

WEEKEND MEALS

the memphis-style backyard barbecue



MEMPHIS BBQ SHOPPING LIST

PRODUCE

- 2 green apples
- 3 lemons
- 2 red peppers
- 1 yellow pepper
- 1 green pepper
- 1 bunch green onions
- 1 bunch fresh mint
- 1½ lb (750 g) sweet potatoes
- 1½ lb (750 g) Yukon Gold potatoes
- 1 red onion
- 1 bulb garlic
- ½ a red cabbage
- 2 carrots
- a small piece of fresh ginger (½ tsp/2 mL grated needed)

MEAT

- 1 pork back rib rack (3 lb/1.5 kg)
- 1 chicken (3½ lb/1.75 kg)

DAIRY

- 1 dozen eggs
- 1 L buttermilk
- 1 lb (454 g) butter (¼ cup/50 mL needed)
- 1 carton (1.89 L) *Compliments* Green Tea with Honey & Ginseng

FREEZER

- Bag of ice cubes

GROCERY / PANTRY

- 1 tetra pack (900 mL) *Compliments* Fat Free Chicken Broth
- 1 bottle (500 mL) *Compliments* Extra Virgin Olive Oil (⅓ cup/75 mL needed)
- 1 bottle (355 mL) *Compliments* *Sensations* Smokey Bourbon Applewood Grilling Sauce
- 1 bottle (200 mL) *Compliments* Louisiana Hot Sauce
- 1 jar (500 g) *Compliments* Organic 100% Wildflower Honey (½ cup/125 mL needed)
- 1 bottle (300 mL) *Compliments* Balance Mayonnaise Style Dressing (½ cup/125 mL needed)
- 1 bottle (250 mL) *Compliments* *Sensations* Aged Balsamic Vinegar of Modena (1 tbsp/15 mL needed)
- 2 cans (398 mL) maple flavoured baked beans
- 1 can (341 mL) whole kernel corn
- apple juice (1 cup/250 mL needed)
- cider vinegar (3 tbsp/45 mL needed)
- cornmeal (1 cup/250 mL needed)
- Seasonings (paprika, ground coriander, chilli powder, oregano)