



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