

SCNC 2020 – 34 Secondary and Post Secondary

Common Table Ingredients

Some of these products may not be available.

Alcohol and Dealcoholized
Beer, Stout, Chocolate Dark Ale - Local
Port, Ruby
Vermouth, Dry White- 750 ml
Wine, Sparkling, BC, Varietal - 750 ml
Wine, Red, BC , Varietal- 750 ml
Wine, White, BC, Varietal 750 ml
Wine, White, dealcoholized
Dairy
Butter, Unsalted
Cheese, Parmigiana Regianno
Cheese, local soft variety - Brie style
Cheese, local medium-hard variety
Cream - 35%
Cream Cheese
Milk, Almond - unsweetened
Milk - Homo 3.25%
Yogourt, Plain, 750 ml, Local Tree yogourt
Dry Goods
Agar Agar
Baking powder
Blue Corn Masa Harina
Chocolate, Dark Callets, Callebaut
Cocoa Powder
Coconut milk (small cans)
Corn Starch
Fish Sauce - Nam Pla 750 ml
Flour, Pastry
Flour, All Purpose
Gelatine - Leaves -
Ginger - Candied - dry - crystalized
Glucose
Honey
Maple Syrup - Pure
Mustard, Dijon, Plain and Grainy
Nut, Almonds, Whole Blanched
Nut, Hazelnuts, whole

Nut, Pecan Halves
Oil, Canola - 4lt
Oil, Olive, Extra Virgin - 3lt
Pulse - Black Turtle - dry
Pulse - Cannelini Bean - dry
Pulse - Chick Pea - dry
Pulse - Lentil - green or brown - dry
Pulse - Pinto - dry
Salt - Vancouver Island Sea Salt
Salt, Kosher
Soya Sauce, GF
Sugar, Brown
Sugar, Icing
Sugar, White
Tabasco
Tomato Paste
Vanilla, Pure Extract
Vinegar, Balsamic, 1 lt
Vinegar, Cider
Vinegar, White Wine
Vinegar, White- 1 lt Bottle
Whole Grain - Brown Rice - short grain
Whole Grain - Buckwheat Kasha
Whole Grain - Millet
Worcestershire Sauce
Yeast, Instant
Frozen Foods
Blackberries - Frozen - IQF
Blueberries - Frozen - IQF
Raspberries - Frozen - IQF
Fresh Herbs
Basil (fresh) Bunch
Bay leaves, fresh
Chives (fresh), bunch
Cilantro (fresh) Bunch
Herb Rosemary, Fresh
Lemon Grass (fresh)

Mint (fresh)-Bunch
Parsley (fresh)-Bunch Italian Flat Leaf
Tarragon (fresh)-Bunch
Thyme (fresh)-Bunch
Miscellaneous
Pan Spray- Cans
Wood Chips for Smoking
Fruit
Apple, Royal Gala
Blueberries
Lemons
Limes
Mango, Ataulfo
Oranges, Navel
Raspberries
Rhubarb, Local
Strawberries (Local if weather permits)
Produce
Avocados (ripe) ready to use
Bean, Fine Green
Beet, Red, with tops
Carrots
Cauliflower
Celeriac (Celery Root) large
Celery
Eggplant - Italian
English Cucumbers
Fennel, Bulb
Galangal Root
Garlic, Bulb
Ginger Root
Kale, black
Leeks
Mushroom - Button - small
Mushroom, Shemiji brown
Mushrooms, Shiitake
Onion, Yellow Spanish
Onions, Green
Onions, Red
Parsnip
Peas, Sugar Snap
Peppers, Green

Peppers, mini assorted colour, sweet
Rapini
Salad greens - whole head - assorted varieties
Serrano chilis - fresh
Shallots
Spinach, Baby
Swiss Chard - Rainbow
Tomato - Roma
Tomato- Grape Red
Tomatillos
Yams
Zucchini Squash
Protein and Stock
Stock, Fresh White Chicken *No salt added*
Stock, Fresh White Fish *No salt added
Bacon - Double Smoked
Local Farmed Shrimp - fresh (~21/25)
Eggs - large
Miso Paste
Dry Herbs and Spices
All Spice
Chile dry, Pasilla, ground
Cinnamon
Coriander, Seed
Cumin, Seed
Curry Powder
Fennel Seed
Ginger- Ground
Mustard - Dry Powder
Mustard Seed, Whole Yellow
Nutmeg, ground
Paprika, Hungarian
Pepper - Cayenne
Peppercorns - Black
Peppercorns - White
Sesame Seeds-White and Black
Spice , Cardamom green whole
Spice, Cumin whole 500g
Star Anise