (1 tsp). Bring up to a simmer, stirring once or twice.
4. Reduce heat to low. Cover and simmer for about 15 minutes. Stir in peas (1 cup) and cover again.
5. Remove from heat, and let stand covered for five minutes. Taste and adjust salt if needed.

Roux

YIELD: 48 SERVINGS

FODMAP friendly

RECIPE CUSTOMIZATION

To make it gluten-free, swap flour for gluten-free flour (check label for correct ratio)

To make it dairy-free, swap butter with another fat (we recommend avocado oil)

INGREDIENTS

4 oz butter or other fat

4 oz flour of your choice

DIRECTIONS

1. Place the butter (4 oz) in a small sauté pan, and heat over a low flame until melted and bubbly.
2. Add the flour (4 oz) to the pan, and stir with a whisk or soft spatula to combine.
3. Stir occasionally while cooking.
4. For white roux, cook for about two minutes
5. For blonde roux, continue cooking until you reach a peanut butter color.
6. For brown roux, continue cooking until you reach a deep brown/mahogany color.

Chef tip: A roux will last for months in the refrigerator (as long as butter lasts). Keep some on hand for easy access when needed. Roux can also be stored in the freezer.

Cream of Mushroom Soup

YIELD: 8 SERVINGS

RECIPE CUSTOMIZATION

To make it low-FODMAP, swap milk for lactose-free milk, rice milk, or oat milk

To make it dairy-free, swap milk for unsweetened oat/hemp/flax/rice/almond milk and swap butter for avocado oil

To make it gluten-free, swap flour for gluten-free flour (check label for correct ratio)

INGREDIENTS

3 Tbsp butter

6 oz mushrooms, minced

½ tsp salt, kosher

4 Tbsp all-purpose flour

3 cups milk

DIRECTIONS

1. Melt butter (3 Tbsp) in a saucepan over a low flame.
2. When butter is melted and bubbling, add the mushrooms (6 oz) and salt (½ tsp). Stir frequently while cooking for about five minutes.
3. Reduce heat to low. Cover and simmer for about 15 minutes.
4. Add flour (4 Tbsp) and stir while cooking for about three minutes.
5. Add milk (3 cups), bring up to a simmer, and cook for about 10 minutes.
6. Taste and adjust salt if needed. Serve or use in your favorite “hot dish.” If you’re serving the soup as is, you may need to thin it slightly with water or milk.



HOME CHEF PRO

Session Four

Planning and Prepping

Classes featured: Planning and Prep Overview, Planning and Prep—Carrot Soup, Planning and Prep—Pasta Sauce

OBJECTIVES

- Learn how to correctly interpret and convert a recipe.
- Understand basic ingredient substitutions.
- Learn how to repurpose leftovers.

SKILLS SPOTLIGHT

- Recipe modification and conversion
- Leftover transformation

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

Purée of Carrot Soup

YIELD: 8 SERVINGS

Gluten-free

Dairy-free

RECIPE CUSTOMIZATION

To make it FODMAP friendly, swap onion for green part of green onions or chives and omit sugar or swap for maple syrup

INGREDIENTS

2 Tbsp olive oil

4 lbs carrots, small dice

2 cups onion, small dice

1 tsp sugar or maple syrup

½ tsp cinnamon

6 cups water

1 large Idaho potato, starchy, small dice

1 Tbsp thyme leaves, removed from the stem

Salt, kosher (to taste)

Pepper (to taste)

DIRECTIONS

1. Heat olive oil (2 Tbsp) in a large saucepan over medium heat.
2. Add carrots (4 lbs), onions (2 cups), sugar (1 tsp), and cinnamon (½ tsp). Gently sweat until the vegetables begin to soften (10 minutes). If they begin to brown, reduce heat.
3. Add water (6 cups), potato, and thyme (1 Tbsp), and bring to a simmer.
4. Cover and continue cooking for 35–40 minutes until the vegetables are very tender.
5. Use a blender or immersion blender to purée soup until smooth. If the soup is too thick, add a little water to reach desired consistency. Add salt and pepper to suit your taste.

