

# *GROCERY LIST: ATLANTIC CANADA*

2.25 kg fresh littleneck clams (If you cannot find fresh clams where you are, you may use the equivalent amount of canned clams.)

6 strips bacon

2 shallots

1 rib celery

2 cloves garlic

2 sprigs fresh thyme

2 tablespoons fresh chives

2 tablespoons fresh parsley

4 cups fresh wild blueberries

1 onion

7 lbs yellow-fleshed potatoes

1 bay leaf

2 tsp dried savory

3 cups all-purpose flour

½ cup + 2 tablespoons sugar

1 tablespoon baking powder

1/2 cup dry sherry

1 tablespoon lemon juice

5 teaspoons Worcestershire sauce

4 tsp cider vinegar

1 1/2 cup cream

1 cup milk

15 tablespoons butter

3 liters of oil suitable for deep frying

1 cup panko breadcrumbs

2 cups beef stock

*Please note:*

*For the shopping lists, quantities have been multiplied to assume you are serving at least 4 people. (Recipes that serve 2 people, for instance, have been doubled.)*

*All oils for sauteing have been combined into "cooking oil" unless the type of oil is traditional to the dish. Use the fat that you prefer for this purpose.*

*It is assumed you already have enough table salt and ground black pepper to prepare the recipes, so they are not included unless the recipe requires a lavish amount.*