



HOME CHEF PRO

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.