

RECIPE: LIME AND GINGER PACIFIC COD

BAKERY

Bread, 8 slices

BREAKFAST FOODS

Honey, 2 oz.

CHEESE

Cheddar cheese (sharp), 2.5 oz.

CONDIMENTS & OIL

Olive oil, 1.04 fl. oz.

Cider vinegar, 1.87 fl oz.

Chili sauce, 1 oz. sweet

Dijon mustard, 0.74 oz.

Rice Vinegar, 0.5 fl oz.

FRUITS

Lemon or lemon juice, 0.5

Orange zest, 0.13 oz.

Pear, 2 medium

Fresh orange juice, 1.81 fl. oz.

NUTS, SEEDS & DRIED FRUITS

Peanuts, 0.65 oz.

Dried apricots, 8

SPICES & SEASONINGS

Cinnamon, 2 sticks

Dried mint leaves, 0.02 oz.

MISCELLANEOUS

Ginger root, 0.07 oz.

Watercress, 1 x bunch

Fillets, 6, 6oz.

Tamarind Paste, 3 oz.

Fresh Chopped Coriander Leaves, 1 tbsp.

Kaffir Lime Leaves (No Stems), 12

Cooked Black Quinoa, 2 cups

Fine Chopped Scallion Greens, 2 tbsp.

Parmigiano-Reggiano, 1.5 oz.