



# Shopping list

Menu of the Month - December 2016

## Meat/Fish

- Smoked salmon trout ribbons, 200 g
- 1 small / medium turkey, 3 - 3.5kg
- Pork sausages, 250 g
- Streaky bacon, 250 g
- Mussels, 12 - 18 fresh

## Vegetables/Fruit

- Nectarines, 3
- Lemon, 1
- Chives, 1 punnet
- Watercress, 1 punnet
- Oranges, 2
- Fresh thyme, 1 punnet
- Baby potatoes, 2kg
- Rosemary, 2 sprigs
- Tenderstem broccoli, 2 punnets
- Green asparagus, 2 punnets
- Red vine tomatoes, 200 g
- Yellow vine tomatoes, 200 g
- Onions, 2 medium
- English cucumber, 1 small
- Fresh basil, 1 punnet
- Mixed berries, 400 g
- Fennel or dill to garnish
- Baby rosa tomatoes, 100 g

## Store cupboard

- Dijon mustard
- Olive oil
- Honey
- White wine or cider vinegar
- Sugar
- Castor sugar
- Baking paper
- Canola oil
- Icing sugar

## Dairy

- Butter, 250 g
- Blue cheese, 100 g
- Extra large eggs, 6
- Full cream milk, 250 ml
- Fresh cream, 1 cup

## Groceries

- Pecan nuts, 100 g
- Raw almonds, 50 g
- Cashew nuts, 100 g
- Pretzels, 100 g
- Pistachio nuts, 100 g
- Cranberries or sultanas, 50 g
- Kalamata olives, 50 g
- Dark chocolate, 80 g

## Ina Paarman's products

### Bake Mixes

- Red Velvet Cake Mix, 1

### Dressings

- Classic French Dressing
- Balsamic Vinaigrette
- Herb Dressing

### Sauces

- Roast Chicken Gravy, 2
- Ready to Serve Blue Cheese Sauce

### Spices & Seasonings

- Seasoned Sea Salt
- Chilli & Garlic Seasoning
- Lemon & Rosemary Seasoning
- Garlic Pepper Seasoning
- Vegetable Spice
- Rosemary & Olive Seasoning
- Green Onion Seasoning

### Stocks

- Liquid Chicken Stock Concentrate

### Other

- Poultry Stuffing Mix

Avoid the supermarket search, let us do the work for you.

You can now order a hamper of all the Ina Paarman products used in the Menu of the Month recipes, at a discounted price.

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