



Springfield College Reunion 2021

Cooking Class with Executive Chef Rachael LaPorte & Nick Testa - Class of G 07'

Roasted Garlic & Herb Chicken with Roasted Coconut Sweet Potatoes & Garlicky Kale

### Shopping List:

#### Food

##### Fresh Produce Section:

2 each skin on bone in chicken breast

##### Produce Section:

1 pack Fresh Thyme

1 pack Fresh Rosemary

or

1 pack poultry fresh herb blend (Thyme Rosemary, sage blend) (Most economical)

1 Blood Orange

1 each Fresh Whole Garlic

1 Whole Lemon

2 Whole Limes (Cocktail)

2 medium Sweet Potatoes

1 bunch Kale

! Bottle of Blood Orange Juice (Cocktail) - Kennesaw Brand from Whole Foods or Amazon

1 Bottle of Black Currant Juice or Blackberry Juice (Cocktail) - Maple Lane Farms from Whole Foods or Amazon

#### Utensils

2 Saute pans (non-stick or otherwise)

1 half sheet pan

1 large Chef's Knife (pretty sharp)

1 Cutting Board

1 zester (cheese grater or Micro plane)

1 whisk

1 tong

1 ladle

1 spatula

1 Muddler (or the end of a wooden Utensil)

1 Shaker & Glass Combo

1 small Bread Plate

1 Margarita glass (your choice)

1 Coupe glass (or Martini glass)

#### Natural Foods Section:

1 Container Low Salt Chicken Broth

1 bag of Cassava Flour (grain free option) or Rice Flour

1 jar Extra Virgin Cold Expeller Pressed Coconut Oil - Viva Naturals Organic Extra Virgin Coconut Oil

1 Bottle Coconut Aminos

#### Spices and Oil Section:

Kosher or Sea Salt

Black Pepper

1 Bottle Cold Pressed Extra Virgin Olive Oil

#### Liquor Store:

1 Nip of Sambuca

1 Pint of Mezcal Tequila

2 Nips of Creme de Cacao

2 Nips of Vanilla Vodka

1 Oz of Kosher Salt