

PANTRY STAPLES:

- PLAIN YOGURT
- CHEDDAR CHEESE
- CAN CRUSHED TOMATOES OR JAR OF STRAINED TOMATOES
- DRY YEAST
- PANKO
- SUN DRIED TOMATOES
- WHOLE GRAIN FLOUR
- ONIONS
- GARLIC
- POTATOES
- EGGS
- PENNE PASTA
- FANCY MOLASSES
- DIJON MUSTARD
- CHILI SAUCE
- WORCESTERSHIRE SAUCE
- DRY WHITE WINE
- OLIVE OIL
- SOY SAUCE
- BAY LEAF
- DRIED THYME, ROSEMARY, PAPRIKA, CAYENNE

TO BUY:

- FRESH FISH - SALMON OR HADDOCK
- RAINBOW TROUT FILLETS
- RAW SHRIMP
- CHICKEN BREASTS OR THIGHS
- HALF A CHICKEN
- WHIPPING CREAM
- FETA CHEESE
- FRESH GINGER
- MIXED OLIVES
- LEMONS
- FRESH TOMATOES
- FRESH PARSLEY
- FRESH CILANTRO
- GREEN ONIONS
- BEER
- TAMARI
- SMOKED PAPRIKA