

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

| | |
|-------|-------|
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |