

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%.

Additional ingredients for specific recipes

For Steak Chimichurri

- ___ steak
- ___ fresh parsley and/or cilantro

For Salmon Boats

- ___ salmon
- ___ endive
- ___ ginger, capers, roasted red peppers
- ___ herbs/spices/other toppings

For Bluefish

- ___ fresh bluefish
- ___ ginger
- ___ rosemary and thyme
- ___ smoked paprika
- ___ panko (Muriel's version)

For Tuvan Lamb Dumplings

- ___ ground lamb

For Sherry Mushroom Nudlin

- ___ mushrooms
- ___ rosemary
- ___ dry sherry
- ___ cream or almond milk or cottage cheese

For Eggplant Parmesan

- ___ eggplant
- ___ basil (fresh)
- ___ parmesan

For Goulash

- ___ beef for stew
- ___ Hungarian sweet paprika powder
- ___ Hungarian paprika style fresh yellow pepper
- ___ celeriac (celery root or parsley root)
- ___ red wine
- ___ liquid smoke flavoring (if stovetop)