

## 1. What you will need

### Shopping list:

#### *Fresh Ingredients:*

1 large aubergine

½ small onion

A couple of bunches of soft herbs – ideally flat leaf parsley & mint. But you could also use some dill and/or coriander

25g pecorino, parmesan or another hard Italian-style cheese

3 large eggs

2 lemons

½ red onion

½ cucumber

10 cherry tomatoes or 2 medium-sized tomatoes

6 radishes

½ pomegranate

300g summer berries (such as strawberries, raspberries, blackberries, blackcurrants, redcurrants etc, fresh or frozen)

300ml double cream

#### *Store cupboard Ingredients:*

Dried oregano

50g self-raising flour (gluten-free if required)

Olive oil

50ml tahini

200g freekeh, or any grain of our choice, such as bulgar wheat, pearl barley or brown rice

1 teaspoon bouillon (or ½ veggie stock cube)

1½ teaspoon pomegranate molasses (or leave this out and just use a little extra lemon juice)

Pinch of pul biber chilli flakes (or any other mild chilli flakes – optional)

2 tablespoons red wine vinegar (or white wine or apple cider)

200g caster sugar

2 teaspoons rosewater. If you don't want to buy rosewater then you can leave it out or add a splash of vanilla essence.

Salt and black pepper

## **Equipment list:**

An oven

A hob

Measuring spoons

Wooden spoons and spatula

1 small baking tray (for the aubergine)

1 large baking tray (for the meringues)

Greaseproof paper or a silicon mat

4 large bowls (or 3 bowls and a stand-mixer)

3 medium-sized bowls

Cheese grater

Kitchen scales

Chopping board

Kitchen knife

Lemon Squeezer (or do this with a fork)

Measuring jug

Frying pan (ideally with a heavy bottom)

Tongs

Kitchen Roll

Medium-sized saucepan (to cook grains)

Sieve

Stand-mixer or electric whisk (if you don't have these you can use a hand whisk but you'll have to work quite hard)

Piping bag (optional – if you don't have one a couple of little teaspoons instead)