

# SHOPPING LIST FOR COOK-ALONG WITH CHEF RANDLE



**BC Egg Scramble and Chicken Sausage with Asparagus Toast**  
**BC Greenhouse Salad with Vinaigrette**  
**BC Cranberry Scones with Orange and White Chocolate**  
**BC Cranberry Spritzer**

## POULTRY

½ pound Ground BC Chicken 225 g

## FRESH PRODUCE

30 BC Grape Tomatoes 30  
 1 BC Mini Cucumbers 1  
 1/4 BC Red Onion ¼  
 1 bunch BC Asparagus 1 bunch  
 2 tbsp BC Chives 30 ml  
 1 tbsp BC Sage\* 15 ml  
 1 large Orange 1 large  
 1 Lime 1

## EGGS & DAIRY

9 large BC Eggs 9 large  
 1 cup BC Butter, unsalted 240 ml  
 ¾ cup BC Whipping Cream 180 ml  
 ½ cup BC Gouda Cheese\*\*, shredded 120 ml

## BAKING

2 ½ cups All Purpose Flour 625 ml  
 ½ cup Granulated Sugar 120 ml  
 2 tbsp Brown Sugar 30 ml  
 ¼ cup Powdered Sugar 60 ml  
 1 tbsp Baking Powder 15 ml  
 ½ cup Craisins 125 ml  
 ½ cup White Chocolate, chips or chunks 125 ml

## FROZEN GOODS

1 cup Ice 240 ml

## SAUCES & CONDIMENTS

2 tbsp BC Canola Oil 30 ml  
 2 tbsp Olive Oil 30 ml  
 2 tsp Dijon Mustard 10 ml  
 1 tbsp White Wine Vinegar 15 ml

## SEASONINGS

2 tsp Ground Black Pepper 10 ml  
 2 tsp Salt 10 ml  
 1 tbsp Onion Powder 15 ml  
 1 tsp Paprika 5 ml  
 ½ tsp Cinnamon 2.5 ml  
 2 tsp Vanilla 10 ml

## BAKERY

4 Slices BC Sourdough (or your favourite bread) 4 slices

## DRINKS

3 cups Ocean Spray Cranberry Juice 750 ml  
 1 cup Soda Water 240 ml  
 3-5 tbsp Grenadine Syrup 50-75 ml  
 ¼ cup Water 60 ml

## EQUIPMENT LIST

- Baking Tray
- Chef Knives
- Cooking Utensils (Including Wooden Spoons, Silicone Heat-Resistant Spatula, Turner, etc.)
- Frying Pan
- Frying Pan - Non-Stick
- Grater
- Measuring Cups and Spoons
- Mixing Bowls (1 Large 2 Medium, and 3 Small)
- Paper Towel Lined Plate
- Parchment Paper
- Pastry Blender (Or Fork)
- Sauté Pan
- Serving Pitcher
- Serving Utensils
- Small Bowl
- Zester



### CHEF'S TIP

\*Or 1 tsp (5 ml) Dry Sage  
 \*\*Cheddar, Havarti, or Swiss are good substitutes.