

# SHOPPING LIST FOR COOK-ALONG WITH CHEF RANDLE



## BC Chicken Tikka Masala with BC Raita Caramel BC Ambrosia Apple Chiffon Cake

### MEAT AND POULTRY

- 3 pounds Boneless, Skinless BC Chicken 1.3 kg (may be breasts, thighs, or a combination)

### FRESH PRODUCE

- ½ Lime ½
- 4 BC Ambrosia Apples 4
- 1 Large BC Onion 1
- 1 tbsp BC Red Onion 15 ml
- ½ BC Cucumber ½
- 1 bunch BC Cilantro 1 bunch
- 2 ½ tbsp BC Garlic 40 ml
- 2 ½ tbsp Ginger 40 ml

### EGGS AND DAIRY

- 5 Large BC Eggs 5
- ¼ cup BC Butter 60 ml
- ¼ cup BC Ghee (or BC Butter) 60 ml
- 1 cup BC Heavy Cream 240 ml
- 2 ½ cups BC Yogurt, plain, full fat variety 600 ml

### FROZEN ITEMS

- 3 cups BC Vanilla Ice Cream 720 ml

### BAKING PRODUCTS

- 1 ¼ cups All Purpose Flour 300 ml
- ½ cup + 5 tbsp Granulated Sugar 200 ml
- ½ cup Brown Sugar 120 ml
- 1 tsp Baking Powder 5 ml
- ½ tsp Cream of Tartar 3 ml
- 2 tsp Pure Vanilla Extract 10 ml

### BAKED GOODS

- 6 pieces BC Naan Bread 6 pieces

### CANNED GOODS

- 5.5 oz Tomato Paste 156 ml
- 20 oz Canned Tomatoes 600 ml

### OILS, SAUCES, AND CONDIMENTS

- ¼ cup Vegetable Oil 60 ml

### SEASONINGS

- 3 tsp Cumin, ground 15 ml
- 2 tsp Garam Masala 10 ml
- 2 tsp Coriander, ground 10 ml
- 1 tsp Turmeric 5 ml
- 1 tsp Paprika 5 ml
- 1 tsp Fenugreek Leaves (optional) 5 ml
- ½ tsp Chili Powder (optional) 3 ml
- ½ tsp Fine Sea Salt 3 ml
- ½ tsp Salt 3ml
- 1 ½ tsp Ground Black Pepper 8 ml

### GRAINS, RICE, AND PASTA

- 3 cups Uncooked Basmati Rice 720 ml

### OTHER

- 3 tbsp Cold Water 45 ml

### EQUIPMENT LIST

- 6 Dessert Plates
- 6 Dinner Plates
- 8" x 8" Square Cake Pan or 9" Round Cake Pan
- Cake Platter
- Chefs Knives
- Cooking Utensils
- Cutting Boards
- Eating Utensils
- Grater
- Ice Cream Scoop
- Large Heavy Pot
- Measuring Cups/Spoons
- Plastic Wrap
- Rice cooker (or large pot)
- Serving Utensils
- Sifter
- Skewer or Cake Tester
- Mixing Bowls, Large (2)
- Mixing Bowl, Small (2)
- Spatula
- Stand Mixer (or Electric Hand Blender)
- Wire Rack
- Wooden Spoons