



## 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