

I N G R E D I E N T S (2 course meal for 4):

- 1kg flour
- 3 tbsp corn flour + 2 tbsp water to dissolve corn flour
- 1/2 tsp baking soda
- 1 bottle sparkling water and 1 bottle white wine
- 600 ml tub thickened cream
- 250 ml milk
- 2 dozen eggs
- Salt, pepper, nutmeg (if available), mustard, vinegar, caraway seeds (if available)
- caster sugar
- dark chocolate
- 1kg frozen berry mix
- Lemon zest of 1/2 lemon
- Butter, olive oil
- 1 yellow onion
- 1/2 green cabbage
- Some grated cheese
- freshly chopped parsley
- 1 vanilla bean, pulp and pod - or alternatives e.g. vanilla extract

T O O L S:

- 1 big sauce pan
- 1 wine opener (Gemans call this the “cork puller”)
- 1 cheese grater and one big grater or potato press
- wide-mouth canning jar
- 1 large pot, 1 medium pot, 1 small pot
- 1 large mixing bowl, 2 medium bowls (or do the dishes twice and stick with one)
- 4 small bowls for grated ingredients (at least 2 incl 1x washing up)
- Clean stones, marbles, or other weights
- 1 wooden cutting board
- 1 skimmer
- 1 whisk
- 1 handmixer
- 1 big knife
- Enough spoons for tasting while cooking (hygiene! No double dipping or fingers in food)
- Rubber band or twine