

LARA'S CUBAN COMFORT MEAL

●●●●● shopping list

PRODUCE

- 2 medium carrot
- A handful of celery tops
- 1¼ cups fresh or frozen corn kernels
- 1 small yucca
- 8 pieces fresh okra
- 5 medium chayote
- 5 shitake mushrooms
- 1 green bell pepper
- 2 medium tomatoes
- 1 small pineapple
- 1 medium Hass avocado
- 1 green plantain
- 1 large mango (preferably Haitian)
- 3 whole star anise
- 2 sour oranges
- 1 lime
- 1 rutabaga
- russet or other baking potato
- 2 heads garlic
- 6 small onions
- 1 large bunch watercress
- 1 bunch oregano
- 1 bunch flat-leaf parsley
- 1 bunch rosemary
- 1 bunch thyme
- 1 bunch recao or cilantro

DRIED GOODS, NUTS, & PERISHABLES

- One 3-inch piece kombu
- One 8-ounce package tempeh
- Saffron threads
- ½ cup raisins
- 1 cup pepitas
- ½ cup cashews
- ½ cup pistachios
- ¼ cup walnuts

PANTRY

- Extra-virgin olive oil
- Coarse sea salt
- Fine sea salt
- Freshly ground black pepper
- Freshly ground white pepper
- Black peppercorns
- Apple cider vinegar
- Safflower or canola oil
- Coconut milk (or fresh)
- Pure maple syrup
- Grade-B maple syrup
- Capers
- Green olives
- Whole-wheat pastry or whole-spelt flour
- Fine cornmeal
- Dried coconut (or fresh)
- Baking powder
- Baking soda
- Ground cumin
- Nutmeg
- Cinnamon

