

# YOUR SHOPPING LIST

## CHECK YOUR PANTRY

- Apple cider, 3 Tbsp
- Baking powder, ¼ tsp
- Black pepper
- Egg, 1
- Flour, 1 Tbsp
- Granulated sugar, ¼ cup
- Lemon juice, 3 Tbsp
- Lime juice, 5 Tbsp
- Nonstick spray
- Olive oil, 7 Tbsp
- Red wine, ¼ cup
- Salt

## BAKING & NUTS

- Almonds, 2 Tbsp
- Chocolate chips, ½ cup
- Dried cherries, ¼ cup
- Pecans crushed, 3 Tbsp
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- Shredded coconut, 1 Tbsp

## DAIRY & REFRIGERATED

- Feta crumbled, 3 Tbsp
- Goat cheese, ½ cup
- Heavy cream, ¼ cup
- Shredded mozzarella, 1 cup

## DRY GOODS & CONDIMENTS

- Risotto, 2 cups
- Demi glace

## FROZEN

- Gelato, 4 scoops
- Tart shells, 4

## PRODUCE

- Apple, 1 medium for ¼ cup
- Baby carrots, 2
- Beets, 2 medium
- Blackberries, 8 for each dessert
- Chives, 3 Tbsp
- Eggplant, 8 oz (substitute for beef)
- Fresh garlic, 3 Tbsp
- Fresh oregano, 3 Tbsp
- Frisée (or baby greens), 1 cup
- Grapefruit, 1 each
- Red onion, 1 small
- Scallions, ½ cup
- Shallots, ¼ cup
- Strawberries, 4 for each dessert
- Watermelon radish, 1 each

## SEAFOOD & MEAT

- Beef medallions, 12 oz
- Shrimp, U8-10 x 4

## ALCOHOL (OPTIONAL)

- Far Niente Chardonnay 2019
- Rombauer Vineyards Zinfandel 2019
- Chateau Coutet Barsac 2016 (375ml)

*Thank you supporting the Rose Centers for Aging Well, a subsidiary of Benjamin Rose Institute for Aging Well. We look forward to you virtually joining the 2022 Winterlicious Dinner with Master Chef Mario Reyes on Friday, February 11.*