



HOME CHEF PRO

Session Eight

Protein Powerhouse

Classes featured: Protein Powerhouse Overview, Protein Powerhouse—Red Beans and Rice, Protein Powerhouse—Sauteed Whitefish, Protein Powerhouse—Grilled Chicken, Home Chef Pro Wrap-up

OBJECTIVES

- Know where to find plant-based proteins.
- Understand the difference between plant and animal proteins.
- Know how to properly cook both meat and plant sources of protein.
- Learn proper cooking, resting, and carving of meat.

SKILLS SPOTLIGHT

- Properly cook legumes and grains.
- Properly cook meat.

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

Red Beans and Rice

YIELD: 6 SERVINGS

Gluten-free
Dairy-free

RECIPE CUSTOMIZATION

To make it low-FODMAP, swap onion for green part of green onions or chives and omit garlic

INGREDIENTS

To make the beans:

1 lb kidney beans, dry
(can substitute three 15 oz cans of beans)
6 cups water
2 bay leaves
1 carrot, peeled and trimmed
1 stalk celery, trimmed
½ onion, peeled and trimmed

To make the rice:

¼ cup olive oil
1 large onion, diced
1 green bell pepper, diced
2 stalks celery, diced
2 cloves garlic, minced
Pinch cayenne pepper
1 tsp thyme, dry
1 tsp sage, dry
1 Tbsp parsley, dry
1 cup long-grain rice, rinsed
2 cups water
¼ tsp salt, kosher

ADVANCED PREP

If using canned beans, skip this part.

Rinse beans, and then soak in a large pot of water overnight.

Strain and rinse the beans again. Place the soaked and rinsed beans in a large pot with water (6 cups), two bay leaves, one carrot, one celery stalk, and one half onion. Bring to a simmer over high heat.

Reduce heat and maintain a simmer for about one hour. Remove and discard the bay leaves, carrot, celery stalk, and onion.

DIRECTIONS

1. In a large pot, heat olive oil (¼ cup) over medium heat.
2. Cook diced onion, bell pepper, celery, and minced garlic in olive oil for 3–4 minutes.
3. Stir in the cooked beans with remaining cooking liquid, and add a pinch of cayenne, thyme (1 tsp), sage (1 tsp), and parsley (1 Tbsp).
4. Bring to a simmer. Cook for an additional 10–15 minutes.
5. Adjust with additional water if needed.
6. Rinse the rice at least two times. Place the rinsed rice, water (2 cups), and salt (¼ tsp) in a rice cooker or covered saucepan, and gently simmer until water is absorbed and rice is tender.
7. Serve the completed red beans alongside or over the cooked rice.

Culinary Exercises

Sautéed Whitefish

Ingredients:

Avocado oil

Salt, kosher

Whitefish (halibut, orange roughy, seabass, tilapia)

Notes:

Grilled Chicken Cutlet

Ingredients:

Chicken breast

Salt, kosher

Notes:



Program Completion

CONGRATULATIONS ON COMPLETING THE HOME CHEF PRO PROGRAM!

You should have implemented a few of our tips by now and be starting to notice changes in how you feel. Remember this is only the beginning of your journey. With your newfound knowledge, you have additional tools to take the stress out of mealtimes and prepare wholesome, healing, and delicious meals. Keep building on your healthy habits from the list of action steps.

Cheers to your health and wellbeing!

WANT TO CONTINUE LEARNING?

Check out one of our other programs: Putting Out the Flame, Restore Gut Health, Optimizing Brain Health, Optimizing Women's Hormones, and Kids in the Kitchen.