

# Common Table Items

## 34 - Cooking - Post-Secondary

| Produce – Vegetables     | Produce – Fruit       |
|--------------------------|-----------------------|
| Arugula, Baby            | Apples, Gala          |
| Asparagus, Green         | Blackberries          |
| Beans, French, Green     | Blueberries           |
| Beets, Baby Red, Stem on | Kiwi                  |
| Broccoli                 | Lemons                |
| Carrots                  | Limes                 |
| Cauliflower              | Mango                 |
| Celeriac (Celery Root)   | Oranges               |
| Celery                   | Pears, Bosc           |
| Fennel                   | Pineapple             |
| Garlic Bulb              | Raspberries           |
| Ginger root              | Strawberries          |
| Leeks                    | Herbs - Fresh         |
| Lemon Grass              | Basil                 |
| Mushrooms, Shiitake      | Chives                |
| Mushrooms, White Button  | Cilantro              |
| Onions, Green            | Dill                  |
| Onions, Spanish          | Mint                  |
| Parsnips                 | Oregano               |
| Peppers, Red             | Parsley               |
| Peppers, Yellow          | Rosemary              |
| Potato, Russet 100ct     | Tarragon              |
| Potato, Sweet            | Thyme                 |
| Potato, Yukon Gold       | Miscellaneous         |
| Shallots. Peeled         | Aluminum Foil         |
| Spinach, Baby            | Bread, White, Sliced  |
| Tomato, Roma             | Butcher's Twine       |
| Zucchini, Green          | Cheesecloth           |
| Frozen Items             | Plastic Wrap          |
| Blackberries, IQF        | Coating Spray         |
| Blueberries, IQF         | Parchment Paper       |
| Pastry, Filo             | Proteins & Stocks     |
| Pastry, Puff             | Bacon, Smoked, Slab   |
| Puree, Mango             | Bacon, Sliced         |
| Puree, Raspberry         | Ham, Sliced           |
| Raspberries, IQF         | Stock, Brown, Veal    |
| Strawberries, IQF        | Stock, White, Chicken |

| Dry Goods                              | Dry Goods - Continued             |
|--|-----------------------------------|
| Agar Agar                              | Worcestershire Sauce              |
| Baking Powder                          | Xanthan Gum 93                    |
| Baking Soda                            | Yeast, Dry, Instant               |
| Buckwheat Grain                        | <b>Dairy</b>                      |
| Chocolate, Dark, Callebaut 811 (53.7%) | Butter, Salted                    |
| Chocolate, Dark, Coating               | Butter, Unsalted                  |
| Chocolate, Milk, Callebaut 823 (33.6%) | Cheese, Aged White Cheddar        |
| Chocolate, White, Callebaut,w2nv (28%) | Cheese, Gruyere                   |
| Chocolate, White, Coating              | Cheese, Parmesan                  |
| Cocoa Powder                           | Cream, 35%                        |
| Corn Starch                            | Eggs                              |
| Flour, All-Purpose                     | Milk, Homogenised, 3.5%           |
| Flour, Cake/Pastry                     | Sour Cream                        |
| Gelatine, Leaves                       | <b>Spices - Dry</b>               |
| Gelatine, Powder                       | Allspice                          |
| Glucose                                | Bay Leaves                        |
| Honey                                  | Cinnamon, Ground & Stick          |
| Maple Syrup                            | Curry Powder                      |
| Mustard, Dijon                         | Ginger, Ground                    |
| Nuts, Almond, Ground                   | Nutmeg, Whole                     |
| Nuts, Hazelnuts, Whole                 | Onion Powder                      |
| Nuts, Walnut Halves                    | Oregano, Dried                    |
| Oil, Canola                            | Paprika, Hungarian                |
| Oil, Olive, Extra Virgin               | Pepper, Cayenne                   |
| Quinoa                                 | Peppercorns, Black & White        |
| Sesame Seeds, Black                    | Salt, Kosher                      |
| Sesame Seeds, White                    | Salt, Maldon Sea                  |
| Soya Sauce                             | Thyme                             |
| Sugar, Brown                           | Turmeric                          |
| Sugar, Granulated, White               | <b>Alcohol</b>                    |
| Sugar, Icing                           | Beer, Guinness                    |
| Sugar, Isomalt                         | Beer, Naughty Neighbour, Pale Ale |
| Tabasco Sauce                          | Beer, Land Shark Lager            |
| Tomato Paste                           | Brandy, VSOP                      |
| Tomatoes, Whole Peeled                 | Grand Marnier                     |
| Vanilla, Bean                          | Port, Ruby                        |
| Vanilla, Pure                          | Rum, Dark                         |
| Vinegar, Balsamic                      | Wine, Red, Cabernet Sauvignon     |
| Vinegar, Cider                         | Wine, Red, Merlot                 |
| Vinegar, Red Wine                      | Wine, White, Chardonnay           |
| Vinegar, White Wine                    | Wine, White, Riesling             |