

Before you start: Session Eight

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
- 1 stock pot or dutch oven
- Colander or strainer
- 1 medium saucepan with lid or rice cooker
- 2 small sauté pans

ADVANCED PREP LIST

Please complete the following items before class begins.

- Wash all produce items.
- Execute the “advanced prep portion” of the red beans recipe or substitute with canned beans.

SHOPPING LIST

Produce	Dry	Meat	Dairy
1 carrot	1 lb dry kidney beans	1 chicken breast	3 oz butter
3 stalks celery	2 bay leaves	1 fillet of whitefish*	
2 onions	¼ cup olive oil		
1 green bell pepper	1/8 tsp cayenne		
3 cloves garlic	½ tsp sage		
1 branch rosemary	1 Tbsp parsley		
	2 cups long-grain rice		

*Whitefish such as halibut, orange roughy, seabass, tilapia