

SEAFOOD-LOVERS' GOURMET FEAST SHOPPING LIST

Menu

Prawn and Mango Salad Cups

★
Lemony Shellfish Risotto

★
Salmon En Croute
Asparagus with Capers and Crispy Bacon
New Potatoes with Herb Butter

★
Apricot Cremes

★
Caramel Caneles and Coffee



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Meat and fish

- 4 rashers streaky bacon
- 1.5kg pipis, cockles or small mussels
- 8-10 large cooked peeled prawns or flesh of 1 cooked crayfish tail
- 1 boneless, skinless side of salmon (about 1.2kg)

Dairy and eggs

- 2 cups cream
- 12 eggs

Vegetables and fruit

- 6 large apricots or plums or small nectarines or peaches
- 500-600g asparagus spears
- 1 avocado
- 1 baby cos lettuce (you need 16-20 leaves)
- 2 lemons
- 1 large just-ripe mango
- new potatoes
- 1 onion
- 2 red peppers
- 300g spinach

Herbs

- 16-20 tiny sprigs chervil, basil or tarragon
- ¼ cup chopped parsley leaves
- 3 tbsp tarragon leaves
- 2 tsp thyme leaves

Pantry items

- 1½ tbsp capers
- 4 cups fish or chicken stock or 2 fish or chicken stock concentrate tubs or cubes mixed with 4 cups water
- Herb Butter (see page 108) or storebought herb butter
- Horseradish Cream (see page 108) or storebought horseradish cream (optional)
- 4 sheets (500g) puff pastry
- 2 cups risotto rice
- ¼ cup rum
- 1 cup white vermouth or white wine
- ½ cup white wine

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.



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