

# Gourmet Shopping List

Make nutrient-rich choices from all the food groups

You prepare food with confidence and adventure. *Gourmet* cooks value well-prepared, delicious and visually appealing meals. Read this list to find new or forgotten foods to add to your shopping list to inspire a new dish or spruce up a classic favorite.



## Dairy

Milk, low-fat or fat-free  
Creme fraiche  
Finishing cheese—Asiago, feta, Parmesan, Stilton  
Hard cheese—Gouda, Gruyere, Jarlsberg, Swiss Kefir  
Soft cheeses—Brie, burrata, mascarpone, ricotta  
Yogurt, Greek or regular



## Vegetables

Artichokes	Kimchi
Asparagus	Leafy greens—arugula, kale, Swiss chard
Beets	
Bok choy	Mushrooms—morels, porcini, shiitake
Broccolini	
Endive	Parsnips
Fennel	



## Fruits

Asian pear	Lychee
Buddha's hand	Persimmons
Dragon fruit	Pluots
Figs, fresh or dried	Pomegranate
Kumquat	Star fruit
Kiwi	



## Grains

Artisan bread—cibatta, focaccia, sourdough  
Barley  
Bulgur  
Cornmeal (for cornbread and polenta)  
Couscous  
Naan  
Oatmeal, steel cut  
Orzo  
Quinoa  
Rice, brown or wild



## Protein

Beef/pork (cuts with “loin” are generally lean)  
Dried beans—black, kidney, navy, pinto  
Fish—black cod, calamari, coho salmon, Pacific halibut, yellowfin tuna  
Lentils  
Nuts—almonds, cashews, chestnuts, pecan, pine/pignolias, walnuts  
Peanut or other nut butters  
Shellfish—clams, crab, lobster, shrimp

## Oils and flavorful “extras”

Chives, coffee (use as a meat rub), garlic, ginger, miso soup, olive oil, olives, pesto, sage, shallots, wasabi

Additional items for my shopping list

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