



The Goldring Center  
for Culinary Medicine

TULANE UNIVERSITY

# NOAND Online Cooking Class 03.16.21

## Shopping & Equipment Lists

### RECIPES FOR CLASS

Pan-Seared Moroccan Spiced Chicken

**or**

Pan-Seared Moroccan Spiced Tofu

Quinoa Salad with Dried Fruit and Nuts

Roasted Asparagus

### ALLERGENS

Soy  
Tree Nuts  
Dairy

### RESTRICTIONS

Vegetarian/Vegan  
Vegetarian/Vegan  
Vegetarian

### 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)
Pan-Seared Moroccan Spiced Chicken or Tofu	
1 each	Medium Non-stick Sauté Pan
2 each	Paper-towel lined plate or flat tray (for pressing tofu)
1 each	Small Bowl
1 each	Small Whisk or Spoon
1 each	Spatula or tongs
Quinoa Salad with Dried Fruit and Nuts	
1 each	Dinner Fork
1 each	Medium Sauce Pot with Lid
1 each	Small Sauté Pan
1 each	Wooden Spoon or Rubber Spatula
Roasted Asparagus	
1 each	Baking Sheet Tray
1 each	Citrus Zester/Microplane
As needed	Parchment Paper/Aluminum Foil
1 each	Tongs



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### SHOPPING NEEDS FOR CLASS

✓	Type	Ingredient	Amount	Unit
	Dairy	Cheese, Parmesan, shredded	1	Tbsp
	Dry	Brown Sugar	1/4	tsp
	Dry	Cooking Oil (Olive, Canola or Vegetable)	4	Tbsp
	Dry	Dried Fruit of Choice (Craisins, Raisins, Apricots, Cranberries)	1/3	cup
	Dry	Nut of Choice (Almonds, Pecans, Pine Nuts, Pecans, etc.), toasted	1/3	cup
	Dry	Quinoa, any variety	2/3	cup
	Dry	Vegetable or Chicken Stock, homemade or unsalted	1 1/3	cup
	Produce	Asparagus	1	lb
	Produce	Baby Spinach	2	cups
	Produce	Garlic cloves	3	each
	Produce	Lemon	2	each
	Produce	Parsley, fresh	1/4	bunch
	Produce	Shallot	1	each
	Protein	Chicken Thighs, boneless, skinless	1	pound
		<b>or</b>		
	Protein	Firm Tofu	1	package
	Spice	Allspice, ground	1/8	tsp
	Spice	Black Pepper, ground	1	tsp
	Spice	Cardamom, ground	1/4	tsp
	Spice	Cayenne Pepper, ground	1/8	tsp
	Spice	Cinnamon, ground	1/8	tsp
	Spice	Cumin, ground	1/2	tsp
	Spice	Ginger, ground	1/4	tsp
	Spice	Kosher Salt	1	tsp
	Spice	Paprika, regular or smoked	1	tsp