Contemporary Pasta Sauce

YIELD: 8 SERVINGS

Gluten-free

Dairy-free

FODMAP friendly



INGREDIENTS

6 cups purée of carrot soup
(separate recipe)

2 Tbsp Italian seasoning

1/2 tsp fennel seed, ground

1 pinch chili flakes, optional

DIRECTIONS

1. Place all ingredients in a medium saucepan, and bring to a simmer over medium heat.
2. Cook uncovered for about 45 minutes or until the overall volume has reduced by about one third.



LECTURE SUPPLEMENTS

TIPS AND TRICKS TO STREAMLINE YOUR MEALTIME

Have a plan for your week's meals.

From a fully formed meal plan including all meals and comprehensive shopping lists to a basic idea of what you will eat for the week, both plans will save you time, stress, and frustration.

Store products correctly.

Store whole fruits and veggies at their peak of ripeness in the refrigerator and those that are under ripe on the counter to help them ripen. Store raw meats on the lowest shelf in the fridge and ready-to-eat eat foods above them. Treat herbs like flowers. Trim their ends, and store them upright in a container with one inch of water.

Intentionally and strategically overproduce certain items.

Make double the amount needed of versatile things like rice, chicken, beans, or sauce, and work them into the next day's meals. This way you aren't starting from scratch every day.

Practice a "cut-once" mindset.

Even if you only need half an onion, carrot, or bell pepper for the recipe you're making, dice or slice the whole thing and store it to use as a jump start on the next day's meal.

Plan to portion and freeze liquids and purées.

Stocks, some sauces, and many soups freeze well. This is a great way to save time and even have freshly made grab-and-go meals in your freezer.

SIMILAR FLAVOR PROFILES

- Onion, leek, chive, scallion, shallot
- Fennel, anise, tarragon, chervil
- Mustards, vinegars, citrus juices
- Honey, agave nectar, coconut nectar, molasses, nut butters
- Soy sauce, tamari, fish sauce, oyster sauce, miso paste
- Sour cream, yogurt, cottage cheese, mayonnaise, cream cheese, ricotta

Conversion Chart

Looking down the larger measurement column and left of the smaller measurement, the box in which they intersect contains the number of smaller units in the larger.

To create this chart whenever you need it, remember:

Good Quality Pastry Chefs Offer Tasty Treats and the number “**422823**,” the numbers at the top of the columns in descending order. Then solve for the empty boxes by multiplying the box directly above the empty box by the number in the box to the right of it.

For example, 2 tablespoons equal 1 ounce and 8 ounces equal 1 cup.

Gallon						
4	Quart					
8	2	Pint				
16	4	2	Cup			
128	32	16	8	Ounce		
256	64	32	16	2	Tablespoon	
768	192	96	48	6	3	Teaspoon

Common quantity abbreviations

Tbsp	tablespoon
tsp	teaspoon
oz	ounce
c	cup
qt	quart
lb	pound
TT	to taste



HOME CHEF PRO

Session Five

Foundation of Flavor

Classes featured: Foundation of Flavor Overview, Foundation of Flavor—In Action, Foundation of Flavor—Chicken Stock

OBJECTIVES

- Learn how to build a bold and delicious flavor profile while keeping salt, fat, and sugar in check.
- Utilize salt effectively.
- Maximize flavor by utilizing herbs, spices, and aromatics.
- Merge flavoring techniques and cooking methods to make a simple but balanced and flavorful meal.

SKILLS SPOTLIGHT

- Proper and effective seasoning
- Basic vinaigrette making

Before you start: Session five

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
- 2 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
- Plate or platter
- Sauté pan
- 1 small baking sheet
- 2 tongs
- 1 metal spoon or spatula
- 1 blender or food processor

ADVANCED PREP LIST

Please complete the following items before class begins.

- Wash all produce items.
- Preheat oven to 450°F.

