# SHOPPING LISTS

## Notes

1. Many items nominated for purchase at specialty shops (e.g. greengrocer, fishmonger) may be obtainable at the supermarket. I prefer to support specialty businesses and dislike the supermarket environment. If you have (as I recommend) delegated Common Resource purchasing to another member of the household (you can maintain the shopping lists), you should never need to visit the supermarket. Obviously, if cost is an important factor, or you don’t have a willing housemate, you will need to take those constraints into account. Online ordering may be a solution.
2. Many common resources (e.g. garlic, lemons) are required for multiple seasons. You may already have stock when you commence a new season.
3. I recommend keeping a copy of the annual and seasonal Common Resource lists on the door of the pantry (or other convenient location) and marking any items that require replacing at the time the last one is used (or earlier if you want to consolidate the shopping).
4. Weights and amounts are approximate. Twenty percent variation is acceptable. An even greater variation is better than an episode of anxiety: *the meal will still be acceptable*.
5. If you need sugar for a visitor’s drink, there will be some in the bar for making simple syrup. Or you may add it to Common Resources. It is not used in any of my recipes.

## All-year Common Resources

#### All should be obtainable from supermarket

Vegetable oil for cooking (I use canola; olive oil is also suitable)

Extra virgin olive oil (for salads, etcetera)

Coarse salt

Ordinary salt

Black peppercorns

Granola ingredients:

Oats

Brown flaxseed

Pecans

Almonds

Nutmeg

Cinnamon

Vanilla essence

Honey

Turkish dried apricots

Dried cranberries (“craisins”) or dried cherries

Yoghurt (or other dairy product for breakfast)

Coffee and / or other beverage base

Milk

Lemons

Limes

Brown onions

Carrots

Chilies fresh and / or dried (I recommend birds-eye and jalapeño)

Garlic (fresh)

Red wine

White wine

Plastic cling wrap

Foil

Baking paper

Paper towels

Toothpicks

## Bar Resources

This set will enable you to make the cocktails specified in *Don Tillman’s Standardized Meal System*, including many, but not all, of the options offered by the Don Tillman Sour Generator (Autumn Tuesday). Oloroso sherry is listed as a winter purchase for cooking: you can buy this at any time and store in the bar, thus slightly extending your possibilities. You should always have limes and lemons in Common Resources.

Cointreau

Blood Orange Cointreau (optional)

Tequila (silver, 100% agave)

Mezcal

Gin

Bourbon whiskey

Pisco

Absinthe / Pastis

White rum (if you want to make actual piña coladas on Summer Tuesdays or at any other time)

Campari

Red (sweet) vermouth (quality varies – seek advice)

Oranges

Soda water

Sugar

Agave syrup

## Spring Common Resources

#### Chocolate shop

Chocolates

Turkish delight (alternatively, source from specialist vendor)

#### Greengrocer

Potatoes

Pumpkin

Sweet potatoes

Ripe mangoes (purchase triggered by running out of frozen mango)

#### Delicatessen

Red-wine vinegar

Parmesan cheese

Feta cheese (preferably marinated)

Chermoula paste

Harissa paste

Dried porcini mushrooms

Pitted green olives

Pistachio nuts (shelled)

Antipasto items (salumi, preserves)

#### Supermarket

Butter

Eggs

Pomegranate juice – unsweetened (if making pomegranate margaritas)

Taco shells

Arborio (risotto) rice

Couscous

## Spring Saturday

#### Greengrocer

Fresh fruit for 3 breakfasts

Fresh herb(s), including basil and (if available) French tarragon (1 bunch each, maximum 2)

70 g salad greens

1 bunch asparagus (I recommend thick-stemmed)

8 small new potatoes

100 g green beans

100 g baby-spinach leaves

#### Butcher or poultry vendor

1.6 kg raw chicken

#### Fishmonger

2 whole flounder(s) or alternative whole fish or fillets, cleaned and scaled

## Spring Tuesday

#### Greengrocer

Fresh fruit for 4 breakfasts

12 dates

Bunch of coriander leaves

Bunch of mint

Bunch of spring onions

1 red capsicum

80 g rocket leaves

50 g lettuce leaves (for tacos)

