

# Shopping list

Menu of the Month - **April 2015**

## Meat/Fish

- Smoked Snoék 200g
- Chicken Thighs skin-on 8
- Lamb shanks 4, each cut into third's

## Vegetables/Fruit

- Chives 1 punnet
- Large ripe avo's 3
- Lemons ±4
- Onions 1,1,1
- Carrots large 2
- Pearl onions 1kg
- Rosemary (handful)
- Fresh mielies 2
- Cabbage, half
- Beetroot 2
- Apple 1
- Oranges 3
- Bananas 2

## Store cupboard

- Olive oil
- Canola oil
- Brown sugar
- Red wine ½ cup
- Cider vinegar ¼ cup
- Cumin, ground
- White sugar

## Dairy

- Smooth cottage cheese 1,1
- Sour cream or crème fraiche 1
- Extra-large eggs 6
- Fresh cream 3 x 250g
- Double cream yoghurt (plain) 125g
- Butter 250g
- Cheddar cheese 100g
- Milk - gull cream ±250ml

## Groceries

- Savoury biscuits (2 kinds) 1 pack each
- Long French loaf 1
- Turkish apricots 100g
- Anchovy Fillets 50g
- Chopped tomatoes 400g
- Yellow polenta ±250g
- Chickpeas 2 x 400g
- Nestlé Treat Caramel 360g
- Pecan nuts 50g

## Ina Paarmann's products

### Seasoning & Spices

- Lemon & Black Pepper Seasoning
- Chilli & Garlic Seasoning
- Green Onion Seasoning
- Garlic & Herb Seasoning
- Meat Spice
- Seasoned Sea Salt

### Stocks

- Liquid Chicken Stock 1 x 25g
- Liquid Beef Stock 2 x 25g
- Chicken Stock Powder

### Dressings

- Classic Balsamic Vinaigrette
- Classic French Vinaigrette

### Sauces

- Butter Chicken Coat & Cook Sauce 1

### Pesto

- Tomato Pesto 2

### Chutney

- Sweet Chilli Chutney 1

### Cakes

- Vanilla Cake Mix 1
- Lemon Cheesecake 1