Hiding the Egg

Master shopping list for all six recipes

StudioLink Recipe | Six recipes, one trip

This list covers every ingredient needed to cook all six recipes in the guide. Pantry staples like salt, pepper, olive oil, and butter may already be in your kitchen, so check those first before you shop.

Shopping date: _____

Produce

VEGETABLES AND AROMATICS

- [ ] Yellow onion — *1 small*
- [ ] Garlic — *1 head*
- [ ] Scallions — *1 bunch*
- [ ] Fresh basil — *1 small bunch*
- [ ] Shallot — *1 small*
- [ ] Fresh ginger — *1 small piece*
- [ ] Fresh chives — *1 small bunch*

Meat, Seafood, and Dairy

MEAT

- [ ] Ground pork — *8 oz*
- [ ] Ground beef, 85% lean — *2 lbs*
- [ ] Thick cut bacon — *6 slices*
- [ ] Ground turkey — *1 lb*
- [ ] Chicken cutlets, thin — *4, about 1 lb*

DAIRY AND EGGS

- [ ] Eggs — *1 dozen*
- [ ] Parmesan, grated — *8 oz block*
- [ ] Gruyere, grated — *6 oz*
- [ ] Whole milk — *1 quart*
- [ ] Ricotta — *8 oz tub*
- [ ] Mozzarella, shredded — *8 oz*
- [ ] Heavy cream — *1 pint*
- [ ] Refrigerated pie crust — *1, or homemade*

> One dozen eggs covers all six recipes with one to spare. If you plan to double the quiche, buy two dozen.

Pantry

GRAINS AND DRY GOODS

- [ ] Jasmine rice — *2 lb bag*
- [ ] Cornstarch — *1 box*
- [ ] Panko or gluten-free breadcrumb — *1 container*

OILS, VINEGARS, AND CONDIMENTS

- [ ] Olive oil — *1 bottle*
- [ ] Toasted sesame oil — *1 small bottle*
- [ ] Worcestershire sauce — *1 bottle*
- [ ] Dijon mustard — *1 small jar*
- [ ] Marinara sauce — *2 jars, 24 oz each*
- [ ] Neutral oil, canola or vegetable — *1 bottle*
- [ ] Soy sauce — *1 bottle*
- [ ] Apple cider vinegar — *1 bottle*
- [ ] Ketchup — *1 bottle*
- [ ] Low sodium chicken broth — *1 carton, 32 oz*

SPICES AND SEASONING

- [ ] Salt — *1 box or refill*
- [ ] White pepper — *1 small jar*
- [ ] Dried oregano — *1 jar*
- [ ] Ground nutmeg — *1 small jar*
- [ ] Black pepper — *1 grinder or refill*
- [ ] Garlic powder — *1 jar*
- [ ] Dried thyme — *1 jar*
- [ ] Brown sugar — *1 small bag*

Frozen

- [ ] Frozen peas — *1 bag*

> Most of the pantry section is a one time buy. If you already have olive oil, soy sauce, dijon, and dried herbs in the cupboard, check them off now and skip those aisles.

StudioLink Recipe | spotrpage.com

Cook the quiche last. Start with the chicken parmesan and work your way down the ratio guide as you learn what you can handle.