



The Goldring Center
for Culinary Medicine

TULANE UNIVERSITY

Online Class 7/1/20: Spices & Sauces with Chef Katie

Shopping List

Spiced Chicken Thighs
Lemon & Olive Sautéed Vegetables

Steamed Brown Rice with Peas
Blueberry Upside-Down Corn Cake

✓	Type	Ingredient	Amount	Unit
	Dairy	Butter, unsalted	1 1/2	Tbsp
	Dairy	Egg, large	1	each
	Dairy	Milk, 1%	1/3	cup
	Dry	Baking Powder	2	tsp
	Dry	Brown Rice, medium or long grain	1	cup
	Dry	Brown Sugar, light or dark	2 1/3	Tbsp
	Dry	Canola or Vegetable Oil	2	Tbsp
	Dry	Cornmeal, yellow	1/2	cup
	Dry	Flour, all purpose	1/2	cup
	Dry	Olive Juice or Brine	2	tsp
	Dry	Olive Oil	1	Tbsp
	Dry	Olives, any variety or capers	2	Tbsp
	Dry	Sugar	4	Tbsp
	Frozen	Peas, frozen	1/2	cup
	Produce	Bell Pepper, any color	1	each
	Produce	Blueberries, fresh	1	cup
	Produce	Lemon	2	each
	Produce	Onion, yellow, medium	1	each
	Produce	Oregano, fresh or dried	1	Tbsp
	Produce	Squash, zucchini or summer	1	each
	Produce	Stock, chicken or vegetable unsalted	3	cup
	Protein	Chicken, thighs	1 - 1.5	lb
	Spice	Coriander, ground	1/4	tsp
	Spice	Garlic Powder	1	tsp
	Spice	Ginger, ground	1/4	tsp
	Spice	Kosher Salt	1	tsp
	Spice	Onion Powder	1/2	tsp
	Spice	Paprika	1	tsp
	Spice	Turmeric, ground	1/2	tsp
	Spice	White Pepper or Cayenne Pepper	1/4	tsp