

Appendix C – Common Table Ingredients

Dry Goods	Frozen	Vegetables
Agar Agar	Blackberries	Arugula
Apricots, Cherries-Dried Fruit	Blueberries	Carrots
Baking Powder	Raspberries	Celery Root
Baking Soda	Strawberries	Celery
Breadcrumbs, Panko	Fruit, fresh	Fennel
Capers	Apples, Gala, Granny Smith	Garlic
Chocolate Dark, Callebaut 54.5%	Blueberries	Ginger
Chocolate Milk, Callebaut C383	Lemons	Leeks
Chocolate White, Callebaut 28%	Limes	Spinach
Coffee, Instant	Oranges	Mushrooms Shiitake
Cocoa Powder	Mango, Alphonso	Mushrooms, Shemiji
Cornstarch	Pears D Anjou	Green onions
Flour, All-purpose	Strawberries	Red onions
Flour, Bread	Dairy	Yellow onions
Flour, Cake/Pastry blend	Butter, unsalted	Shallots
Flour, Semolina	Cream, 35%	Jalapeño peppers
Gelatin Sheets and Powder	Milk, 3.25%	Red Bell peppers
Glucose	Sour Cream, 14%	Russet potatoes
Honey	Cheese	Yukon Gold potatoes
Mushrooms Dried-Shiitake, Morels	Aged Cheddar	Daikon Radishes
Canola oil	Parmesan-Reggiano	Red Radishes
Olive oil	Brie	Squash, butternut
Table salt	Emmenthal	Roma tomatoes
Sea salt	Herbs and Spices	Zucchini, green
Kosher salt	Bay Leaves	Fresh Herbs
Sesame Seeds, white	Cardamom	Basil
Shortening	Cloves	Chervil and Chives
Soy Sauce	Nutmeg Whole	Cilantro and Dill
Granulated sugar	Black peppercorns	Mint
Powdered sugar	White peppercorns	Parsley, Italian
Brown sugar	Rosemary	Rosemary and Sage
Tomato paste	Star Anise	Tarragon
Vanilla beans	Thyme	Thyme
Vanilla extract	Nuts	Miscellaneous
Balsamic vinegar	Almonds, whole	Cheesecloth
Cider vinegar	Hazelnut, whole	Parchment Paper
Red wine vinegar	Pistachios, whole	Smoking Chips

White (distilled) vinegar	Proteins and Stocks	White Bread
Alcohol	Bacon, sliced	Aluminum foil
Sherry, Dry White	Bacon, Double Smoked Slab	Butcher's twine
Beer: IPA, Lager	Eggs, large	Disposable gloves
Brandy VSOP	Chorizo Dried	Plastic wrap
Wine Red: Cab Sauvignon, Pinot Noir	Stocks: Dark Beef, Chicken	Pan spray
Wine White: Chardonnay, Riesling	Fish stock	Whippet charges
	Cornish Hens (2 each)	
	Chicken Breast Boneless Skinless	
	Fish, Fresh Water White Fillets	
	Module 3B Mandatory Ingredients	