



HOME CHEF PRO

Session Five

Foundation of Flavor

Classes featured: Foundation of Flavor Overview, Foundation of Flavor—In Action, Foundation of Flavor—Chicken Stock

OBJECTIVES

- Learn how to build a bold and delicious flavor profile while keeping salt, fat, and sugar in check.
- Utilize salt effectively.
- Maximize flavor by utilizing herbs, spices, and aromatics.
- Merge flavoring techniques and cooking methods to make a simple but balanced and flavorful meal.

SKILLS SPOTLIGHT

- Proper and effective seasoning
- Basic vinaigrette making

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		

Sautéed Pork Loin with Asparagus and Mixed Green Salad with Vinaigrette

YIELD: 4 SERVINGS

Gluten-free

Dairy-free

FODMAP friendly



INGREDIENTS

- 2 Tbsp avocado oil
- 4 pork chops
- 1 bunch asparagus
- 5 oz mixed greens
- ¼ cup balsamic vinegar
- 1 Tbsp dijon mustard
- ½ cup extra virgin olive oil
- 1 tomato, trimmed and diced
- Salt, kosher (to taste)

DIRECTIONS

1. Preheat oven to 450°F.
2. Season all sides of the pork chops with kosher salt. Set aside for at least 15 minutes.
3. Place avocado oil (1 Tbsp) in a medium sauté pan. Heat over a medium flame.
4. Gently lay the pork chops in the preheated pan. Sear for about five minutes or until well browned. Flip the chops, turn the heat to low, and continue cooking until the chops reach 145°F internally.
5. Trim asparagus and drizzle lightly with avocado oil (1 Tbsp). Spread out evenly on a baking sheet, sprinkle with salt, and place in the upper half of the preheated oven. Cook for about six minutes or until asparagus is tender and slightly browned.
6. Place the balsamic vinegar (¼ cup), dijon mustard (1 Tbsp), extra virgin olive oil (½ cup), and a pinch of salt in a bowl. Whisk until combined.
7. Using tongs, toss the mixed greens (5 oz) with just enough of the vinaigrette to lightly coat the leaves.
8. Plate the pork chop, lay the asparagus slightly over the pork, and place the dressed greens next to them. Serve sprinkled with diced tomato.

Chicken Stock

YIELD: 48 SERVINGS

Gluten-free

Dairy-free

RECIPE CUSTOMIZATION

To make it FODMAP friendly, swap onion for green part of green onions or chives

INGREDIENTS

5 qt water

5 lb chicken bones

1 medium onion, trimmed and quartered

2 medium carrots, trimmed and quartered

2 stalks celery, trimmed and quartered

2 bay leaves

1 Tbsp peppercorns, whole

5 branches thyme

5 branches parsley

DIRECTIONS

1. Place all ingredients in a stock pot. Bring to a simmer, and continue to simmer for 3–4 hours, uncovered.
2. Strain off all solid ingredients, and cool the stock quickly in an ice bath.

Chef tip: For easier storage, after removing vegetables, simmer uncovered. Reduce your stock by one third or one half. When ready to use in a recipe, simply add water. If you reduce stock by half and a recipe calls for two cups stock, use one cup stock and one cup water.



LECTURE SUPPLEMENTS

Vinegars

(aged or reduced)

Apple cider
Balsamic
Champagne
Red wine
Rice
Sherry
White wine

Herbs

Basil
Chervil
Cilantro
Mint
Oregano
Parsley
Rosemary
Sage
Tarragon
Thyme

Oils

(expeller pressed or chemically extracted)

Almond
Canola
Extra virgin olive
Grapeseed
Peanut
Sesame
Vegetable

Primary stocks

(white and brown)

Chicken
Fish fumet
Veal
Vegetable

Emulsifiers

Agave
Coconut nectar
Honey
Molasses
Mustard

Spices

Allspice
Anise seed
Caraway
Cardamom
Celery seed
Cinnamon
Clove
Coriander
Cumin
Fennel seed
Juniper
Mustard seed
Nutmeg
Paprika
Peppercorns
Saffron
Star anise
Turmeric