SHOPPING LIST

Produce	Dry	Meat
1 lb asparagus	2 oz avocado oil	4 pork loin chop per person
5 oz mixed greens	½ cup extra virgin olive oil	5 lb chicken bones or wings
1 tomato	¼ cup balsamic vinegar	
1 onion	1 Tbsp dijon mustard	
2 carrots	2 bay leaves	
2 stalks celery	1 Tbsp peppercorns, whole	
1 bunch thyme		
1 bunch parsley		

Sautéed Pork Loin with Asparagus and Mixed Green Salad with Vinaigrette

YIELD: 4 SERVINGS

Gluten-free

Dairy-free

FODMAP friendly

INGREDIENTS

2 Tbsp avocado oil

4 pork chops

1 bunch asparagus

5 oz mixed greens

¼ cup balsamic vinegar

1 Tbsp dijon mustard

½ cup extra virgin olive oil

1 tomato, trimmed and diced

Salt, kosher (to taste)

DIRECTIONS

1. Preheat oven to 450°F.
2. Season all sides of the pork chops with kosher salt. Set aside for at least 15 minutes.
3. Place avocado oil (1 Tbsp) in a medium sauté pan. Heat over a medium flame.
4. Gently lay the pork chops in the preheated pan. Sear for about five minutes or until well browned. Flip the chops, turn the heat to low, and continue cooking until the chops reach 145°F internally.
5. Trim asparagus and drizzle lightly with avocado oil (1 Tbsp). Spread out evenly on a baking sheet, sprinkle with salt, and place in the upper half of the preheated oven. Cook for about six minutes or until asparagus is tender and slightly browned.
6. Place the balsamic vinegar (¼ cup), dijon mustard (1 Tbsp), extra virgin olive oil (½ cup), and a pinch of salt in a bowl. Whisk until combined.
7. Using tongs, toss the mixed greens (5 oz) with just enough of the vinaigrette to lightly coat the leaves.
8. Plate the pork chop, lay the asparagus slightly over the pork, and place the dressed greens next to them. Serve sprinkled with diced tomato.

Chicken Stock

YIELD: 48 SERVINGS

Gluten-free

Dairy-free

RECIPE CUSTOMIZATION

To make it FODMAP friendly, swap onion for green part of green onions or chives

INGREDIENTS

5 qt water

5 lb chicken bones

1 medium onion, trimmed and quartered

2 medium carrots, trimmed and quartered

2 stalks celery, trimmed and quartered

2 bay leaves

1 Tbsp peppercorns, whole

5 branches thyme

5 branches parsley

DIRECTIONS

1. Place all ingredients in a stock pot. Bring to a simmer, and continue to simmer for 3–4 hours, uncovered.
2. Strain off all solid ingredients, and cool the stock quickly in an ice bath.

Chef tip: For easier storage, after removing vegetables, simmer uncovered. Reduce your stock by one third or one half. When ready to use in a recipe, simply add water. If you reduce stock by half and a recipe calls for two cups stock, use one cup stock and one cup water.



LECTURE SUPPLEMENTS

Vinegars

(aged or reduced)

Apple cider
Balsamic
Champagne
Red wine
Rice
Sherry
White wine

Herbs

Basil
Chervil
Cilantro
Mint
Oregano
Parsley
Rosemary
Sage
Tarragon
Thyme

Oils

(expeller pressed or chemically extracted)

Almond
Canola
Extra virgin olive
Grapeseed
Peanut
Sesame
Vegetable

Primary stocks

(white and brown)

Chicken
Fish fumet
Veal
Vegetable

Emulsifiers

Agave
Coconut nectar
Honey
Molasses
Mustard

Spices

Allspice
Anise seed
Caraway
Cardamom
Celery seed
Cinnamon
Clove
Coriander
Cumin
Fennel seed
Juniper
Mustard seed
Nutmeg
Paprika
Peppercorns
Saffron
Star anise
Turmeric



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Session Six

Classic Cooking Techniques

Classes featured: Classic Cooking Techniques Overview, Classic Cooking Techniques—Sauté and Grill, Classic Cooking Techniques—Poaching, Classic Cooking Techniques—Roasting

OBJECTIVES

- Know how things like moisture, heat, and time impact the outcome of a cooking technique.
- Understand how to utilize the four identified classic cooking techniques.
- Practice sauté, poach, roast, and grill.

