

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