



**BAUMAN
COLLEGE**

HOLISTIC NUTRITION
AND CULINARY ARTS

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NATURAL CHEF MATERIALS LIST

Supplied by Bauman College

Bauman, E., et al. (2010). *Natural Chef Handbook and Natural Chef Recipe Workbook*. Bauman College Press. \$175.00

Bauman, E. (2010). *Recipes and Remedies for Rejuvenation*. Bauman College Press. \$ 25.00

Total \$200.00¹

Independent Purchase

Hertzmann, P. (2007) *Knife Skills Illustrated: A User's Manual*. W.W. Norton & Co. \$29.95

ISBN-13: 978-0393061789

Murray, M. & Pizzorno, J. (2005). *Encyclopedia of Healing Foods*. Simon & Schuster Adult Publishing Group. \$24.95

ISBN-13: 9780743480529

Page, K. & Dornenburg, A. (2008). *The Flavor Bible*. Little, Brown and Company. \$35.00

ISBN-13: 978-0316118408

Wallace, C & Forte, G. (2007) *The Professional Personal Chef*. Wiley, John & Sons, Incorporated. \$52.00

ISBN-13: 9780471752196

Students should have all required textbooks listed above before classes begin. All books may be purchased new or used at a discount through the Bauman College Online Book Store, located under the Prospective Student tab on our website or at: <http://astore.amazon.com/baumcollholin-20>

The following are additional program related fees, discussed on page 2.

Chef coat ²	\$20 - \$80
Hard, closed toe shoes or chef clogs ²	\$20 - \$100
Knife set (to include: paring, chef, utility knives) ^{2,3}	\$40 - \$120
Instant Read Thermometer ²	\$10 - \$15
Food purchase - in-class final cooking presentation ⁴	\$25 - \$50
Online nutrition analysis tool	\$25

¹Sales tax will be applied.

²Costs will vary according to brands chosen and place of purchase.

³Recommended knife brands – Henckels, Wusthof, Forschner & Globe.

⁴Food costs vary according to recipes chosen and ingredients purchased.

The following is a list of additional materials that students will need to attend the Natural Chef Training Program. They are not needed for the first day of class, and these items will be discussed then.

- Hair cover (cap or hat) simple and clean to cover **all** hair
- Chef coat (white recommended but can be of any color)
- Chef pants (black, hounds tooth, or pin stripe) not baggy, but also not skin-tight, made of cotton or cotton-poly blend.
- Non-slip chef shoes (hard, closed-toe and heel)
- Optional: waist apron, side towel
- Knives: (knives may be purchased after Knife Skills class)
 - 8- inch Chef knife
 - 3- inch paring knife (optional)
- Chef gear bag
- Computer and printer for homework assignments

Optional Recipe Management Software:

PC - Living Cookbook, Master Cook

Mac - A Cook's Books, Shop'N Cook, or MACGourmet