

SHOPPING LIST FOR COOK-ALONG WITH CHEF RANDLE



Baked Lemon Pudding with BC Blueberry Compote BC Inspired Thai Chicken Curry

MEAT

- 2 lbs BC Chicken Thighs, boneless, skinless 1 kg

FRESH PRODUCE

- 1 ½ cups BC Kale 375 ml
- 1 Red Bell Pepper, large 1
- 2 Carrots 2
- 2 cups BC Squash 480 ml
- 1 Onion, large 1
- 2 Garlic, cloves 2
- 2 tbsp Ginger 30 ml
- 2 tbsp Lemongrass 30 ml
- ¼ cup Cilantro 60 ml
- ¼ cup Thai Basil 60 ml
- 4 Limes 4
- 2 Lemons 2

EGGS & DAIRY

- 3 BC Eggs 3
- ¾ cup BC Butter 180 ml
- 1 cups BC Milk 240 ml

BAKING

- 1 ¾ cups Sugar, granulated 315 ml
- ¼ cup Powdered Sugar 60 ml
- ⅓ cup All Purpose Flour 160 ml
- 1 tsp Pure Lemon Extract 5 ml
- 1 tsp Vanilla 5 ml

PASTA & RICE

- 6 portions Jasmine Rice 6 portions

CANS & JARS

- 6 tbsp Red Thai Curry Paste 90 ml
- 1 Coconut Milk, 400 ml can 1
- 1 Coconut Cream, 400 ml can 1

SAUCES & CONDIMENTS

- ¼ cup Canola Oil 60 ml
- 1 tbsp Fish Sauce 15 ml

SEASONINGS

- Pinch Sea Salt Pinch
- 2 Kafir Lime Leaves (optional) 2

FROZEN ITEMS

- 2 cups BC Blueberries, frozen 480 ml

OTHER

- 2 ¼ cups Water 530 ml

*Note: For the Vegan version of the BC Inspired Thai Curry dish, omit the chicken and fish sauce and replace with :

- 3 cups BC Cauliflower 720 ml
- 3 cups BC Potato 720 ml