

Before you start: Session six

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
- Tasting spoons
- Measuring cups and spoons
- 2 medium sauté pans
- 1 medium saucepan
- 1 sanitizer towel with sanitizer solution
(1 Tbsp of bleach mixed with 4 cups of water)
- 1 slotted spoon or mesh skimmer
- 1 roasting pan
- 1 small mixing bowl
- 1 pastry brush or dinner fork
- Grill or grill plate
- Tongs
- Spatula

ADVANCED PREP LIST

Please complete the following items before class begins.

- Wash all produce items.
- Preheat oven to 350°F.
- Preheat grill or grill plate to low.

SHOPPING LIST

Produce	Dry	Meat
1 lb asparagus	Avocado oil	½ lb shrimp (peeled and deveined)
1 red bell pepper	Herbs of your choice (oregano, thyme, basil)	1 salmon filet per person (skin removed)
1 lime	Dijon mustard	
1 shallot	Small jar capers	
1 lemon	2 bay leaves	
4 cloves garlic	1 Tbsp peppercorns, whole	
1 large zucchini		