1 large or two small avocados

1 medium tomato

Fresh ingredients specified by risotto expert

#### Delicatessen

1 mild chorizo sausage (smoked, not requiring cooking)

#### Fishmonger

900 g salmon fillet, including skin

## Summer Common Resources

#### Chocolate shop

Chocolates

#### Supermarket

Eggs

Brown rice and / or other rice of your preferred variety

Canned tomatoes

Canned white beans

Spaghetti

Crackers to accompany cheese

#### Asian supermarket

Some items will be available elsewhere, but it is worth supporting specialist businesses. For the Japanese items, you may need to find a more specialized specialist.

Fish sauce

Coconut milk (canned)

Frozen kaffir-lime leaves

Thai yellow-curry paste

Peanut oil (Asian supermarkets sell high-quality oil that tastes of peanuts – recommended)

Soy sauce

Kecap manis (sweet soy sauce)

Sesame oil

Japanese items:

Somen noodles (if unavailable, soba noodles are acceptable)

Tobiko (flying fish roe, frozen product)

Nori sheets or nori sprinkle

Japanese rice-wine vinegar

Dried dashi

Dried bonito flakes

#### Greengrocer

Grapefruit (for grapefruit margarita only)

Red onions

Green cabbage

Potatoes

Oregano (allow to dry at home – it remains usable and better than commercial dried oregano)

#### Delicatessen

Feta cheese (I recommend a marinated product)

Black olives (pitted is convenient, otherwise pit yourself; marinated or unmarinated)

Red-wine vinegar

Balsamic vinegar

Hazelnut oil

Dijon mustard

Parmesan cheese

Anchovies preserved in oil (not vinegar)

Capers – in vinegar or salt

Pesto

Preserved lemon (optional)

## Summer Saturday

#### Greengrocer

Fresh fruit for 3 breakfasts

1 avocado

1 cob of sweetcorn

6 yellow and red capsicums (bell peppers) – at least 1 yellow and 3 red

750 g high-quality cherry and / or conventional tomato(es)

350 g zucchini(s)

1 eggplant (400 g)

350 g cucumber

1 ripe pineapple

1 bunch basil

1 bunch coriander leaves

200 g snake beans (check Asian-goods vendors) or conventional green beans

If making minestrone soup:

600 g zucchinis

300 g green beans

#### Butcher or poultry vendor

300 g duck fillet (boneless breast, skin on)

If making chicken stock:

8 chicken carcasses (alternatively, 4 kg chicken wings)

#### Fishmonger

200 g (1 or 2 slices) “sashimi-grade” yellowfin tuna

Greek barbecue item(s) (alternatively, source from butcher)

#### Delicatessen

Greek deli items for starter (optional)

## Summer Tuesday

#### Greengrocer

Fresh fruit for 4 breakfasts

4 large or 8 small figs

14 cherry tomatoes

1 head of witlof (Belgian endive / chicory)

1 large avocado or two small avocados

1 large mango

Slice of watermelon about 350g, including skin (if you have to purchase a larger piece, use remainder for snacks and / or breakfast)

75 g green salad leaves

1 bunch basil

1 bunch mint

#### Fishmonger

1 1/2 kg (or more) whole Australian crayfish, cooked, or equivalent lobster, langoustine, or tails of any of these; alternatively, large cooked prawns – seek fishmonger’s advice on “how much per person in a salad”

#### Butcher

Marinated spareribs suitable for barbecuing, as recommended by butcher for 2 persons

*or*

450 g piece of roasting pork, skin on—I recommend a section of “rack” (a double or triple chop), which includes bone and will cook more slowly, so it won’t be overcooked by the time the skin is crisp; ask butcher to score the skin

