



Cooking Class 9

Shopping List

Chef Jo

Ingredients for 2 People (adjust to how many you'll be)

Always good to have:

Onion
Garlic
Cooking wine/beer
Olive oil
Vinegar (Aceto Balsamico)
Soy sauce
Maple sirup
Spices
Salt & Pepper
Flour
Sugar
Organic lemon

What you'll need :

Flour
50 g of coconut milk
Dry yeast
2 medium carrots
Mustard seeds
2 onions
Garlic
6 bananas (green to yellow, no brown spots!)
Peanuts
5 Spice (cinnamon, fennel, ginger, cumin, clove)
Barbecue sauce
Soy sauce
½ cucumber
Chili flakes
Sesame oil
Some neutral oil like grape seed
Fresh mint and basil (buy in pots for an unlimited supply)
Optional: spring onions, sprouts