

RECIPE: LINGUINE WITH SHALLOTS AND GARLIC

CONDIMENTS & OIL

Olive oil, 1.5 fl oz.

DAIRY

Butter, 1 oz.

FRUITS

Lemon, 1

PASTAS

Linguine, 16 oz.

SPICES & SEASONINGS

Salt, 0.05 oz.

Black pepper, to taste

VEGETABLES

Garlic, 4 cloves

Shallot, 4

WINE

White wine, 2 fl oz.

MISCELLANEOUS

Reduced-sodium chicken stock, 0.25 cup

Flat-leaf parsley, 0.25 cup

Finely grated Parmigiano Reggiano cheese, 0.25 cup

Anchovy filets, 7

Hard-cooked eggs, 2