SKILLS SPOTLIGHT

- Apply the accurate cooking technique to the appropriate product.

Before you start: Session six

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
- 1 medium mixing bowl
- Tasting spoons
- Measuring cups and spoons
- 2 medium sauté pans
- 1 medium saucepan
- 1 sanitizer towel with sanitizer solution
(1 Tbsp of bleach mixed with 4 cups of water)
- 1 slotted spoon or mesh skimmer
- 1 roasting pan
- 1 small mixing bowl
- 1 pastry brush or dinner fork
- Grill or grill plate
- Tongs
- Spatula

ADVANCED PREP LIST

Please complete the following items before class begins.

- Wash all produce items.
- Preheat oven to 350°F.
- Preheat grill or grill plate to low.

SHOPPING LIST

Produce	Dry	Meat
1 lb asparagus	Avocado oil	½ lb shrimp (peeled and deveined)
1 red bell pepper	Herbs of your choice (oregano, thyme, basil)	1 salmon filet per person (skin removed)
1 lime	Dijon mustard	
1 shallot	Small jar capers	
1 lemon	2 bay leaves	
4 cloves garlic	1 Tbsp peppercorns, whole	
1 large zucchini		

Culinary Exercises

Sautéed Asparagus and Bell Pepper with Herbs and Lime	Grilled Zucchini	Poached Shrimp with Shallot, Lemon, and Garlic	Roasted Salmon with Dijon and Capers
<p>Ingredients:</p> <ul style="list-style-type: none"> Avocado oil Asparagus Bell pepper Oregano, thyme, basil Lime Salt, kosher 	<p>Ingredients:</p> <ul style="list-style-type: none"> Zucchini Avocado oil Salt, kosher 	<p>Ingredients:</p> <ul style="list-style-type: none"> Water Salt, kosher Shallot Lemon Garlic Shrimp, raw 	<p>Ingredients:</p> <ul style="list-style-type: none"> Salmon Dijon or yellow mustard Capers Water
<p>Notes:</p>	<p>Notes:</p>	<p>Notes:</p>	<p>Notes:</p>



LECTURE SUPPLEMENTS

CLASSIC COOKING TECHNIQUES DEFINED

Grill: To cook on a grill or grate with high direct heat from below.

Fry: To cook fully submerged in hot fat.

Sauté: To cook with high heat in a pan with a small amount of fat.

Roast: To cook in a vented box or vessel.

Poach: To cook fully submerged in hot water.

Braise: To quickly sear the outside of a product with high heat in a dry environment, then finish cooking for an extended period of time with low heat in a moist environment.

Poeler: To cook in a moist environment for a long time and finish with a glaze.

	Grill	Fry	Sauté	Roast	Poach	Braise	Poeler
Heat	High	High	High	High/Low	Low	High/Low	High/Low
Moisture	Dry	Dry	Dry	Dry	Moist	Moist	Moist
Time	Short	Short	Short	Mid	Short/Long	Long	Long
Tough/Tender	Tender	Tender	Tender	Mid	Tough/ Tender	Tough	Tough
Expansion/ Concentration*	C	C	C	C	C/E	E	E

***Expansion/Concentration:** During the applied cooking technique, either the existing food flavor is intensified (concentration) or food flavors blend (expansion).



HOME CHEF PRO

Session Seven

Fresh off the Farm

Classes featured: Fresh off the Farm Overview, Fresh off the Farm—Roasted Beets, Fresh off the Farm—Glazed Carrots, Fresh off the Farm—Poached Broccoli

OBJECTIVES

- Know the difference between high-density vegetables and high-moisture vegetables.
- Understand how to best cook a variety of vegetables.
- Apply a variety of cooking techniques to beets, carrots, and cauliflower.

SKILLS SPOTLIGHT

- Appropriately cook a variety of vegetables.

