



# Palm Beach Chefs Culinary Guide

---

*\*Standards & Protocols for In-Home Chef Services\**

## **1. Shopping Guidelines**

Chefs must shop at high-quality, trusted sources:

- Whole Foods Market
- Sprouts Farmers Market
- Cod & Capers Seafood (North Palm Beach)
- Local farmers markets in Palm Beach County
- Top-rated local butchers and fish markets
- Sustainable delivery services like Seatopia (for pre-approved seafood)

Ingredient Quality Requirements:

- Organic ingredients whenever possible, especially Dirty Dozen produce
- Grass-fed, pasture-raised, organic meats
- Wild-caught, low-mercury fish
- Free from:
  - Seed oils (canola, vegetable, sunflower, soybean, etc.)
  - MSG and artificial flavorings
  - Conventional dairy (unless specifically approved by the client)
  - Food dyes, preservatives, refined sugar, or additives

## **2. Produce Handling**

- Soak all produce in filtered water + baking soda for 10–15 minutes
- Discard any items showing mold or spoilage
- Dry all produce completely before storing to prevent mold or sogginess

## **3. Ingredient Standards**

- Organic ingredients preferred across all services
- Seed oil-free cooking is required

- Gluten-free and dairy-free for clients upon request
- If using soy, it must be organic
- Sweeteners: Only use organic maple syrup or wild honey
- Salt: Use Himalayan pink salt or unrefined sea salt (no iodized table salt)
- Spices: Must be organic (conventional spices may contain heavy metals)

#### **4. Equipment & Tools**

Prohibited:

- Non-stick pans (Teflon or similar coatings)
- Plastic cutting boards, plastic utensils
- Aluminum cookware

Required:

- Stainless steel, cast iron, or enameled cookware
- Metal or wood utensils
- Chefs must bring their own professional knives and digital probe thermometer

#### **5. Protein Cooking & Storage**

- Temp all proteins to USDA standards:
  - Chicken: 165°F
  - Steak (medium rare): 130°F
  - Fish: 145°F or per client preference
- Cool cooked food uncovered for 30 minutes before sealing
- All food must be stored in glass containers provided by the client or chef
- If using disposable containers, chefs must use PFAS-free, oven-safe, unbleached paperboard containers such as the Pactiv Evergreen PEP7014 or similar clean alternatives

#### **6. Cleaning Procedures**

- Wipe all surfaces with a vinegar + water solution, Branch Basics, or other non-toxic cleaning products in the client's home
- Bring your own dish rags and towels and wash them after each use
- Clean all prep tools and cookware
- Sweep floors and clean stovetops and counters thoroughly

#### **7. Labeling & Communication**

- All food must be labeled and dated using Palm Beach Chefs sticker labels
- Labels must include:
  - Name of dish
  - Date prepared
  - Optional: storage or reheating instructions
- Notify client if anything is running low, or if there are product or equipment concerns