

# Shopping List

For your convenience, the following is a list of grocery items. Having these pantry items on hand provides you all you need to indulge in making these recipes when the music moves you. You can also use this list to check off ingredients you have and highlight the ones you will need for certain recipes. For easy printout, this list is also at [murielanderson.com/cookbook](http://murielanderson.com/cookbook).



## CHOPIN LISZT

### For the Pantry

- extra virgin olive oil
- balsamic vinegar
- white wine vinegar
- red wine vinegar
- unbleached flour
- rice
- salt
- coarse sea salt, salt flakes
- black peppercorns
- cayenne and crushed red pepper
- cinnamon
- bouillon
- Worcestershire sauce
- tomato puree, tomato sauce
- honey
- pure maple syrup
- dried herbs: basil, rosemary, thyme
- garlic powder
- ketchup
- mustard

### Perishables

- onions
- garlic
- potatoes
- sweet potatoes and/or yams
- fresh walnuts
- fresh sunflower seeds
- dried berries
- dark chocolate, 95-100%.  
Ok, this is just for Muriel...

### For the Refrigerator

- eggs
- milk
- butter
- mayonnaise or veganaise
- cheeses: feta, parmesan, shredded  
mixed Italian, goat
- fruit: apples, berries, fruits in season