

Online International Fiber Festival Grocery Shopping List for the Event November 2020

We assume you have the basic equipment required for baking and cooking. Additionally, you will need a wok or skillet with tall sides, a candy thermometer, a kitchen scale (or willingness to google conversions), and a waffle iron.

We also assume you have water, salt, and pepper. You may need to visit a specialty store for a few ingredients or order a few things online, but most participants should be able to find what is needed through local stores.

Quantities are given in their uncooked, uncut state. A few substitutions are suggested, but you may want to google for other appropriate options if you cannot find particular ingredients. The recipes feed between 2 and 8 people. If you will need to modify the number of servings, we recommend you download the shopping list organized by the day and modify it accordingly.

24 oz Butter	1 green bell pepper
½ cup olive oil	1 red bell pepper
¼ cup canola or vegetable oil	1 jalapeño pepper
1 Tbsp bacon fat or lard	1 aji amarillo chili pepper (mild, yellow pepper)
Oil for frying.	10 yellow onions
2 lbs flour	1 red onion
1 lb buckwheat flour	2 Savoy cabbages (each about 2.5 lbs)
½ cup cornstarch	2 green zucchinis (can omit or substitute summer squash)
2.5 Tbsp baking powder	2 lbs. fresh green beans
4.5 lbs sugar	5 tomatoes
1/2 cup brown sugar	2 leeks
1 cup chancaca or dark brown sugar	3 carrots
3 tsp vanilla extract	3 parsnips
2 packs vanilla sugar (Or 2 tsp vanilla extract)	1.5 cups corn/maize
½ c grated dried coconut	8 cloves garlic
½ c raisins	7 lbs. potatoes
½ c pecans	

1 gallon of milk
2.25 c half-and-half
2.5 cups cream
1 cup whipping cream
7 oz crème fraiche (Can substitute sour cream)
1 cup shredded old/sharp/mature cheddar cheese
21 eggs

2.5 lbs ground beef
18 oz sirloin steak
½ lb boneless, skinless, chicken thighs
8 slices bacon finely chopped
4-6 pieces pork sirloin or neck slices
1 – 1.5 lbs lean lamb
14 oz ham, shredded
10 oz salted cod (Can substitute fresh cod)

3-4 apples
1 lb. fresh strawberries
1 lemon

1 cup chopped fresh parsley
Handful of fresh cilantro leaves

¾ tsp chili powder
1 1/2 tsp ground cinnamon
3 cinnamon sticks
4 cloves
Nutmeg to taste
½ tsp dried parsley flakes
½ tsp aniseed
1 1/2 tsp cumin
Summer savory to taste (Can substitute thyme)
1 1/2 teaspoon dried marjoram
½ tsp dried oregano
¾ tsp garlic powder
1/2 teaspoon dried thyme
pinch cayenne pepper
sprinkle of paprika
1/4 tsp red pepper flakes

32 oz. white rice
½ c Arborio rice (Can substitute sushi rice or basmati rice)
1 cup long grain rice
1 lb. angel hair pasta

3 cups sauerkraut rinsed and squeezed dry
3 tsp fresh garlic paste

1 cup frozen lima beans (can substitute canned)
1 9-inch prepared pie crust, or add ingredients to your list to prepare your own ice cream (optional)

1 can (1.36 L) tomato juice
3 1/4 cups chicken broth
1 ½ cups vegetable, chicken, or beef broth
¾ c Dashi Stock soup (can substitute chicken stock)
3.5 cup beef stock
1 can evaporated milk

397g tin of condensed milk
1 Tbsp tomato paste

2/3 cup ketchup
1 tsp yellow mustard
1 cup white wine or apple juice
2 Tbsp wholegrain mustard
1/2 tsp Worcestershire sauce
dash of hot sauce
2 Tbsp mirin (can substitute white wine with a pinch of sugar)
1 Tbsp usukuchi soy sauce (Japanese soy sauce)
4 Tbsp soy sauce
4 Tbsp vinegar

Fresh crusty bread
6 sandwich-style rolls

