

SHOPPING LIST FOR COOK-ALONG WITH BCAITC CHEF TREVOR RANDLE AND WHITE SPOT CHEF JAMES KENNEDY



BC Szechuan Beef with Stir-Fried Noodles

Toasted Coconut Meringues with Lemongrass and Ginger Infused Crème Anglaise

MEAT AND POULTRY

- 1 lb BC Striploin or Sirloin Beef 500 g

FRESH PRODUCE

- 2 large BC Carrots 2 large
 4 cups BC Sui Choy, shredded 1 litre
 2 bunches BC Green Onions 2 bunches
 3 BC Red Bell Peppers 3
 2-4 Mangos or BC Peaches 2-4
 4 thumbs BC Ginger 4 thumbs
 3 bulbs BC Garlic 3 bulbs
 ½ stock BC Lemongrass ½ stock

EGGS AND DAIRY

- 4 cups Whole BC Milk 1 litre
 12 BC Eggs 12

BAKING PRODUCTS

- 2 cups Granulated Sugar 500 ml
 4 tbsp Brown Sugar 60 ml
 5 tsp Cornstarch 25 ml
 ¼ tsp Cream of Tartar 1 ml
 2 tsp Vanilla 10 ml
 2 cups Toasted Coconut 500 ml
 1-2 tbsp Toasted Sesame Seeds 15-30ml

OILS, SAUCES, AND CONDIMENTS

- 5-6 tbsp Canola Oil 75-90 ml
 2 tbsp Black Vinegar 30 ml
 (or Rice Wine Vinegar)
 ¾ cup + 2 tsp Light Soy Sauce 190 ml
 ⅔ cup Dark Soy Sauce 160 ml
 3 tbsp Sesame Oil 45 ml
 8 tsp Sambal Oelek 40 ml
 (or Asian Chili Sauce)
 4 tbsp Rice Wine 60 ml

SEASONINGS

- ½ tsp 5-Spice Powder (Optional) 3 ml
 ½ tsp Ground Szechuan 3 ml
 Peppercorn
 Pinch Sea Salt Pinch

GRAINS, RICE, AND PASTA

- 14 oz Lo Mein or Longevity Noodles* 400 g

OTHER

- 6 tbsp Water 90 ml

EQUIPMENT LIST

- 4-6 Dessert Bowls
- 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
- Peeler
- Plastic Wrap
- Pots, Medium (2)
- Serving Dish
- Serving Utensils
- Spatula
- Stand Mixer
- Stand Mixer (or Electric Beaters)
- Strainer
- Whisk
- Wok or Sauté Pan
- Wooden Spoons



CHEF'S TIP

*Or any thin, long wheat Asian noodles.