Baking

- ◯ All-purpose flour 4.5 cups (about 600g)
- ◯ Baking powder 3.5 tsp
- ◯ Caster sugar 1.5 tbsp
- ◯ Fast-action dried yeast 2 tsp
- ◯ Maple syrup 1 tsp

Bakery

- ◯ Panko breadcrumbs 2 cups

Condiments & Spices

- ◯ Black pepper teaspoon
- ◯ Extra virgin olive oil 2 tablespoons
- ◯ Grapeseed or vegetable oil 2 cups
- ◯ Hot pepper flakes 2 dashes
- ◯ Italian parsley leaves 3 tablespoons
- ◯ Oregano 1 teaspoon
- ◯ Rice vinegar 1 tablespoon
- ◯ Salt 2.5 teaspoons
- ◯ Sunflower oil 2 tablespoons
- ◯ Vegetable oil for cooking 1 unit

Rice, Cereal & Legumes

- ◯ Arborio rice 3 cups
- ◯ Basil leaves 5 leaves

Beverages

- ◯ Water 2 cups (approximately 475ml)

Canned Goods

- ◯ Chicken stock 3 cups
- ◯ Double-concentrated tomato paste 2 jars
- ◯ Pelati tomatoes with sauce 1 can

Dairy

- ◯ Egg 5 units
- ◯ Grated parmesan cheese 1 cup
- ◯ Milk 100ml
- ◯ Mozzarella cheese 4 ounces
- ◯ Unsalted butter 4tbsp

Vegetables

- ◯ Garlic cloves 5 units
- ◯ Potatoes 1lb
- ◯ Yellow onion 2 units