

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			