

SHOPPING LIST FOR COOK-ALONG WITH CHEF RANDLE



Organic Braised Moroccan Chicken with Couscous Organic BC Cider Poached Apples with Toasted Walnuts

MEAT & POULTRY

- 2 ¼ lbs BC Bone-In Skin-On Chicken Thighs 1 kg

FRESH PRODUCE

- | | | |
|-------------------------------------|--------------------|------------|
| <input type="checkbox"/> 1 large | BC Onion | 1 large |
| <input type="checkbox"/> 3 medium | BC Carrots | 3 medium |
| <input type="checkbox"/> 4 medium | BC Russet Potatoes | 4 medium |
| <input type="checkbox"/> ¼ cup | BC Cilantro | 60 ml |
| <input type="checkbox"/> ¼ cup | BC Parsley | 60 ml |
| <input type="checkbox"/> 4 cloves | BC Garlic | 4 cloves |
| <input type="checkbox"/> 2 in piece | BC Ginger | 5 cm piece |
| <input type="checkbox"/> 3 | Lemons | 3 |
| <input type="checkbox"/> 5 large | BC Apples | 5 large |

FROZEN ITEMS

- 2 cups BC Vanilla Ice Cream 500 ml

BAKING PRODUCTS

- | | | |
|--------------------------------|--------------------|--------|
| <input type="checkbox"/> ½ cup | Brown Sugar | 125 ml |
| <input type="checkbox"/> ½ cup | BC Walnuts, sliced | 125 ml |
| <input type="checkbox"/> 1 tbs | Vanilla | 15 ml |

CANNED & DRY GOODS

- | | | |
|---------------------------------|--|--------|
| <input type="checkbox"/> 2 cups | Couscous | 500 ml |
| <input type="checkbox"/> ½ cup | Olives, whole, pitted (green or black) | 125 ml |

SAUCES & CONDIMENTS

- | | | |
|-----------------------------------|------------------|--------|
| <input type="checkbox"/> ½ cup | Olive Oil | 125 ml |
| <input type="checkbox"/> 6 ½ cups | BC Chicken Stock | 1.5 L |

SEASONINGS

- | | | |
|--------------------------------|-----------------------|-------|
| <input type="checkbox"/> ¼ tsp | Cayenne Pepper Powder | 2 ml |
| <input type="checkbox"/> ¼ tsp | Cinnamon | 2 ml |
| <input type="checkbox"/> ½ tsp | Ground Coriander | 3 ml |
| <input type="checkbox"/> 1 tsp | Cumin Powder | 5 ml |
| <input type="checkbox"/> ½ tsp | Ground Ginger Powder | 3 ml |
| <input type="checkbox"/> 1 tsp | Paprika | 5 ml |
| <input type="checkbox"/> ½ tsp | Turmeric Powder | 3 ml |
| <input type="checkbox"/> ¼ tsp | Saffron (optional) | 2 ml |
| <input type="checkbox"/> ½ tsp | Black Pepper, ground | 3 ml |
| <input type="checkbox"/> Pinch | Sea Salt | Pinch |
| <input type="checkbox"/> 2 | Cinnamon Sticks | 2 |

BEVERAGES

- 4 ¼ cups BC Sweet Apple Cider 1 L

EQUIPMENT LIST

- 2 Large Pots
- 2 Plates
- Chef Knives
- Cooking Utensils
- Cutting Boards
- Grater
- Heat Resistant Bowl
- Large Braising Pan or Dutch Oven
- Large Mixing Bowl
- Measuring Cups/Spoons
- Pan
- Peeler
- Plastic Wrap
- Serving Utensils
- Wooden Spoons

