

GROCERY LIST: CORNWALL

⅔ lb skirt steak or sirloin steak - finely chopped, with fat discarded (weigh the meat after discarding the fat)

1 lb potatoes

⅓ lb swede/rutagaba

⅓ lb onions

8 cups all purpose flour

2 tsp baking powder

1 oz fresh yeast (If you cannot find live yeast, visit this site to read about converting to other options:

<https://tinyurl.com/yeastconversion>)

½ cup castor sugar

12 Tablespoons unsalted butter

1 egg + 2 egg yolks

4 Tablespoons lard

Currants to taste (The recipe is ambiguous, but you'll want at least 1/2 cup. You can substitute raisins or sultanas for currants if they are not available in your area, but it will give a different flavor to the bun)

4 strands of Saffron

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.