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# **WEEKLY SHOPPING LIST**

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This is your weekly shopping list. These are all the ingredients you need to make this week's recipes.

<b>PRODUCE</b>	
Garlic	1 head
Ginger	10 g
Shallot	1
Yellow onion	1 medium, 1 large
Green onion	2
Lemon	2
Potato, preferably Yukon Gold	900 / 2 lbs
<b>HERBS</b>	
Parsley	Fresh bunch
Dill	Fresh bunch
<b>MEAT &amp; FISH</b>	
Beef, ground	450 g / 1 lb
Beef, steak, skirt	680 g / 1 ½ lbs
Guanciale (cured pork jowl)	225 g
Salmon, fillet, skin-on	600 g / 1 ¼ lbs
<b>CHEESE &amp; DIARY</b>	
Pecorino cheese	80 g
Parmesan cheese	120 g
Egg	1 large
<b>GRAINS &amp; PASTA</b>	
Spaghetti, dried	450 g / 1 lb
Rigatoni, dried	340 g / ¾ lb
Rice, Arborio	450 g / 1 lb
<b>MISCELLANEOUS</b>	
Honey	
Red chili flakes	
Breadcrumbs, preferably Panko	
Bay leaf	1
Tomatoes, crushed	800 g / 1 28 oz can
White wine, dry	375 mL (half bottle)
Saffron, threads	4 g

**MAKE SURE YOU HAVE THE INGREDIENTS  
FROM THE PANTRY ESSENTIALS**