

JULIA BUSUTTIL NISHIMURA'S PANTRY DINNERS WEEK 02



Shopping List

Fruit & Veg

- 750g cherry tomatoes
- Snow or garden peas (fresh or frozen)
- 2 garlic bulbs
- Large bunch of basil
- 450g podded broad beans
- 150g frozen peas
- 1 bunch of asparagus
- 1 zucchini
- Handful of mint
- 2 lemons
- 6 Roma tomatoes
- 3 shallots
- 6 sticks of celery
- 2 carrots
- 5 sprigs of thyme
- 1 bulb fennel
- 1/4 white cabbage
- 1 radicchio
- Handful of parsley
- 1 onion
- 2 oregano sprigs
- 2 fresh bay leaves
- Bunch of spring onion
- 2 Lebanese cucumbers
- Coriander

Meat, Poultry, Fish

- 6 eggs
- 4 x 150g pieces of salmon (skin on)
- 4 large beef ribs
- 800g beef short ribs

Dairy

- 600g fresh ricotta
- 180g Parmesan

Pantry

- Nutmeg
- 500g plain flour
- Sea salt
- Black pepper
- 4 slices of sourdough (old or fresh)
- Breadcrumbs (can be made from old bread)
- Large bottle of olive oil
- 70g blanched almonds
- 320g pasta of your choice
- Balsamic vinegar
- 500ml chicken stock
- 100g semolina flour
- 250ml red wine
- 680g tomato passata
- 200g soba noodles
- Soy sauce
- Mirin
- Rice wine vinegar
- Grain vinegar
- Tahini
- Grated ginger
- Nori sheets (optional)
- Black and white sesame seeds
- 500g brown rice
- Grain vinegar
- Caster sugar
- Sesame oil