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			

Roasted Beets/ Brussels Sprouts/ Winter Squash with Chevre and Balsamic

YIELD: 8 SERVINGS

Gluten-free
FODMAP friendly

RECIPE CUSTOMIZATION

To make it dairy-free, omit
cheese

INGREDIENTS

2 slices bacon

4 cups beets / Brussels sprouts / winter
squash, cut to similar size

¼ tsp salt, kosher

1 Tbsp aged balsamic vinegar

3 oz goat cheese

DIRECTIONS

1. Preheat oven to 325°F.
2. Place bacon on a baking sheet in the oven. Roast for about 15 minutes or until bacon is crisp.
3. Remove the pan from the oven, and set the bacon aside, leaving as much of the bacon fat on the pan as possible.
4. Place the vegetables on the baking sheet. Toss to coat in the fat.
5. Sprinkle with salt (¼ tsp). Return the pan to the oven. Roast until vegetables are tender.
6. Remove from oven and toss with balsamic vinegar (1 Tbsp).
7. Plate the vegetables. Serve topped with crumbled goat cheese (3 oz) and reserved bacon.

Glazed Parsnips/ Carrots with Honey and Butter

YIELD: 4 SERVINGS

Gluten-free

RECIPE CUSTOMIZATION

To make it dairy-free, swap butter for avocado oil

To make it FODMAP friendly, swap honey for maple syrup

INGREDIENTS

2 Tbsp butter

2 cups parsnips or carrots, trimmed and cut to the same size

1 Tbsp honey

Salt, kosher (to taste)

3 Tbsp water

DIRECTIONS

1. Heat butter (2 Tbsp) in a small sauté pan until it is lightly bubbling.
2. Add the vegetables, honey (1 Tbsp), and salt (to taste), and toss to coat.
3. Add the water (3 Tbsp). Cover loosely, and cook for 5–7 minutes, or until the vegetables begin to become tender.
4. Remove lid and simmer for another 3–5 minutes until sauce reduces and forms a glaze. Taste and adjust salt as needed.

Poached Broccoli/ Cauliflower

YIELD: 4 SERVINGS

Gluten-free

RECIPE CUSTOMIZATION

To make it dairy-free, swap butter for avocado oil

To make it FODMAP friendly, swap honey for maple syrup

INGREDIENTS

2 cups broccoli/cauliflower

3–4 cups water

1 Tbsp salt, kosher

DIRECTIONS

1. Bring water (3–4 cups) and salt (1 Tbsp) to a boil in a saucepan over high heat.
2. Gently place the vegetable into the water.
3. Cook until tender (3–5 minutes).
4. Remove from the water with a slotted spoon or strain through a colander.



LECTURE SUPPLEMENTS

THE DIRTY DOZEN

Farmers typically use the most pesticides on these crops.

1. Strawberries
2. Spinach
3. Kale, collard, and mustard greens
4. Nectarines
5. Apples
6. Grapes
7. Cherries
8. Peaches
9. Pears
10. Bell and hot peppers
11. Celery
12. Tomatoes

THE CLEAN FIFTEEN

These crops usually have the lowest amount of pesticide residue.

1. Avocados
2. Sweet corn
3. Pineapple
4. Onions
5. Papaya
6. Sweet peas (frozen)
7. Eggplant
8. Asparagus
9. Broccoli
10. Cabbage
11. Kiwi
12. Cauliflower
13. Mushrooms
14. Honeydew melon
15. Cantaloupe

This list is provided every year by the Environmental Working Group (www.EWG.org)

USDA pesticide contamination data of popular fruits and vegetables is used to analyze and rank the dirtiest and cleanest. Note: This testing is done after preparing them the same way most people do at home (washing, peeling, and scrubbing).



HOME CHEF PRO

Session Eight

Protein Powerhouse

Classes featured: Protein Powerhouse Overview, Protein Powerhouse—Red Beans and Rice, Protein Powerhouse—Sauteed Whitefish, Protein Powerhouse—Grilled Chicken, Home Chef Pro Wrap-up

OBJECTIVES

- Know where to find plant-based proteins.
- Understand the difference between plant and animal proteins.
- Know how to properly cook both meat and plant sources of protein.
- Learn proper cooking, resting, and carving of meat.

