

Shopping list: recipe for 2 people

Starter:

½ Hokkaido pumpkin
2 onions
12g ginger
½ chilli
50 ml red wine
300 ml vegetable stock
100 ml coconut milk

Main course:

2 chicken legs
1 onion
2 cloves of garlic
1 red pepper
100g mushrooms
1 stick of celery
1 sprig of thyme
1 sprig of rosemary
2 sage leaves
1 bay leaf
100 ml red wine
150g tomatoes

Vegetarian alternative:

200g carrots
200g tofu, seitan (ideally smoked)

Dessert:

4 apples
180g flour
180ml beer
2 eggs
40g sugar
vegetable oil

Utensils:

Cutting board, knife, large pan, kitchen paper, oven, ovenproof pan, mixer, hand blender, pot