

SHOPPING LIST

Oils and Fats

1 or 2 Bars of butter
Coconut oil
Olive oil

Baking

125g Ground Almonds
25g Flaked Almonds
25g Raisins
Honey
Maple Syrup
Orange extract (or use 1 fresh orange)
Vanilla Extract

Fresh Fruit + Vegetables

1 Bunch fresh parsley
1 Cauliflower
1 Celery Stick
1 Orange (or use Orange Extract)
1 Red chilli
1 Shallot (or use an onion)
1 Yellow pepper
1 or 2 Leeks
1 or 2 Sweet potatoes
1 or 2 bags Kale
1 x 4 inch piece of fresh ginger
2 Bunches of coriander
2 Garlic bulbs
2 Potatoes (if you want to serve it with slow cooked chicken w/ mustard)
2 Red peppers
3 Limes
4 Apples
480g mushrooms
7 Carrots
8 Onions
Bunch of spring onions
Fresh or dried sage leaves
Fresh or dried thyme leaves
Large bag of fresh, frozen or tinned spinach

Spices

Cardamom pods
Cayenne pepper
Five-spice powder
Garlic powder
Ground cinnamon
Ground coriander
Ground cumin
Ground turmeric
Smoked paprika

Dairy

125g Crème fraîche or yoghurt
Cheddar cheese
Cream cheese
Parmesan
Pecorino romano cheese
Provolone cheese (or alternatively mozzarella)

Pulses / Dry Goods

250g Mung beans
Macaroni
Noodles
Pearl Barley
Quinoa
Rice (if you want to serve it with slow cooked chicken w/ mustard)
Spaghetti

Misc

1 Bottle of stout
1 Tin of cannellini beans
1 Tin of tomatoes
3 x cans coconut milk
6 eggs
Breadcrumbs
Chicken stock / stock cubes
Fish Sauce
Peanut Butter
Peanuts
Small white wine or cider
Soy Sauce
Thai red curry paste

Meat

500g Braising beef
500g Chicken breasts

Condiments

English mustard
Grainy dijon mustard
Horseradish sauce
Salt and pepper