



HOME CHEF PRO

Session Seven

Fresh off the Farm

Classes featured: Fresh off the Farm Overview, Fresh off the Farm—Roasted Beets, Fresh off the Farm—Glazed Carrots, Fresh off the Farm—Poached Broccoli

OBJECTIVES

- Know the difference between high-density vegetables and high-moisture vegetables.
- Understand how to best cook a variety of vegetables.
- Apply a variety of cooking techniques to beets, carrots, and cauliflower.

SKILLS SPOTLIGHT

- Appropriately cook a variety of vegetables.

Before you start: Session seven

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.

- Cutting board
- 1 chef knife
- 1 medium mixing bowl
- Tasting spoons
- Measuring cups and spoons
- 1 sanitizer towel with sanitizer solution
(1 Tbsp of bleach mixed with 4 cups of water)
- 1 small baking sheet
- 1 soft spatula
- Peeler
- 1 small sauté pan
- 1 medium saucepan
- 1 slotted spoon or mesh skimmer

ADVANCED PREP LIST

Please complete the following items before class begins.

- Wash all produce items.
- Preheat oven to 325°F.
- Lay bacon out on a baking sheet and roast for about 20 minutes or until crisp.
- Peel the outer layer of the beets and carrots.

SHOPPING LIST

Produce	Dry	Meat	Dairy
2 large beets	1 Tbsp aged balsamic	2 slices bacon	3 oz goat cheese
2 cups carrots	1 Tbsp honey		2 oz butter
2 cups broccoli			

Roasted Beets/ Brussels Sprouts/ Winter Squash with Chevre and Balsamic

YIELD: 8 SERVINGS

Gluten-free
FODMAP friendly

RECIPE CUSTOMIZATION

To make it dairy-free, omit
cheese

INGREDIENTS

2 slices bacon

4 cups beets / Brussels sprouts / winter
squash, cut to similar size

¼ tsp salt, kosher

1 Tbsp aged balsamic vinegar

3 oz goat cheese

DIRECTIONS

1. Preheat oven to 325°F.
2. Place bacon on a baking sheet in the oven. Roast for about 15 minutes or until bacon is crisp.
3. Remove the pan from the oven, and set the bacon aside, leaving as much of the bacon fat on the pan as possible.
4. Place the vegetables on the baking sheet. Toss to coat in the fat.
5. Sprinkle with salt (¼ tsp). Return the pan to the oven. Roast until vegetables are tender.
6. Remove from oven and toss with balsamic vinegar (1 Tbsp).
7. Plate the vegetables. Serve topped with crumbled goat cheese (3 oz) and reserved bacon.

Glazed Parsnips/ Carrots with Honey and Butter

YIELD: 4 SERVINGS

Gluten-free

RECIPE CUSTOMIZATION

To make it dairy-free, swap butter for avocado oil

To make it FODMAP friendly, swap honey for maple syrup

INGREDIENTS

2 Tbsp butter

2 cups parsnips or carrots, trimmed and cut to the same size

1 Tbsp honey

Salt, kosher (to taste)

3 Tbsp water

DIRECTIONS

1. Heat butter (2 Tbsp) in a small sauté pan until it is lightly bubbling.
2. Add the vegetables, honey (1 Tbsp), and salt (to taste), and toss to coat.
3. Add the water (3 Tbsp). Cover loosely, and cook for 5–7 minutes, or until the vegetables begin to become tender.
4. Remove lid and simmer for another 3–5 minutes until sauce reduces and forms a glaze. Taste and adjust salt as needed.

Poached Broccoli/ Cauliflower

YIELD: 4 SERVINGS

Gluten-free

RECIPE CUSTOMIZATION

To make it dairy-free, swap butter for avocado oil

To make it FODMAP friendly, swap honey for maple syrup

INGREDIENTS

2 cups broccoli/cauliflower

3–4 cups water

1 Tbsp salt, kosher

DIRECTIONS

1. Bring water (3–4 cups) and salt (1 Tbsp) to a boil in a saucepan over high heat.
2. Gently place the vegetable into the water.
3. Cook until tender (3–5 minutes).
4. Remove from the water with a slotted spoon or strain through a colander.



LECTURE SUPPLEMENTS

THE DIRTY DOZEN

Farmers typically use the most pesticides on these crops.

1. Strawberries
2. Spinach
3. Kale, collard, and mustard greens
4. Nectarines
5. Apples
6. Grapes
7. Cherries
8. Peaches
9. Pears
10. Bell and hot peppers
11. Celery
12. Tomatoes

THE CLEAN FIFTEEN

These crops usually have the lowest amount of pesticide residue.

1. Avocados
2. Sweet corn
3. Pineapple
4. Onions
5. Papaya
6. Sweet peas (frozen)
7. Eggplant
8. Asparagus
9. Broccoli
10. Cabbage
11. Kiwi
12. Cauliflower
13. Mushrooms
14. Honeydew melon
15. Cantaloupe

This list is provided every year by the Environmental Working Group (www.EWG.org)

USDA pesticide contamination data of popular fruits and vegetables is used to analyze and rank the dirtiest and cleanest. Note: This testing is done after preparing them the same way most people do at home (washing, peeling, and scrubbing).