

Grocery list — Week 23

Chicken Provençal, Salt and Pepper Fish, Roasted Broccoli Soup with Lemon Tahini Cream, and Garlic Sesame Miso Mushrooms

Produce

- Garlic, 2 heads
- Shallots, 6 medium
- Cherry tomatoes, 1 pint
- Green onions, 2 bunches (8 total)
- Fresh ginger, 1 small knob (1 tablespoon minced)
- Broccoli, 2 lb
- Yellow onion, 1 medium
- Lemons, 2
- Russet potatoes, 2 small
- Spinach, 1 small bag (2 cups)
- Button or cremini mushrooms, 2 lb

Meat & seafood

- Chicken thighs, 8 (skin on or off)
- Center-cut cod, 1 1/2 lb

Dairy & refrigerated

- Butter, 3 tablespoons
- Eggs, 1 large
- Miso paste, 2 tablespoons

Canned & jarred

- Pitted green olives, 1 cup
- Marinated artichoke hearts, 1 cup (one jar)
- Vegetable or chicken stock, 6 cups
- Tahini, 2 tablespoons

Pantry

- Dry white wine, 1 cup
- Olive oil, 2 tablespoons
- High-heat cooking oil, about 1 cup
- Cornstarch, 1/3 cup
- Rice vinegar, 3 tablespoons
- Sugar, 1 teaspoon
- Toasted sesame oil, 1 teaspoon

Spices & seasonings

- Herbes de Provence, 2 tablespoons
- Sea salt
- Black pepper, about 1 tablespoon
- Aleppo pepper, 1 to 2 teaspoons (or cayenne)
- Ground cumin, 1/2 teaspoon
- Cayenne, a pinch