



The Goldring Center
for Culinary Medicine

TULANE UNIVERSITY

Teaching Kitchen Med Student Holiday Party Shopping and Equipment List

RECIPES FOR CLASS

Buffalo Broccoli Bites

Pumpkin Spice Oatmeal Cookies

Roasted Sweet Potato Hummus

Homemade Tortilla Chips

Sweet & Spicy Trail Mix

ALLERGENS

Egg, Wheat, Dairy

Egg, Wheat, Tree Nuts, Dairy

Tree Nuts, Soy and Dairy (chocolate chips)

RESTRICTIONS

Vegetarian

Vegetarian

Vegetarian, Vegan

Vegetarian, Vegan

Vegetarian

ALLERGEN SUBSTITUTIONS

Egg: For the Crunchy Broccoli Bites, use aquafaba (canned brine of chickpeas) to replace egg when breading.

Wheat/Gluten: For the Crunchy Broccoli Bites, use gluten-free breadcrumbs for breading. Replace the all-purpose flour in the oatmeal cookies with a cup for cup all-purpose gluten free blend.

GCCM uses gluten free oats for all recipes.

Tree Nuts: Use any variety of seeds in place of nuts in Sweet & Spicy Trail Mix and the Cookies.

Soy: Use soy free chocolate chips in Sweet & Spicy Trail Mix.

Dairy: Use dairy free chocolate chips Sweet & Spicy Trail Mix. Use a dairy-free/vegan butter in the Cookies.

KITCHEN EQUIPMENT NEEDS FOR CLASS

Qty	Equipment
Equipment for All Recipes	
1 each	Cutting Board
1 each	Chef Knife
1 set	Measuring Cups
1 set	Measuring Spoons
Various	Mise en Place Bowls (small bowls, cups, or mugs)
Crunchy Broccoli Bites with Buffalo Sauce	
2 each	Small Mixing Bowls
1 each	Tongs
1 each	Baking Sheet
1 each	Small Spoon
1 each	Ceramic or Microwave Safe Bowl
As needed	Parchment Paper



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Roasted Sweet Potato Hummus and Tortilla Chips	
1 each	Oven
1-2 each	Baking Sheet
1 each	Food Processor or Blender
1 each	Rubber Spatula
1 each	Citrus Zester
Sweet & Spicy Trail Mix	
1 each	Small Skillet
1 each	Rubber Spatula
1 each	Sheet Pan
1 each	Microwave
1 each	Medium Mixing Bowl
As needed	Parchment Paper



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SHOPPING NEEDS FOR CLASS

✓	Type	Ingredient	Amount	Unit
	Dairy	Butter, unsalted	3 Tbsp + 1 tsp	
	Dairy	Egg	3	each
	Dry	All Purpose Flour	1	cup
	Dry	Baking Powder	1	tsp
	Dry	Baking Soda	1/2	tsp
	Dry	Chocolate Chips, semi-sweet	1/4	cup
	Dry	Corn Tortillas	6	each
	Dry	Dried Cherries or Raisins	1/4	cup
	Dry	Extra Virgin Olive Oil	3	ounces
	Dry	Chickpeas (Garbanzo beans)	1 – 15oz.	can
	Dry	Hot Sauce (Crystal or Frank's)	2	Tbsp
	Dry	Maple Syrup, 100% real	1 Tbsp + 1 tsp	
	Dry	Nuts, Pecans	1/4	cup
	Dry	Nuts, Walnuts	3/4	cup
	Dry	Oats, Instant or Rolled	1 1/2	cup
	Dry	Non-stick Cooking Spray (Pam)	1	each
	Dry	Popcorn Kernels, raw	1/4	cup
	Dry	Pumpkin Puree	1	can
	Dry	Pumpkin Seeds, raw	1/4	cup
	Dry	Sugar, light brown	1/2	cup
	Dry	Sugar, white granulated	1/4	cup
	Dry	Vanilla Extract	1/2	tsp
	Dry	Whole Wheat Breadcrumbs	3/4	cup
	Produce	Broccoli (about 2 cups)	2	heads
	Produce	Garlic	1	clove
	Produce	Lemon	2	each
	Produce	Sweet Potato	1	each
	Spice	Black Pepper, ground	1/8	tsp
	Spice	Cayenne Pepper, ground	1/8	tsp
	Spice	Cinnamon, ground	1	tsp
	Spice	Cumin, ground	1/2	Tbsp
	Spice	Ginger, ground	1/4	tsp
	Spice	Kosher Salt	1 1/2	tsp
	Spice	Nutmeg, ground	1	tsp



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