



# SPS Big Easy Shopping List

## COOKING CLASS

### ✓ MEAT/SEAFOOD

- 1 boneless chicken breast, cut into 1 inch bite sized pieces
- 1 cured spicy Chorizo or kielbasa smoked sausage (cut into 3/4 inch piece)
- 1 cured ham large enough to cut into 2" pieces x6 pieces
- 1 small container of cleaned crab meat
- 4 large jumbo shrimp peeled and deveined

### ✓ VEGGIES/FRUIT

- 5 tbsp minced or pureed garlic
- 1 red pepper
- 1 green pepper
- 1/2 onion
- 1/2 pint multi colored cherry tomato
- 1 tomato chopped
- 1/4 cup celery minced
- 2 stalks green onion chopped
- 1 tbsp fresh lemon juice
- zest of 1 lemon finely chopped
- 2 tbsp fresh chopped parsley
- 2 tbsp fresh chopped cilantro

### ✓ DAIRY

- 3 tbsp butter
- 1 to 2 whole egg depending on size
- 5 oz or 2/3 cup of 35% heavy cream for chili "tea"
- 10 oz or 1 1/4 cup 35% heavy cream for whipped cream
- 2 to 4 tbsp butter
- 2 whole eggs
- 2 egg yolks

### ✓ OTHER

- Oils**
- 2 to 4 tbsp olive oil
- Flours**
- 1 tbsp flour
- Other**
- skewer sticks soaking in water if wooden
- Pam spray
- 1 cups chicken/veggie stock
- 1 cup tomato sauce
- 1 1/2 tsp tabasco sauce (optional)
- 1 1/2 cup japanese style ponzo bread crumbs
- 2 tbsp mayo
- 1 tbsp dijon mustard
- 1 tsp worcestershire sauce
- 8 oz or 1 cup good quality dark chocolate
- 1/4 packet or 1 tsp gelatin
- 1/3 cup brandy or dark rum

### ✓ SUGAR AND SPICES

- Sugar**
- 1/2 cup sugar
- Spices**
- 1 tsp dried thyme
- 2 1/2 tsp onion powder
- 2 tsp salt
- 2 1/2 tsp garlic powder
- 1 1/2 tsp dried oregano
- 3 tsp paprika
- 2 1/2 tsp black pepper
- 1 1/2 tsp white pepper
- 1 tsp celery salt
- 1/2 cayenne pepper
- 1 tsp dried basil
- 2 tbsp chili flakes
- 1 tsp chilli powder