

CFK 2020 Class Supplies Lists Session II - Lunch and Appetizer Class Food Supplies

PANTRY ITEMS:

1-2 lbs all purpose flour
1-2 lbs whole wheat flour
1-2 lbs sugar
Rolled oats (not quick cook)
Cocoa powder
Kosher salt
Regular salt
Whole black pepper (with a grinder if available)
Brown sugar (dark or light)
Baking powder
Baking soda
Cornstarch
Vanilla
Vegetable oil
Honey
Peanut butter (or any nut butter)
Chocolate chips
1 lb Walnuts or pecans (whole or pieces)
Spices: ground cinnamon, nutmeg, cloves, cumin, black pepper, garlic salt, coriander, chili powder (can be ancho or chipotle), cayenne, paprika
Herbs: dried whole oregano, thyme, marjoram, rosemary (fresh if available), bay leaves, celery seed, crushed red pepper

REFRIGERATOR ITEMS:

Milk (1% to whole milk; can be plant based if needed)
Buttermilk (probably 1 quart)
Heavy whipping cream (probably 1 quart)
1 dozen eggs
1 lb bacon
1 lb real butter
16 oz shredded cheddar cheese; can be substituted with shredded Mexican cheese mix

CANNED FOODS:

Crushed tomatoes (13 oz)
Diced tomatoes (13 oz)
Tomato paste (tube or 6 oz)

Specific list of fresh or frozen groceries/produce will be sent on Friday of each week.

This will include items such as potatoes, onions, fresh garlic, tomatoes, avocados, lettuce, peppers, citrus, fruits, fresh herbs, etc. Also on this list will be bread, meat and any canned foods needed for recipes for the upcoming week of classes.

NOTE: Please ask about substitutions for food supplies as needed. We are happy to adapt as much as possible for health needs and lifestyle choices.