



Shopping list

Menu of the Month - December 2018

Meat/Fish

- Frozen peeled and cooked prawns, 400 g
- Boneless smoked gammon, 1.5 kg – 2 kg
- Streaky bacon, 125 g
- Turkey breasts, 1.5 kg or 4 large chicken breasts bone in

Vegetables/Fruit

- Lemons, 3
- Onions, 2
- Mandarins or small oranges, 4
- Red apples, 1.5 kg
- Beetroot, 1 medium
- Granny Smith apples, 250 g
- Fresh ginger, 3 cm piece
- Fresh thyme, a handful
- Leeks, 4
- Lemon thyme, a handful
- Potatoes, 8 medium
- Baby Rosa tomatoes, 200 g
- Salad leaves, 1 bag
- Micro herbs
- Edible flowers

Store cupboard

- Tabasco sauce
- Bay leaves
- Peppercorns
- Cinnamon sticks
- Whole cloves
- Star anise, 2
- Canola oil
- Olive oil
- Flour
- Honey
- Freshly ground pepper
- Pink gel food colouring
- Icing sugar

Ina Paarman's products

Bake Mixes

- Meringue Mix, 3
- Lemon Flavour Cheesecake

Stocks

- Liquid Fish Stock, 2 x 25 g
- Chicken Flavour Stock Powder
- Liquid Chicken Stock, 1 x 25 g

Stuffing Mix

- 1 x 100 g Poultry Stuffing Mix

Antipasti

- Char-grilled Shallots, 1 pkt
- Char-grilled Peppers, 1 pkt

Sauces

- Roast Chicken Gravy

Spices & Seasonings

- Chilli & Garlic
- Lemon & Black Pepper
- Potato Spice

Groceries

- Caper berries
- Ciabatta loaf, 1
- Marmalade, 1 jar
- Dried cranberries, 50 g
- Coarse salt, 500 g
- Brown sugar, 250 g

Dairy

- Fat reduced cream cheese, 3 x 250 g
- Butter, 120 g
- Hard Italian cheese, 50 g
- Duck fat, 120 g
- Fresh cream, 2 x 250 ml
- Extra large or jumbo eggs, 9