#### Delicatessen

100 g prosciutto, thinly sliced

Interesting cheese sufficient to serve 4 persons (including gorgonzola will provide the option of stuffing the grilled figs with it)

## Autumn Common Resources

#### Chocolate shop

Chocolates

#### Supermarket

Eggs

Canned tomatoes

Canned (red) kidney beans

Canned (white) cannellini beans

Canned sweetcorn kernels

Chili con carne spice mix (commercial product, but preferably from specialist spice vendor)

Hot paprika / cayenne pepper

Bay leaves

Linguini

Soy sauce

Fish sauce

Hoisin sauce

4 rice-paper-roll wrappers (may need to source from Asian supermarket, depending on your location and the population with Vietnamese heritage)

Maple syrup

Prepared wasabi (typically sold in tube; may need to source from Japanese specialist)

Ice-cream

#### Greengrocer

Fresh ginger

#### Delicatessen

Dried porcini (or alternative interesting) mushrooms

Tahini paste

Tamari almonds (or non-tamari almonds, cashews, peanuts; alternatively, Japanese specialist)

Toasted sesame oil (alternatively, Japanese specialist)

Parmesan cheese

## Autumn Saturday

If not making chili on Sunday, all ingredients for Don’s Surprise, per recipe

#### Greengrocer

Fresh fruit for 3 breakfasts

1 small fennel bulb

If making Chili con Carne

2 red capsicums (bell peppers)

400 g zucchini

#### Baker

Bread to accompany deli items for lunch (I recommend olive)

#### Delicatessen

Deli lunch items to accompany bread (be creative or seek advice from proprietor)

1 hot or mild (smoked) chorizo sausage

#### Fishmonger

750 g live mussels

12 large raw (“green”) prawns (shrimp), shelled (tail may still be attached)

1 small calamari, cleaned by fishmonger

6 sea scallops or 12 smaller scallops

1 fillet (250 g) firm fish, as recommended by fishmonger for stew or soup

#### Butcher, if making Chili con Carne

500 g minced beef

#### Butcher or poultry vendor, if making chicken stock

8 chicken carcasses (alternatively, 4 kg chicken wings)

## Autumn Tuesday

#### Greengrocer

Fresh fruit for breakfasts

450 g zucchini

1 bunch broccolini *or* 200 g broccoli *or* 200 g snow peas *or* 1 medium zucchini

1 leek

2 red capsicums (bell peppers)

1 yellow capsicum

1 bunch spring onions

1 packet bean shoots (if last week’s half packet has survived, no need to buy)

280 g fresh interesting mushrooms (conventional mushrooms are acceptable)

100g baby sweetcorn

100 g mushrooms (mix of interesting varieties, if possible)

2 green mangoes (if unavailable, 1 green papaya, or use ripe mangoes, but check Asian vendors first)

1 long green chili

1 bunch coriander

1 bunch flat-leaf parsley

#### Fishmonger

1 thick slice “sashimi-grade” yellowfin tuna (200 g)

#### Butcher or poultry vendor

700 g duck fillets

#### Delicatessen

25 g prosciutto (optional for mushroom minestrone) – willingness to supply this small quantity is a good test of your relationship with the vendor

## Winter Common Resources

#### Chocolate shop

Chocolates

#### Supermarket

Unsalted butter

Plain flour

Generic “cheddar” cheese

Fusilli pasta

Rice of your preferred variety or varieties

Canned tomatoes

Dried brown and / or green lentils

Poppadums

Commercial curry paste (“Madras,” “Vindaloo,” etcetera)

Commercial chutney and pickles (at least a jar of each)

Sweet or hot paprika

Bay leaves

#### Greengrocer

Potatoes

Shallots

Celeriac (keep 1 bulb only)

#### Wine Merchant

Oloroso sherry or Verdelho madeira

#### Delicatessen

Parmesan cheese

Gruyere cheese

Feta cheese (preferably marinated)

Black olives (pitted is convenient, otherwise pit yourself; marinated or unmarinated)