SKILLS SPOTLIGHT

- Properly cook legumes and grains.
- Properly cook meat.

Before you start: Session Eight

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
- 2 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 stock pot or dutch oven
- Colander or strainer
- 1 medium saucepan with lid or rice cooker
- 2 small sauté pans

ADVANCED PREP LIST

Please complete the following items before class begins.

- Wash all produce items.
- Execute the “advanced prep portion” of the red beans recipe or substitute with canned beans.

SHOPPING LIST

Produce	Dry	Meat	Dairy
1 carrot	1 lb dry kidney beans	1 chicken breast	3 oz butter
3 stalks celery	2 bay leaves	1 fillet of whitefish*	
2 onions	¼ cup olive oil		
1 green bell pepper	1/8 tsp cayenne		
3 cloves garlic	½ tsp sage		
1 branch rosemary	1 Tbsp parsley		
	2 cups long-grain rice		

*Whitefish such as halibut, orange roughy, seabass, tilapia

Red Beans and Rice

YIELD: 6 SERVINGS

Gluten-free
Dairy-free

RECIPE CUSTOMIZATION

To make it low-FODMAP, swap onion for green part of green onions or chives and omit garlic

INGREDIENTS

To make the beans:

1 lb kidney beans, dry
(can substitute three 15 oz cans of beans)

6 cups water

2 bay leaves

1 carrot, peeled and trimmed

1 stalk celery, trimmed

½ onion, peeled and trimmed

To make the rice:

¼ cup olive oil

1 large onion, diced

1 green bell pepper, diced

2 stalks celery, diced

2 cloves garlic, minced

Pinch cayenne pepper

1 tsp thyme, dry

1 tsp sage, dry

1 Tbsp parsley, dry

1 cup long-grain rice, rinsed

2 cups water

¼ tsp salt, kosher

ADVANCED PREP

If using canned beans, skip this part.

Rinse beans, and then soak in a large pot of water overnight.

Strain and rinse the beans again. Place the soaked and rinsed beans in a large pot with water (6 cups), two bay leaves, one carrot, one celery stalk, and one half onion. Bring to a simmer over high heat.

Reduce heat and maintain a simmer for about one hour. Remove and discard the bay leaves, carrot, celery stalk, and onion.

DIRECTIONS

1. In a large pot, heat olive oil (¼ cup) over medium heat.
2. Cook diced onion, bell pepper, celery, and minced garlic in olive oil for 3–4 minutes.
3. Stir in the cooked beans with remaining cooking liquid, and add a pinch of cayenne, thyme (1 tsp), sage (1 tsp), and parsley (1 Tbsp).
4. Bring to a simmer. Cook for an additional 10–15 minutes.
5. Adjust with additional water if needed.
6. Rinse the rice at least two times. Place the rinsed rice, water (2 cups), and salt (¼ tsp) in a rice cooker or covered saucepan, and gently simmer until water is absorbed and rice is tender.
7. Serve the completed red beans alongside or over the cooked rice.

Culinary Exercises

Sautéed Whitefish

Ingredients:

Avocado oil

Salt, kosher

Whitefish (halibut, orange roughy, seabass, tilapia)

Notes:

Grilled Chicken Cutlet

Ingredients:

Chicken breast

Salt, kosher

Notes:



Program Completion

CONGRATULATIONS ON COMPLETING THE HOME CHEF PRO PROGRAM!

You should have implemented a few of our tips by now and be starting to notice changes in how you feel. Remember this is only the beginning of your journey. With your newfound knowledge, you have additional tools to take the stress out of mealtimes and prepare wholesome, healing, and delicious meals. Keep building on your healthy habits from the list of action steps.

Cheers to your health and wellbeing!

WANT TO CONTINUE LEARNING?

Check out one of our other programs: Putting Out the Flame, Restore Gut Health, Optimizing Brain Health, Optimizing Women's Hormones, and Kids in the Kitchen.