



# Online Class 1/23/21: Meal Prep for Success

## Equipment List

Qty	Equipment
<b>Equipment for All Recipes</b>	
1 each	Cutting Board
1 each	Chef Knife
1 set	Measuring Cups
1 set	Measuring Spoons
Various	Mise en Place Bowls (small bowls, cups, or mugs)
<b>Honey Mustard Pork Tenderloin</b>	
1 each	Medium or Large Sauté Pan/Skillet
1 each	Sheet Tray/Baking Tray – lined with foil
1 each	Tongs
1 each	Small Mixing Bowl
1 each	Spoon
1 each	Meat Thermometer
<b>Honey Soy Glazed Pork Tenderloin</b>	
1 each	Small Saucepan
1 each	Medium or Large Sauté Pan/Skillet
1 each	Tongs
1 each	Sheet Tray/Baking Tray – lined with foil
1 each	Spoon
1 each	Meat Thermometer
<b>Mashed Sweet Potatoes</b>	
1 each	Large Pot with Lid
1 each	Slotted Spoon
2 each	Paring Knife (for testing doneness)
1 each	Potato Masher
<b>Roasted Winter Vegetables</b>	
1 each	Large Mixing Bowl
1 each	Sheet Tray/Baking Tray – lined with foil
1 each	Spoon/Spatula
<b>Turkey &amp; Sweet Potato Shepherd's Pie</b>	
1 each	Casserole Dish (1 ½ -2 Qt. or 6 cup capacity)
1 each	Large Sauté Pan/Skillet
1 each	Wooden Spoon or Spatula

<b>Moroccan Spiced Quinoa Stew</b> *will not be prepared live during class	
1 each	Dutch Oven or Large Pot with Lid
1 each	Wooden Spoon or Spatula
<b>Supplemental Equipment:</b>	
1 Small Pot with lid for cooking quinoa	
1 Medium Sauté Pan/Skillet for cooking cabbage (or other vegetable side dish)	
Storage Containers for refrigerating/freezing: single-serving size or bulk storage	