

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		