

SHOPPING LIST FOR COOK-ALONG WITH CHEF RANDLE



BC Beef Zesty Lettuce Wraps
BC Blueberry Strudel
BC Blueberry "Mojito" Spritzer

MEAT

2 lb BC Lean Ground Beef 900 g

FRESH PRODUCE

2 BC Carrots 2
 ½ cup BC Green Onions 120 ml
 1 bunch BC Cilantro 1 bunch
 1 head BC Butter Lettuce 1 head
 ½ long BC English Cucumber ½ long
 5 BC Radishes 5
 2 tbsp BC Ginger 30 ml
 2 tbsp BC Garlic 30 ml
 2 handfuls BC Mint Leaves 2 handfuls
 1 cup BC Blueberries 240 ml
 2 ½ Limes 2 ½

EGGS & DAIRY

2 BC Eggs 2
 1 cup BC Greek Yogurt 240 ml
 8 oz BC Cream Cheese 225 g
 4 tbsp BC Heavy Cream (36% Milk Fat) 60 ml

FROZEN GOODS

14 oz Package Puff Pastry 397 g
 2 cups BC Frozen Blueberries 480 ml
 12 Ice Cubes 12

BAKING PRODUCTS

1 ½ cup Granulated Sugar 240 ml
 ¼ cup Coarse Sugar (optional) 60 ml
 ¼ cup Powdered Sugar 60 ml
 2 tsp Brown Sugar 10 ml
 ¼ cup Flour 60 ml
 ¼ cup Corn Starch 60 ml
 2 tsp Vanilla 10 ml
 2 tbsp Lemon Juice 30 ml

NUTS & SEEDS

⅔ cup Ground Almonds 160 ml

CANNED GOODS

1 cup Beef Stock 240 ml

SAUCES & CONDIMENTS

2 tsp Sesame Oil 10 ml
 2 tsp Chili Sauce 10 ml
 2 tbsp Soy Sauce 30 ml
 1 cup Rice Wine Vinegar 240 ml

SEASONINGS

¼ cup White Miso Paste 60 ml
 1 tbsp Kosher Salt 15 ml
 Dash Salt and pepper Dash

BEVERAGES

2 Cans of Ginger Ale 2
 2 Cans of Carbonated Water 2

EQUIPMENT LIST

- 3 Small Bowls
- 4 Clear Drinking Glasses
- 4 Dinner Plates
- 4 Dessert Plates
- Baking Tray
- Chef Knives
- Cooking Utensils
- Cutting Board
- Electric Beaters or Stand Mixer
- Measuring Cups/Spoons
- Large Pot
- Large Bowl
- Lettuce Spinner
- Parchment Paper
- Pastry Brush
- Plastic Wrap
- Rolling Pin
- Serving Utensils
- Small Pot
- Whisks
- Wooden Spoons