

Online International Fiber Festival

Grocery Shopping List by Day

November 2020

We assume you have the basic equipment required for baking and cooking. Additionally, you will need a wok or skillet with tall sides, a candy thermometer, a kitchen scale (or willingness to google conversions), and a waffle iron.

We also assume you have water, salt, and pepper. You may need to visit a specialty store for a few ingredients or order a few things online, but most participants should be able to find what is needed through local stores.

Quantities are given in their uncooked, uncut state. A few substitutions are suggested, but you may want to google for other appropriate options if you cannot find particular ingredients.

Monday – American Midwest

The suggested recipes on this day feed 6. Adjust accordingly.

10.5 Tbsp Butter	1 cup frozen lima beans (can substitute canned)
4 tsp olive oil	1 Tbsp tomato paste
1/4 c flour	2/3 cup ketchup
4 Tbsp cornstarch	1 Tbsp brown sugar
3/4 c sugar	1 tsp yellow mustard
2 cups milk	3/4 tsp chili powder
2.25 c half-and-half	1/2 tsp ground cinnamon
1 lb ground beef	1/2 tsp cumin
1/3 green bell pepper	pinch cayenne pepper
1/2 red bell pepper	sprinkle of paprika
1 jalapeño pepper	1/4 tsp red pepper flakes
1 yellow onion	1/2 tsp Worcestershire sauce
2 green zucchinis (can substitute summer squash)	dash of hot sauce
4 oz fresh green beans	1 tsp vanilla extract
1 tomato	6 sandwich-style rolls
1.5 cups corn/maize	1 9-inch prebaked pie crust, or add ingredients to your list to prepare your own pie crust.
6 cloves garlic	
2 lbs potatoes	
fresh parsley	

Tuesday – Canadian Prairie

The suggested recipes for this day feed 8. Adjust accordingly.

675 g/1.5 lb lean ground beef	1/2 cup chopped fresh parsley
8 slices bacon finely chopped	1 1/2 teaspoon dried marjoram
1/2 cup parboiled rice	1/2 teaspoon dried thyme
10.5 tablespoons butter	½ tsp dried parsley flakes
3 eggs	3 cups sauerkraut rinsed and squeezed dry
1 cup shredded old/sharp/mature cheddar cheese	3 tablespoons packed brown sugar
½ - ⅔ cup milk	1 can (1.36 L) tomato juice
1 cup cream	1 1/4 cup sodium-reduced chicken broth
2 Savoy cabbage (each about 2.5 lbs)	4 cups all-purpose flour
3 onions chopped	1.5 Tbsp baking powder
1/2 sweet red pepper	.75 tsp garlic powder
2 cloves garlic minced	2 Tbsp canola or vegetable oil
	Oil for frying

Wednesday – Peru

The suggested recipes for this day feed 4. Adjust accordingly.

18 oz sirloin steak	1 tsp ground cumin
2 cups milk	2 cinnamon sticks
1 tsp butter	4 cloves
1 red onion	½ tsp aniseed
2 tomatoes	1 tsp vanilla extract
1 aji amarillo chili pepper (mild, yellow pepper)	2 Tbsp olive oil
1 tsp fresh garlic paste	20 oz white rice
11 ounces potato	½ c Arborio rice (Can substitute sushi rice or basmati rice.)
½ cup beef stock	1 can evaporated milk
4 tbsp soy sauce	1 cup chancaca or dark brown sugar
4 tbsp vinegar	½ c grated dried coconut
Handful of fresh cilantro leaves	½ c raisins
½ tsp dried oregano	½ c pecans

Thursday – Japan

Note: The ingredients below are for the main course and are for 2 people. Adjust accordingly.

1 cup rice	2 Tbsp mirin (can substitute white wine with a pinch of sugar)
½ lb boneless, skinless, chicken thighs	1 Tbsp sugar
½ brown onion	1 Tbsp usukuchi soy sauce (Japanese soy sauce)
3 large eggs	
¾ c Dashi Stock soup (can substitute chicken stock)	

Dessert: This recipe creates 8 servings. We do not recommend that you modify this recipe, though. Cut the slices smaller or enjoy the leftovers!

3 eggs	2 Tbsp butter
1 cup sugar	1 c whipping cream
.8 cups flour	1 lb fresh strawberries
3 Tbsp milk	

Friday – Estonia

The suggested recipes on this day feed 6. Adjust accordingly.

4-6 pcs pork sirloin or neck slices	2 cups buckwheat flour (slightly more than you'll need)
3 onion	½ cup sugar
2 potatoes	¼ cup brown sugar
3-4 apples	2 tsp baking powder
2 oz oil	1 tsp ground cinnamon
¾ cup milk	nutmeg to taste
14 oz cream	Oil or butter for sauteing
1/3 c butter	ice cream (optional)
3 eggs	
1 cup flour	

Saturday – Germany

The suggested recipes on this day feed 4. Adjust accordingly.

1 – ½ lb lean lamb	2 cups milk
1 onion	3 eggs
1.5 lbs green beans	2 Tbsp sugar
3 c beef broth	2 packs vanilla sugar (Or 2 tsp vanilla extract)
Summer savory to taste (Can substitute thyme)	4 tablespoons food starch
1 – 1.5 lb potatoes	1 cup white wine or apple juice

Sunday – The Hebrides

The suggested recipes on this day feed 4. Adjust accordingly.

15 tbsp butter	cream)
2 leeks	2 Tbsp wholegrain mustard
3 carrots	Fresh crusty bread and butter
3 parsnips	2 lbs sugar
1.25 cups flour	1 cup milk
2 cups chicken or vegetable stock	397g tin of condensed milk
14 oz ham, shredded	1 tsp vanilla extract
7 oz crème fraiche (Can substitute sour	

Monday – Portugal

The suggested recipes on this day feed 4. Adjust accordingly.

10 oz salted cod (Can substitute fresh cod)	1 lb angel hair pasta
14 oz potatoes	2. Cups sugar
1 onion	2 cups milk
2 tsp minced garlic	1 stick cinnamon
2 tomatoes	2 Tbsp olive oil
1 lemon	1 Tbsp bacon fat or lard
6 eggs	1 Tbsp butter
1.5 cups vegetable, chicken, or beef broth	Oil for frying
1 cup long-grain rice	