

# SHOPPING LIST FOR COOK-ALONG WITH CHEF RANDLE

## BC Organic Tomato Braised Chicken Tinga Tacos with Pickled Red Onion and Pico de Gallo Organic Vanilla and Cinnamon Pudding

### MEAT AND POULTRY

- 8 BC Chicken Thighs, boneless, skinless 8

### FRESH PRODUCE

- 10-11 BC Field Tomatoes\*, medium 10-11 medium  
 2 medium BC White Onions 2 medium  
 1 medium BC Red Onion 1 medium  
 ¼ cup BC Cilantro 60 ml  
 4 cloves BC Garlic 4 cloves  
 6 Limes 6

### EGGS AND DAIRY

- 2 cups 1% or 2% BC Milk 500 ml  
 ¾ cup BC Whipping Cream 180 ml  
 1 tbspc Unsalted BC Butter 15 ml

### BAKING PRODUCTS

- 1 tbspc Granulated Sugar 15 ml  
 ¾ cup Brown Sugar 180 ml  
 ¼ cup Cornstarch 60 ml  
 2-3 tbspc Powdered Sugar 30-45 ml  
 2 tbspc Pure Vanilla (or Vanilla Extract) 30 ml  
 1 Vanilla Bean, scraped 1

### BAKED GOODS

- 12-18 6" (15 cm) Flour Tortillas 12-18

### CANNED GOODS

- ⅔ cup Tomato Paste 156 ml  
 1-3 Chipotles in Adobo Sauce 1-3

### OILS, SAUCES, AND CONDIMENTS

- 1 cup BC Apple Cider Vinegar 250 ml  
 1-3 tbspc Adobo Sauce (Optional) 15-45 ml  
 ½ cup Canola Oil 125 ml

### SEASONINGS

- 1 tbspc Smoked Paprika 15 ml  
 1 tbspc Oregano 15 ml  
 1 tbspc Cumin 15 ml  
 1 tbspc Onion Powder 15 ml  
 1 tbspc Garlic Powder 15 ml  
 3 tsp Chipotle Powder (Optional) 15 ml  
 1 tsp Cinnamon, ground 5 ml  
 Pinch Salt and Pepper Pinch

### BEVERAGES

- ¾ cup Cane Sugar Cola\*\* 200 ml

### EQUIPMENT LIST

- 4 Dessert Dishes (or Glasses)
- 4 Dinner Plates
- Chef's Knives
- Cooking Utensils
- Cutting Boards
- Eating Utensils
- Grater
- Measuring Cups/Spoons
- Mixing Bowl, Large
- Mixing Bowl, Medium
- Mixing Bowl, Small
- Oven Mitts
- Pan, Large Heavy-Bottomed
- Plastic Wrap
- Pot, Medium
- Pot, Small
- Serving Utensils
- Spatula
- Stand Mixer (or Electric Hand Blender)
- Whisk
- Wooden Spoons

