

## Common Table Cooking Post-Secondary & Secondary

### Alcohol

#### Secondary

Non-alcohol wine: red, white

#### Post-Secondary

Beer: IPA, Lager

Brandy VSOP

Wine Red: Cab Sauvignon, Shiraz

Wine White: Chardonnay, Riesling

### Dairy

Butter, unsalted

Cream, 35%

Milk, 3.25%

Sour Cream, 14%

Cheese: Mozzarella shredded 20%,  
Parmesan-Regianno, Smoked Fontina, Oka

### Dry Goods

Agar Agar

Apricot Glaze

Baking Powder

Baking Soda

Breadcrumbs, Panko

Capers

Chocolate Dark, Callebaut 54.5%

Chocolate Milk, Callebaut C383

Chocolate White, Callebaut 28%

Coffee, Instant

Cocoa Powder

Cornstarch

Flour: AP, Bread, Cake / Pastry Blend,  
Almond

Gelatin: Powder, Sheets

Glucose

Honey

Instant yeast

Malt Syrup

Milk Powder

Oil: Canola, Olive

Olives, Kalamata

Rice, Arborio

Salt: fine, kosher, sea salt

Sesame Seeds, white

Shortening

Soy Sauce

Sugar: white, powdered, brown

Tomato: canned whole, paste, purée

Vanilla: bean, extract

Vinegar: Balsamic, cider, red, white

### Frozen

Blackberries

Blueberries

Raspberries

Strawberries

### Fruit (Fresh)

Blackberries

Blueberries

Citrus: lemon, lime, orange

Raspberries

Strawberries

### Herbs and Spices

#### *Dry*

Bay Leaves

Cayenne, ground

Cumin, ground

Paprika, ground

Peppercorns: black, white

Rosemary

Thyme

#### *Fresh*

Basil

Chervil

Chive

Cilantro

Dill

Parsley, Italian

Rosemary

Tarragon

Thyme

### Miscellaneous

Cheesecloth

English Muffins

Parchment Paper

Smoking Chips: assorted

White Bread

### Nuts

Almonds, whole

Hazelnut, whole

Walnuts, pieces

### Proteins and Stocks

Bacon, sliced

Back Bacon

Eggs, large

Stocks: dark beef, white chicken, fish fumet

Secondary

Pepperoni, sliced

Prosciutto, sliced

Post-Secondary

Duck

Rainbow Trout

### Vegetables

Green Beans, French

Beets, yellow with leaf on

Carrots

Celery

Cucumbers, long english

Fennel

Garlic

Ginger

Leeks

Lettuce: Arugula, Frisée, Radicchio,  
Romaine, Spinach

Micro-Greens, assorted GoodLeaf Farms

Mushrooms, Button #1



## Common Table Cooking Post-Secondary & Secondary

### Vegetables continued...

Onions: green, red, shallots, yellow

Peppers: jalapeño, red, yellow

Potato: Russet, Yukon Gold

Radish: red, daikon

Squash, butternut

Tomato: cherry, Roma

Zuchinni, green