

# SHOPPING LIST FOR COOK-ALONG BC EVENT ON FEBRUARY 15, 2023

## Turkey Falafel with Garlic Yogurt Sauce and Chopped Salad Chocolate Espresso Lava Cakes With Crème Anglaise

### MEAT AND POULTRY

- 1 lb Ground BC Turkey 453 g  
(dark meat is best)

### FRESH PRODUCE

- ½ head BC Lettuce ½ head
- 2 BC Tomatoes 2
- 2 BC Cucumbers 2
- 1 BC Green Pepper 1
- 1 ½ BC White Onion, large 1 ½
- 1 BC Red Onion 1
- 10 cloves BC Garlic 10 cloves
- 2 BC Italian Parsley, large bunches 2
- 3 tbsp BC Mint 45 ml
- 4 Lemons 4

### EGGS AND DAIRY

- 9 BC Eggs 9
- ½ cup Unsalted BC Butter or Margarine 60 ml
- 2 cups Whole BC Milk 500 ml
- 2 cups BC Greek Yogurt 500 ml
- 2 cups BC Vanilla Ice Cream 500 ml

### BAKING PRODUCTS

- ½ cup Granulated Sugar 125 ml
- 1 ¼ cups Icing Sugar 310 ml
- 4 oz Dark Semi-Sweet Chocolate 113 g
- 1 ½ tsp Vanilla 8 ml
- ½ cup All-Purpose Flour 125 ml

### CANNED GOODS

- 2 cups can Chickpeas\* 454 ml can
- ¼ cup Olives 60 ml
- Can Nonstick Spray Can

### OILS, SAUCES, AND CONDIMENTS

- 4 tbsp Extra Virgin Olive Oil 60 ml
- 1 tbsp Red Wine Vinegar 15 ml
- ¼ cup Canola Oil 60 ml
- 1 tbsp Sriracha (optional) 15 ml

### SEASONINGS

- 1 tsp Cumin 5 ml
- ½ tsp Allspice 3 ml
- Pinch Cinnamon Pinch
- ½ tsp Paprika 3 ml
- Pinch Cayenne Pepper Pinch
- 1 ½ tsp Pepper 8 ml
- 1 ½ tsp Salt 8 ml

### BAKED GOODS

- 4 pieces Naan Bread 4 pieces
- ¼ cup Breadcrumbs 60 ml

### OTHER

- 1 tbsp Instant Espresso Powder 15 ml

### EQUIPMENT LIST

- 4 Dessert Plates
- 4 Dinner Plates
- 4 Small Ramekins
- Baking Trays (3)
- Bowl, Large
- Bowls, Medium (3)
- Bowl, Medium (Heat-Poof)
- Bowl, Small
- Chef's Knives
- Cooking Utensils
- Cutting Boards
- Eating Utensils
- Food Processor
- Frying Pan
- Grater
- Ice Cream Scoop
- Large Baking Pan or Dish (for Hot Water Bath)
- Measuring Cups/Spoons
- Oven Mitts
- Parchment Paper
- Plastic Wrap
- Pot, Medium
- Serving Utensils
- Spatula
- Strainer
- Thermometer
- Wooden Spoons



Be sure to prep all the ingredients in advance of the event.

\*Or 3/4 cup (180 ml) Chickpea Flour

**CHEF'S TIP**