

MASTER GROCERY LIST

1 lb. lamb or beef, cut into 2" to 3" pieces
1 pound ground beef or pork
2/3 lb skirt steak or sirloin steak - finely chopped, with fat discarded (weigh the meat after discarding the fat)
1/2 pound diced pork
1 fresh pork butt, bone-in
1/2 pound diced beef
1/2 pound diced ham
1 pound slab bacon
6 strips bacon
1 pound Polish sausage (kielbasa)
1 lb fresh or frozen haddock, cod, or whiting
2.25 kg fresh littleneck clams (If you cannot find fresh clams where you are, you may use the equivalent amount of canned clams.)

1 tablespoon tomato paste
2 28-ounce cans of whole San Marzano tomatoes, or another very high-quality variety
1 28-ounce can of diced tomatoes
1 cup of vegetable stock
4 ounces unblanched almonds (skin on and chopped)
Currants to taste (amount is undefined, but at least 1/2 cup. Can substitute raisins or sultanas if no currants are available.)
2 pounds sauerkraut, drained and rinsed
1/2 cup pitted prunes
4 cups beef broth
1 cup panko breadcrumbs
2-3 large pickles
2 tbsp mayonnaise or sour cream
2 tbsp stone-ground mustard
Honey, powdered sugar or jam for one of the desserts

7 oz of stale Italian-style bread (If shopping before the festival, you have time for it to get stale if you buy fresh)

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.

- 13 onions
- 1 medium sweet onion
- 1 small red onion
- 2 shallots
- 3 celery stalks
- 15 cloves garlic
- 1 pound peas
- 1 pound artichoke bottoms
- 4 tablespoons fresh parsley
- 2 tablespoons fresh cilantro
- 4 sprigs of basil
- 1/4 cup packed fresh basil or arugula leaves (plus
- 1/4 teaspoon dried oregano, if using arugula
- instead of basil)
- 3 Tablespoons chopped fresh chives
- handful fresh dill or parsley
- 2 tablespoons fresh parsley
- 2 sprigs fresh thyme
- 4-5 scallions, sliced thinly
- 8 large, vine-ripened tomatoes
- 1 English cucumber
- 1 large head cabbage
- 2 medium carrots
- 1 pound fresh okra
- 2 green bell peppers
- 2 green banana peppers (or green bell pepper)
- 2 containers white button mushrooms
- 2 pounds potatoes
- 1 1/2 lbs new potatoes
- 7 lbs yellow-fleshed potatoes
- 1/3 lb swede/rutabaga
- 4 apples
- 3 lemons
- 4 oranges
- 4 cups fresh wild blueberries

- 4 Tablespoons lard
- oil suitable for deep frying (about 6 Liters total for
- two frying sessions, or 3 Liters to filter and use a
- second time)
- 1 cup olive oil
- 1 cup cooking oil
- 1/4 cup bacon drippings
- 2 tablespoons red wine vinegar
- 3 cups + 2 Tablespoons apple cider vinegar
- 1/2 cup dry red wine
- 1/2 cup dry sherry
- 5 teaspoons Worcestershire sauce

- 1 1/2 pounds high gluten or bread flour
- 6 pounds all-purpose flour
- 4 pounds sugar
- 1 tablespoon yeast
- 1 oz fresh yeast (or 5 more tsp of active dry yeast)
- 2 teaspoons baking soda
- 8 1/2 teaspoons baking powder
- 1/2 cup caster sugar
- 1/2 teaspoon baking ammonia (Learn more about
- baking ammonia how to substitute if you cannot find
- any here: <https://tinyurl.com/bakersammonia>)
- 2 tablespoons cornstarch
- 1/4-cup ground almonds (almond flour)
- Powdered sugar to sprinkle
- 4 1/2 teaspoon vanilla
- 1 teaspoon pure almond extract

- 1/2 cup crumbled feta cheese (try not to use Greek
- Feta as it is saltier)
- 2 1/2 cups Greek yogurt
- 2 tablespoons plain yogurt
- 19 large eggs
- 1 pound fresh mozzarella
- 2 cups + 1 tablespoon milk
- 11 Tablespoons butter
- 1/4 cup sour cream
- 1 1/2 cup cream
- 1 cup buttermilk

- 2 teaspoons ginger
- 1 teaspoon turmeric
- 8 saffron threads
- 1/2 teaspoon cinnamon
- 3 tablespoons dried savory leaves
- 1 teaspoon sweet or smoked paprika
- 1/2 teaspoon ground cumin
- 3/4 teaspoon ground nutmeg
- 1 1/4 teaspoon ground white pepper
- 1 bouillon cube (optional)
- 1 tablespoon caraway seeds
- 12 peppercorns
- 3 bay leaves
- Kosher salt
- 2 tablespoons crushed red pepper
- 1 teaspoon dry mustard
- 1 teaspoon celery seeds

- Specialty items:
- 1 preserved lemon (optional)
- 4 teaspoons orange flower water (optional)