**COURSE ONE: THE POWER OF CAULIFLOWER**

**Class One: SHRIMP N CRITS**

* Cauliflower
* Shrimp
* Olive Oil
* Coconut Oil
* Guh WID EVERYTING
* Almond Milk
* Sea Salt
* Dried Parsley
* Onion
* Garlic
* Ginger Root
* Kale

Equipment

* Dah STOVE
* Skillet
* Vitamix [a regular blender will do just fine]
* Air fryer
  + Not required. The oven will do too!
* Bowls
* Cutting Board
* Knives

**COURSE ONE: The Power of Cauliflower**

**Class Two: CURRY CAULIFLOWER RICE**

* Cauliflower
* Turmeric Root
* Ginger Root
* Scotch Bonnet Peppers (aka Habanero)
* Mini Bell Peppers
* Garlic Cloves
* Scallions (aka Green Onions)
* Fresh Thyme
* Fennel
* GWET (Guh Wid EveryTing Seasoning)
  + Don’t have GWET yet? Substitute for another All purpose seasoning blend
* Jamaican Curry Powder
* Marsala Powder
* Cummin
* Organic Coconut Oil
* Olive Oil

Equipment

* Large Non-stick skillet
* Cutting Boards
* Knives
* Bowls
* Stove Top

**COURSE ONE: The Power of Cauliflower**

**Class Three: CauliAvo Dip & Vegan BreakYOURfast Wrap**

* Cauliflower
* GREEN Avocado (We do NOT want the ripe ones)
* Red Onion
* Sweet White Onion
* Garlic Cloves
* Large Lemon
* Ginger Root
* Mini Bell Peppers
* Guh Wid EveryTing Seasoning (GWET)
* Veggie Crumbles
* Sea Salt
* Olive Oil
* Wraps
* Veggie Crackers

Equipment

* Blender or Vitamix
* Skillet
* Cutting Boards
* Stove
* Knives
* Baking Sheet

**JAMAICAN CULINARY LEGACY: POP UP CLASS**

**RICE AN PEEEAAASSS**

* RED KIDNEY PEAS
  + (NO OTHER PEAS ARE ACCEPTABLE. Hear me. No other peas are acceptable. NOT if you are making this dish)
* Scallions (aka Green Onions)
* FRESH Thyme
* Garlic Cloves
* Ginger Root
* Onion (I like Red Onions)
* Scotch Bonnet Pepper (aka Habanero)
* Ground Pimento
* Sea Salt
* Coconut Milk
* Coconut Oil
* Basmati Brown Rice
* Guh Wid EveryTing Seasoning

Equipment

* Medium Pot
* Stove
* Cutting Board
* Bowls
* Knives

**COURSE 2: STAY ON BEET. STAY SWEET**

**Class One: Scallops & Vegetti**

* GWET (Guh Wid EveryTing Seasoning)
* White Distilled Vinegar
* Extra Virgin Olive Oil
* Sesame Oil
* Jumbo Scallops (the Baby ones are NOT for this)
* Large Sweet Potato
* Large Beet (Red or Golden)
* Large Lemon
* Garlic Cloves
* Ginger Root
* Red Onions
* Scallion (Aka Green Onions)
* Fresh Thyme
* Sea Salt

Equipment

* Vegetable Peeler
* Zester
* Pastry Brushes (I like the silicone ones)
* Spiralizer (I use the one with the crank. The Handheld one will not work to spiralize the beets & sweet potatoes)
* Cutting Board
* Knives
* Bowls
* Stove
* Skillets

**COURSE 2: STAY ON BEET. STAY SWEET.**

**Class Two: Sunshine Salad w/ Chat Bout Salmon PLUS Liquid Gold Juice**

* Golden Beets Bunch (Stems and leaves attached)
* Fennel
* Lemons
* Mango
* Grapefruit
* Ginger Root
* Cucumber
* Fresh Mint leaves
* Cilantro
* Salmon Filet
* Extra Virgin Olive Oil
* GWET
* Vinegar

Equipment

* Juicer
* Bowls
* Cutting Board
* Pastry Brush
* Spoons
* Knives
* Veggie Peeler
* Zester

**COURSE 2: STAY ON BEET. STAY SWEET.**

**Class Three: Hasselback Potatoes & Fo’ Real Lemon Chicken**

* Sweet Potato
* Purple Stokes
* Japanese White Potatoes
* Garlic Cloves
* Lemons
* Guh Wid EveryTing Seasoning
* Golden Beets
* Skinless Chicken Breast
* Sesame Oil
* Extra Virgin Olive Oil
* Cayenne Pepper
* Cilantro
* Cinnamon

Equipment

* Zester
* Veggie Peeler
* Lemon Squeezer
* Air Fryer

**Course 3: TRY A NEW LEAF**

**Class One: Curry Bok Choi & Chat Bout Shrimp**

* Bok Choi
* Scotch Bonnet Peppers (aka Habanero)
* Jalapeno
* Bell Peppers
* Ginger Root
* Turmeric
* Garlic
* Red Onion
* Lemon
* Scallions (Green Onions)
* Guh Wid EveryTing Seasoning (GWET)
* Curry Trio – Jamaican Curry, Marsala, Cumin, Sea Salt
* Jumbo Shrimp
* Extra Virgin Olive Oil

Equipment

* Skillet
* Stove
* Bowls
* Cutting Board
* Bowls

**Course 3: TRY A NEW LEAF**

**Class Two: Crabby Farro Collard Green Wraps**

* Farro
  + (Barley is a great substitute for this. Same formula for cooking)
* Coconut Oil
* Garlic
* Guh Wid EveryTing Seasoning (GWET)
* SeaSalt
* Bay Leaves
* Collard Green Bunch
* Ginger Root
* Bell peppers
* Thyme
* Ground Pimento
* Lump Crabmeat
* Blackbeans
  + (We don’t use cans. Soak and Slow cook is our way)
* Olive Oil

Equipment

* Skillet
* Medium Pot
* Cutting Boards
* Knives
* Bowls
* Spoons

**Course 3: TRY A NEW LEAF**

**Class Three: DIY Mixed Green Salad & Pineapple Salsa**

* Red Swiss Chard
* Rainbow Swiss Chard
* Red Kale
* Arugula
* Watercress
* Cilantro
* Cherry Tomatoes
* Limes
* Lemons
* Onion
* Pineapple
* Olive Oil

Equipment

* Bowls
* Cutting Boards
* Sea Salt
* Ground Pimento