

# Before you start: Session Four

## 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
- 1 medium mixing bowl
- Measuring cups and spoons
- Tasting spoons
- 1 sanitizer towel with sanitizer solution  
(1 Tbsp of bleach mixed with 4 cups of water)
- Dutch oven
- Soft spatula
- Sauté pan
- Parchment paper or pan spray
- Portion scoop (optional)

## ADVANCED PREP LIST

Please complete the following items before class begins.

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

## SHOPPING LIST

Produce	Dry	Meat	Dairy
1 bunch green onion	1 tsp fennel seed, ground	1 lb ground beef	2 eggs
	Avocado oil	1 lb ground pork	2 oz Parmigiano-Reggiano
	Salt, kosher		
	1 tsp Italian seasoning		
	1 cup breadcrumbs		
	8 oz spaghetti		
	4 cups spaghetti sauce of your choice		