

# RICK STEIN'S FAR EASTERN ODYSSEY INGREDIENTS AVAILABLE HERE

	AVAILABLE FROM CECI PAOLO
<b>STORE CUPBOARD</b>	
Bamboo Shoots	✓
Blanched Almonds	✓
Bonito Flakes	✓
Canned Chopped Tomatoes	✓
Caster Sugar	✓
Chicken Stock Concentrate	✓
Chinese Rice Wine	✓
Coconut Cream	✓
Coconut Milk	✓
Dark Soy Sauce	✓
Dried Egg Noodles	✓
Dried Flat Rice Noodles	✓
Dried Glass Noodles	✓
Dried Rice Vermicelli Noodles	✓
Dried Shiitake Mushrooms	✓
Dried Shrimp	✓
Dried Vietnamese Rice Paper	✓
Fermented Salted Chinese Black Beans	✓
Fish Sauce	✓
Green peppercorns in brine	✓
Hoisin Sauce	✓
Kecap manis	✓
Light Soy Sauce	✓
Long Grain Rice	✓
Macadamia Nuts	✓
Oyster Sauce	✓
Palm Sugar	✓
Raw Peanuts for roasting	✓
Rice Flour	✓
Rice Vinegar	✓
Rosewater	✓
Sambal Oelek	✓
Sesame Oil	✓
Shelled unsalted pistachio kernels	✓
Shrimp Paste	✓
Tamarind Pulp (seedless & seeded)	✓
Tapioca Flour	✓
Thai Hot Chilli Sauce	✓
Thai Jasmine Rice	✓
Tomato Ketchup	✓
Tomato Puree	✓
Unsalted Cashew Nuts	✓
Vegetable Oil	✓
Wood Ear Mushrooms	✓

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FRESH & FROZEN	AVAILABLE FROM CECI PAOLO
Asian Shallots	✓
Banana leaves (frozen)	✓
Coriander Leaves (& Roots)	✓
Dill	✓
Fresh Turmeric (to order)	✓
Galangal (to order)	✓
Garlic	✓
Ginger	✓
Green Mango (to order)	✓
Green Papaya (to order)	✓
Green peppercorns (to order)	✓
Kaffir Lime (to order)	✓
Kaffir Lime Leaves (frozen)	✓
Lemongrass	✓
Mint Leaves	✓
Mooli (to order)	✓
Pandan Leaf (to order)	✓
Pea Aubergines (to order)	✓
Red Bird's Eye Chilli	✓
Small Round Green Thai Aubergines (to order)	✓
Snake or Yard Long Bean (to order)	✓
Thai Holy Basil (to order)	✓
Thai Large Green Chilli	✓
Thai Large Red Chilli	✓
Thai Sweet Basil (to order)	✓
Squid	✓
Large Raw Prawns	✓
Large Cooked Peeled Prawns	✓
Natural Wholemilk Yoghurt	✓

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SPICES	AVAILABLE FROM CECI PAOLO
Asafoetida	✓
Black Cardamom Pods	✓
Black Mustard Seeds	✓
Black Peppercorns	✓
Blade Mace	✓
Cinnamon stick	✓
Cloves	✓
Coriander Seeds	✓
Cumin Seeds	✓
Curry leaves	✓
Dried Chillies	✓
Fennel Seeds	✓
Fenugreek Seeds	✓
Five Spice Powder	✓
Green Cardamom Pods	✓
Kashmiri Chillies, Ground	✓
Long Pepper	✓
Mild Paprika	✓
Nigella Seeds	✓
Nutmeg	✓
Saffron	✓
Sesame Seeds	✓
Star Anise	✓
Turmeric Powder	✓
Yellow Mustard Seeds	✓