



Shopping list

Menu of the Month - December 2017

Meat/Fish

- ☐ Medium size prawns, 400 g
- ☐ Smoked cooked trout ribbons, 200 g
- ☐ Large duck, 1
- ☐ Pork belly, 1.5 kg bone in

Vegetables/Fruit

- ☐ Lemons, 3
- ☐ Small Mediterranean cucumber, 1
- ☐ Watercress, 1 pillow pack
- ☐ Oranges, 2
- ☐ Fresh thyme
- ☐ Onion, 1
- ☐ Large potatoes, 1.5 kg
- ☐ Fresh, ginger, 6 cm length
- ☐ White pumpkin, 600 g
- ☐ Small leeks, 4
- ☐ Sugar snap peas, 125 g
- ☐ Green asparagus, small punnet
- ☐ Baby marrows, 6 - 8
- ☐ Parsley
- ☐ Strawberries, raspberries and blueberries, ± 600 g combined

Store cupboard

- ☐ Cloves, 4
- ☐ Coarse salt, 1/2 cup
- ☐ Brown sugar, 1/2 cup
- ☐ Bay leaves, 4 - fresh or dried
- ☐ Black peppercorns, 6
- ☐ Olive oil
- ☐ Cinnamon stick
- ☐ Icing sugar for dusting

Groceries

- ☐ Orange marmalade, small bottle
- ☐ Honey, 1/2 cup
- ☐ Frozen petit pois, 250 g
- ☐ Boudoir biscuits, 200 g
- Bottle store**
- ☐ Medium sherry, 3/4 cup

Ina Paarmann's products

Bake Mixes

- ☐ Lemon Flavoured Cheesecake Mix

Chutneys

- ☐ Sweet Chilli Chutney

Dressings

- ☐ Thousand Island Dressing

Spices & Seasonings

- ☐ Chilli & Garlic Seasoning
- ☐ Vegetable Spice
- ☐ Chicken Spice
- ☐ Potato Spice

Marinades

- ☐ Sticky Marinade

Stocks

- ☐ Liquid Chicken Stock

Dairy

- ☐ Duck fat, small tub
- ☐ Butter, 125 g
- ☐ Fresh cream, 250 ml
- ☐ Smooth creamed cottage cheese, 250 g