

ROMANTIC DINNER À DEUX SHOPPING LIST

Menu

Rhubarb Spritzer Champagne Cocktails

★
Asparagus Salad with Eggs

★
Salmon, Lemon and Tomato Kebabs
Beet and Carrot Bulghur Salad
or New Potato Salad with Green Beans

★
Plum Sorbet
Strawberries with Sugared Almonds



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Meat and fish

- 600g boneless, skinless salmon

Dairy and eggs

- 8 eggs
- 50g pecorino or parmesan

Vegetables and fruit

- 500g asparagus spears
- 30 cherry tomatoes
- a handful of edible flowers, such as borage, marigold or rose petals (optional)
- 130g green beans
- 2 lemons
- 2 small handfuls microgreens
- 850g new potatoes
- 500g ripe red-fleshed plums
- 1 large radish
- ½ cup fresh or thawed frozen raspberries or cranberries (optional)
- 1 small red onion
- 600g unpeeled rhubarb (about 10 stalks)
- 1 spring onion
- 2 punnets (500g) strawberries

Herbs

- basil leaves to garnish
- mint or basil sprigs (optional)
- 2 tbsp tarragon or dill leaves

Pantry items

- 1 cup flaked almonds
- 2 tbsp baby capers
- champagne or soda or sparkling wine
- ½ tsp citric or tartaric acid
- 1 tsp gelatine

For recipes see my summer annual *Annabel Langbein A Free Range Life: Endless Summer*.

Most main dishes serve four, but some serve six or more, leaving leftovers for lunch the next day or a second meal another night.

Please note quantities are sometimes rounded to allow for easy shopping – for example when 2½ lemons are required the shopping list will call for 3 lemons.

We assume you will have a stock of Storecupboard Basics, such as oils, vinegars, sauces, herbs and spices on hand. See separate checklist for this.