

ENTERTAINING ON A SHOESTRING SHOPPING LIST

MENU

Chicken Rice Paper Wraps

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Speedy Sweet and Sour
Pork Stir-Fry

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Mulled Wine Pears
Tender Ginger Loaf

37



71



127

Meat and fish

- 2 cooked chicken breasts
- 400-450g pork stir-fry or thinly sliced pork fillet

Dairy and eggs

- 4 eggs
- vanilla ice cream or soft whipped cream, to serve

Vegetables and fruit

- 2-2½ cups (280g packet) bean sprouts
- 3 large carrots
- 3 stalks celery
- 2 cups finely shredded iceberg lettuce
- 1 orange
- 6 firm pears
- 1 red pepper
- 2 spring onions

Pantry items

- ½ cup finely chopped crystallised ginger (optional)
- 1 bottle red wine (it doesn't need to be expensive)
- 16 small rice paper rounds
- 1 cup Sweet and Sour Sauce (see page 111)

For recipes see my winter annual *Annabel Langbein A Free Range Life: Share the Love*.

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.