

COOKING SESSION 2 • AMAZING MISE EN PLACE PLAN

		START		10 MIN	20 MIN	30 MIN	40 MIN	50 MIN	
no-cook	 CHERRIES	wash					puree & pour		before you begin label freezer storage bags pe cherries (if using fresh) thaw frozen "no-cook" foods
	 MANGOES	wash	peel	cut	puree & pour				
steam	 PARSNIPS	HEAT WATER IN A STEAMER TO A SIMMER		cut	steam 8-10 min.		puree & pour		
	 PEARS	wash	peel	cut		steam 5-7 min.	puree & pour	cover & freeze trays	
	 SWEET POTATOES	wash	peel	cut	steam 15 min.	puree & pour			
heat/steep	 PRUNES	HEAT WATER & CUPS IN A STEAMER TO A SIMMER		steep 10 min.		puree & pour			24 hours later transfer to labeled bags & organize in freezer basket
dry-grind	 OATS				grind			store in an airtight container & freeze	