

Any questions regarding workshop supplies should be directed to your workshop instructor.

### **Soap Making Materials:**

#### **Supplies needed:**

- A working crockpot
- Vegetable shortening (Crisco or similar just; vegetable no meat fat)
- Coconut oil
- Olive oil
- Sunflower seed oil
- Water (tap is okay)
- Sugar
- Salt
- A mold (wood or sturdy plastic); rubber maid drawer organizers or small lined shoebox works. There may be items around the house that could serve as a mold for the finished soap
- \*\*\*100% sodium hydroxide AKA Lye\*\*\* It's a drain opener but some brands are a mixture of lye and aluminum. WE DONT WANT ALUMINUM IN OUR SOAP!
- 2 tbs ground oatmeal, ½ ounce of milk, or 1 tbs of yogurt (optional)
- Fragrance and or essential oils or soap can be left unscented  
Food coloring (optional)

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## **Cooking Materials:**

### Essentials

- Sharp Knife
- Cutting Board
- Spoon or ladle
- Saucepan or pot
- Rice cooker (optional)
- Measuring utensils (teaspoon, tablespoon, cups)

### **Week 1**

#### Class 1 – Making a roux

- Spoon or ladle
- Saucepan or pot
- Butter knife
- Whisk (a fork will do fine)
- 3 tbsp of butter
- 3 tbsp of flour
- Salt
- Pepper
- Paprika
- Cayenne
- Cupboard spices at home (optional)

#### Class 2 - Mac and cheese

- Spoon or ladle
- Saucepan or pot
- Pasta strainer
- Butter knife
- Macaroni noodles
- Three cheeses, preferably block cheese, of your choice
- Butter
- Flour
- Salt, pepper, paprika, cayenne, and other preferred spices

*See next page for continued cooking supplies list >>*

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## **Week 2**

### Class 1 – Knife Skills

- Sharp knife
- Cutting board
- Tupperware or plastic containers
- 1 onion
- 1 bell pepper
- 1 whole carrot
- Green onion
- Garlic
- Cilantro

### Class 2 – Making fried rice

- Ladle or large spoon
- Rice cooker (small pot with lid will do fine)
- Large pan
- White or brown rice
- Olive oil, canola oil, or other cooking oil
- Prepared food from previous class
- 1 Egg (or veggie/vegan option)
- Raw chicken, beef, tofu (or preferred veggie/vegan option)
- Soy sauce
- Salt, pepper, other preferred spices

## **Week 3**

Class 1 – Mis en Place and Proper food storage

No supplies necessary

Class 2 – Finalizing family dinner project

No supplies necessary

## **Week 4**

Class 1 – Prepping for family dinner

- Ingredients of your choice; Will be covered in class

Class 2 – Cooking Dinner

- Ingredients and supplies from previous class