

Shopping List

Created by Vygie Kitchen and Dining Room, set on Oaklands Farm near Wellington, this menu is a true celebration of family-style food.

BLUEBERRY FRANGIPANE

- stoneground flour 120 g
- salt a pinch
- cold butter 90 g
- cold water 2 T
- salted butter 85 g
- caster sugar 100 g
- almond flour 150 g
- flour 2 t
- cornflour 1 t
- free-range egg 1
- free-range egg white 1
- almond extract 1 t
- salt a pinch
- blueberries 180g
- cream or vanilla ice cream

SMASHED POTATOES WITH GREEN OLIVES, CAPERS AND LEMON

- Woolworths small Apache potatoes
- salt 2 T
- olive oil
- freshly ground black pepper
- capers 100 g
- lemon 1
- pitted green Manzanilla olives 200 g

VYGIE ROAST CHICKEN

- free-range chicken 1
- water 3 litres
- salt 6 T
- plum jam 3 T
- olive oil 3 T
- dried thyme 3 T
- onion

- lemon
- butter 100 g
- garlic 1 head
- sea salt
- freshly ground black pepper

GRAPE SALAD

- extra virgin olive oil
- lemon juice
- honey 1 T
- Dijon mustard 1 T
- dried oregano 1 T
- salt
- freshly ground black pepper
- garlic 1 clove
- celery 1 stick, chopped
- Mediterranean cucumber 1
- blue cheese (De Leeuwen or another semi-soft blue cheese) 200 g
- radishes a small bunch
- seedless grapes 2 cups
- olive oil 2 T
- cos lettuce hearts 2
- Woolworths wild rocket 2 x 30 g packets

SMOKED TROUT PÂTÉ WITH CRÈME FRAÎCHE

- Woolworths oak-smoked trout
- ribbons 400 g
- Italian parsley 10 g
- lemon 1
- crème fraîche 1 x 250 ml tub
- freshly ground black pepper
- a generous pinch olive oil
- lemon wedges