

CU101 STUDENT SHOPPING LIST



WEEK 1—KNIFE SKILLS & CARROTS

Equipment

[Cutting board 18x24 inches](#)
[Bucket for sanitizer solution 6 quart](#)
[Towels \(12 pack\)](#)
[12 inch saute pan](#)
[4 qt sauce pot w/ lid](#)
[Food mill \(optional\)](#)
[Mesh strainer](#)

Staples

1 gallon bleach
Unsalted butter
White sugar
Kosher salt
Black pepper
Ingredients
2 lb carrots
2 oz butter
1 tsp sugar



CARROTS VICHY

WEEK 2— KNIFE SKILLS & POTATOES

Staples

Kosher salt
Black pepper
Ingredients
2 oz butter
5 lb potatoes
8 oz heavy cream



KNIFE SKILLS

WEEK 3—GRAINS & LEGUMES

Staples

Kosher salt
Canola oil
Ingredients
2 oz butter
8 oz long grain rice
1 ea yellow onion
1 qt chicken stock
1 ½ lb dried pinto beans
1 ea jalapeno
1 ea garlic clove



RICE PILAF

WEEK 4—PASTA & SAUCES

Equipment

[Rolling pin](#)
[Tongs](#)
[Pasta machine \(optional\)](#)
[Microplane \(optional\)](#)

Staples

Kosher salt
Thyme
Rosemary
Ingredients
¼ oz olive oil
180g all purpose flour
2 eggs
black peppercorns
1 ea carrots
1 ea yellow onion
1 ½ qt crushed tomatoes
1 ea garlic clove



PASTA

WEEK 5—ROASTING

Equipment

[Roasting pan/hotel pan](#)
[Whisk](#)
[Twine](#)

Staples

Kosher salt
Black pepper
Bay leaf
Thyme
Black peppercorns

Ingredients

2 oz butter
2 oz all purpose flour
Whole chicken or alternate protein
2 c chicken stock
¼ ea yellow onion
½ ea celery
½ ea carrot



ROASTED CHICKEN

WEEK 6—BUTCHERY

Equipment

Quart size freezer bags

Ingredients

1 ea whole chicken



WHOLE CHICKEN

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WEEK 7—STOCKS & SOUPS

Staples

Bay leaf
Thyme
Black peppercorns
Kosher salt
Black pepper

Ingredients

1 oz butter
3 ½ ea yellow onion
1 ea carrot
2 ea celery stalk
2 oz tomato paste
½ bu parsley whole cloves
1 oz brandy (opt)
French bread
6 oz gruyere or swiss)



PLATING SOUP

WEEK 8—POACHING

Staples

Butter
Kosher salt
Black pepper
Bay leaf
Black peppercorns
Thyme
Clove

Ingredients

1 lb butter
8 oz fish fillet or alternate protein
2 oz leeks
2 oz yellow onion
2 oz celery
2 ea lemon
1 oz white wine vinegar
12 oz white wine
½ oz shallot
5 ea parsley stems

WEEK 9—SAUTÉING

Staples

Butter
Kosher salt
Black pepper
Canola oil
All purpose flour

Ingredients

1 oz butter
1 ea chicken breast or alternate protein
1 ea shallot
1 c chicken stock
1 ea zucchini
1 oz white wine



SAUTÉED VEGETABLES

WEEK 10—BRAISING

Staples

Canola oil
Butter
Bay leaf
Thyme

Ingredients

1 oz butter
2 oz parmesan
2 oz all purpose flour
2 ea chicken thighs or alternate protein
½ ea yellow onion
2 oz tomato puree
2 qt chicken stock
8 oz short grain rice (arborio)

WEEK 11—GRILLING

Equipment

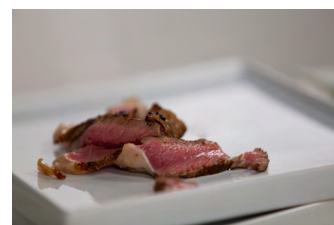
Grill or grill pan

Staples

Kosher salt
Black Pepper
Canola Oil
Cayenne

Ingredients

10 oz butter
1 dz eggs
1 ea steak or alternate protein
1 bunch asparagus
1 ea lemon



GRILLED STEAK

WEEK 12—DEEP FRYING

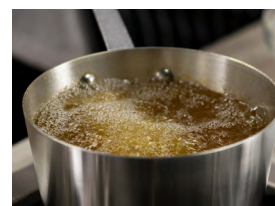
Equipment

[Candy thermometer](#)

[Cooling rack](#)

Ingredients

Canola oil
7 oz all purpose flour
Baking powder
2 eggs
8 oz milk
Kosher salt
Black pepper
2 ea chicken legs or alternate protein
1 ea yellow onion
12 oz club soda or beer



DEEP FRYING