



The Goldring Center  
for Culinary Medicine

TULANE UNIVERSITY

## TUSSSG Online Cooking Class 04.18.21

### Equipment List

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#### RECIPES FOR CLASS

#### ALLERGENS

#### RESTRICTIONS

Southwest Chicken and Sweet Potato Stew

N/A

None

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#### KITCHEN EQUIPMENT NEEDS FOR CLASS:

Qty	Equipment
Equipment for All Recipes	
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)
Chicken and Sweet Potato Stew	
1 each	Large Saucepot
1 each	Tongs (for flipping chicken)
1 each	Large Spoon

#### OPTIONAL EQUIPMENT:

Hand Chopper (for chopping onion, bell pepper, and garlic), if desired to cut down on chopping with a knife

