

Shopping List and Equipment

Menu 205: Grilled Prawn and Avocado Watercress Salad Tomato and Goat Cheese Tarts

Ingredients

16 medium size raw shrimp/prawns* ½ tsp sea salt (or Himalayan) 1 Tbsp EVOO (Extra Virgin Olive Oil) 1 Tbsp unsalted butter 8 cups organic watercress 1 ripe avocado 1 small red onion (you will only need some of this) salt/pepper to taste Optional: toasted pine nuts 2 Tbsp lemon 2 tsp Honey 1 tsp Dijon mustard ½ cup EVOO 1 Tbsp sherry or white wine vinegar Pepper to taste	1 sheet of puff pastry, defrosted 1 large onion 3 cloves garlic 1 medium tomato 2 Tbsp dry white wine (or dry sherry) 2 tsps. fresh thyme leaves, minced 2 Tbsp freshly grated Parmesan cheese plus 10 shavings (shaved with vegetable peeler) 2 oz. goat cheese (chevre) 12-15 basil leaves EVOO for drizzling flour for dusting surface salt/pepper to taste
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Equipment

Rolling pin
6-inch wide plate or saucer
Parchment paper
baking tray
paring knife
Large skillet
Pestle and mortar (optional)
Paper towel
Grill plate or skillet
optional: Front loading toaster/mini oven or
small skillet (for toasting nuts)
Optional: Small glass or metal bowl (for
toasting nuts)