

COOKING SESSION 3 -- AMAZING MISE EN PLACE PLAN

		START		10 MIN	20 MIN	30 MIN	40 MIN	50 MIN		
no-cook	AVOCADOS	wash	cut		puree & pour					
	PEACHES	wash	cut			puree & pour				
	BROCCOLI	HEAT WATER & VIA STEAMER TO A SIMMER				steam 6-8 min.		puree & pour		
steam	BUTTERNUT SQUASH	wash	cut	peel	steam 7-10 min.		puree & pour			
	KALE	wash	cut			steam 3-5 min. (2 batches)	puree & pour			
heat/steep	BLACK BEANS	HEAT WATER (10L) IN A SMALL POT TO A SIMMER			heat 5 min.	puree & pour				
	LENTILS				grind					
dry-grind	QUINOA				grind					
									store in an airtight container & freeze	
									cover & freeze trays	24 hours later transfer to labeled bags & organize in freezer basket

before you begin
label freezer storage bags
thaw frozen "no-cook" foods