

Before you start: Session One

EQUIPMENT LIST

To help keep pace with the chef and other students, we recommend that you have all the equipment from the following list clean, ready, and within reach before class begins.

- 1 cutting board
- 1 chef knife
- 3 medium mixing bowls
- Tasting spoons
- 1 sanitizer towel with sanitizer solution
(1 Tbsp of bleach mixed with 4 cups of water)
- Measuring cups and spoons
- Dutch oven
- 3 soft spatula
- Food processor or blender
- Mason jar with lid

ADVANCED PREP LIST

Please complete the following items before class begins.

- Wash all produce items.
- Premeasure all herbs and spices.

SHOPPING LIST

Produce	Dry		Dairy
2 cloves garlic	1 can chickpeas	1 Tbsp dry chives	$\frac{3}{4}$ cup buttermilk
2 lemons	1 can white beans	1 Tbsp dry dill	$\frac{1}{2}$ cup sour cream
1 red bell pepper	1 pinch cayenne	$\frac{1}{2}$ Tbsp ground black pepper	
1 yellow bell pepper	$\frac{1}{2}$ Tbsp ground cumin	$\frac{1}{4}$ cup strawberry jam	
2 carrots	Olive oil	$\frac{1}{4}$ cup champagne vinegar	
2 celery ribs	Kosher salt	2 Tbsp honey	
1 European cucumber	$\frac{1}{2}$ cup mayonnaise	1 Tbsp dijon mustard	
1 broccoli head	Worcestershire sauce	1 Tbsp dry basil	
1 zucchini	Tabasco	$\frac{3}{4}$ cup olive oil	
	2 Tbsp dry parsley	Garlic powder	