

FOOBY

WE LOVE FOOD

Weekly meal plan with meat for 4 persons

IN RESERVE:

- 500 g white flour
- ¼ tsp baking powder
- 4 tsp sugar
- ½ tsp sea salt
- pepper
- salt
- oil for frying
- 1.3 dl olive oil
- 4 tbsp white balsamic vinegar
- 8 dl beef bouillon
- 6 garlic cloves
- 7 dl meat bouillon
- 1 dl vegetable bouillon

INGREDIENTS

BAKING INGREDIENTS

- 91 ½ g half-white flour
- ¼ tsp sodium bicarbonate
- ½ cube yeast (approx. 20 g)

FRUITS / VEGETABLES / SALADS

- 2 bunch flat-leaf parsley
- ½ bunch chervil or basil
- 2 bunch sage

- ½ bunch rosemary
- 1 bunch basil
- 1 bunch coriander
- 1 bunch coriander, roughly chopped
- 960 g cooked corn cobs
- 250 g mushrooms
- 9 ¼ courgettes
- 1 mango (approx. 400 g)
- 9 onions
- 1 red chilli pepper
- 300 g carrots
- ½ lime
- 167 g baby spinach
- 2 red pepper
- 500 g tomatoes
- 1 kg green asparagus

DAIRY PRODUCTS / EGGS

- ¾ tbsp plain greek yoghurt
- 200 g crème fraîche
- 425 g mozzarella
- 2 parcel burrata piccola (approx. 200 g)
- 400 g Lucerne cream cheese
- 200 g feta
- 1 dl milk
- 8 ¾ eggs

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- 150 g cream cheese (e.g. with herbs)
- 80 g grated Gruyère
- ¾ dl buttermilk
- 2 dl full cream
- 2 dl sour single cream
- 83 ½ g half-fat quark
- 1 tbsp clarified butter
- 40 g grated Parmesan

SOUPS / PRESERVES / JAM

- 4 tbsp capers
- 7 dl vegetable stock
- 7 tins chopped tomatoes (approx. 400 g)
- 4 ¼ tins corn kernels (approx. 285 g)
- 2 tins peeled cherry tomatoes (each approx. 400 g)
- 3 tbsp tomato puree
- 6 tins chickpeas (each approx. 400 g)
- 2 tbsp pesto verde (green pesto)
- 5 preserved jalapeño peppers in slices
- 1 tin pitted black olives (approx. 85 g)

BAKERY PRODUCTS

- 50 g day-old white bread

MEAT AND SAUSAGES

- 400 g minced meat (beef and pork)

- 400 g rump steaks
- 4 chicken legs (boneless)
- 8 cervelat sausages
- 200 g chorizo

PASTA

- 800 g pasta (e.g. tagliatelle)
- 8 wheat tortillas
- 180 g Maggi Polenta Ticinese
- 350 g pasta (e.g. large elbow macaroni)

SPICES

- 4 tbsp lemon juice
- 2 tbsp parsley
- 2 tbsp coriander or parsley
- ¾ tsp ground cumin

FISH

- 200 g Trout back fillets hot smoked (ASC)
- 150 g smoked salmon
- 1 tin anchovies (approx. 30 g)

NOTES / OTHER INGREDIENTS

FOLD HERE!