Salami (hot or mild)

Capers preserved in vinegar or salt

Anchovies preserved in oil (not vinegar)

## Winter Saturday

#### Greengrocer

Fresh fruit for 3 breakfasts

8 cherry tomatoes or 1 conventional tomato

2 sticks of celery

400 g Jerusalem artichokes

6 medium leeks (approx. 2 kg, including inedible leaves)

300 g button mushrooms

Large sprig of rosemary

#### Baker

Bread

#### Fishmonger

12 fresh oysters in shells

#### Butcher

Sufficient lamb shanks for 2 people

400 g smoked lardons or lean bacon (cut 1 cm thick; alternatively, source from delicatessen)

#### Butcher or poultry vendor

4 chicken Marylands (drumstick and thigh together or disassembled), skin removed, total weight 900 g

If making chicken stock:

8 chicken carcasses (alternatively, 4 kg chicken wings)

## Winter Tuesday

Fresh fruit for 4 breakfasts

#### Greengrocer

350 g broccoli or 300 g broccolini

1 green capsicum

1 conventional tomato or 10 cherry tomatoes

350 g diced chicken (if you have to dice it yourself, 2 1/2 cm cubes)

150 g baby spinach (or adult spinach, which is now harder to find; optional)

1 medium zucchini (optional)

# EQUIPMENT

The following equipment should suffice to cook all of the meals described in *Don Tillman’s Standardized Meal System* (plus numerous other meals), technically excluding ‘Don’s Surprise’ (Autumn Sunday), although I have not yet encountered a recipe selected for that purpose that I could not cook.

Serving plates are included, but not individual plates, cutlery, etcetera.

Timer (I recommend using the timer on a smart watch – hands free)

Apron

Onion-peeling goggles

Two chopping boards

Pepper grinder

General-purpose “kitchen” knife

Small sharp knife

Bread knife

Carving knife and fork

Scissors (strong enough to cut underside of lobster tail)

Wooden spoon

Metal spatula

Spatula compatible with non-stick frying pan

Potato masher

Ladle

Vegetable peeler

Whisk for eggs (non-essential – a fork will suffice)

Mortar and pestle

Grater

Sieve

Colander

Jar for vinaigrette-making (small surplus jar with a lid)

Scales (metric)

Measuring spoons (set)

Measuring vessels (metric): 500 ml, 50 ml

Bowls – I recommend the following minimum set, all sizes approximate:

3 x 350 ml

2 x 1 liter

1 x 2 liter

3 Pots (saucepans) – purchase as a ‘large, medium, small’ set

Steamer to fit over at least one of the pots (typically included in set)

Large pot for making stock

Non-stick frying pan (20 cm diameter)

Wok

Enameled cast-iron pots – I recommend two or even three to facilitate parallel processing, especially on Sundays; the Le Creuset brand is excellent and expensive; I suggest buying the largest size

Earthenware baking dish with lid

Metal baking tray

Silicone baking sheet (optional – you can use baking paper)

Barbecue spatula

Barbecue tongs

Commercial “beer-can” barbecue cooking apparatus or empty (375 ml) beer can

Meat thermometer

Plates for serving (minimum requirement):

1 large platter (approx. 40 x 30 cm)

2 large plates (approx. 30 cm diameter)

2 small plates (approx. 20 cm diameter)

4 small bowls, e.g. for sashimi dipping sauce (approx. 8 cm diameter)

Salad bowl

Salad servers

Lemon (actually *citrus*) squeezers:

Small manual squeezer for small quantities – almost all situations

Electric squeezer for large quantities—primarily of making drinks

Freezer containers (500 ml) and bags (number dependent on size of freezer and how often you want to replenish frozen stocks)

Ice trays

Kettle

Blender / Liquidizer

Electric mixer (a hand mixer is adequate)

Rice cooker with plastic ladle

Slow cooker (optional) – an enameled cast-iron pot in the oven performs a similar function

Cocktail shaker