

We've assumed you already have these store cupboard ingredients:

Sunflower oil

Olive oil

Salt and freshly ground pepper

Plain and self-raising flour

Butter

Leftover bread to make breadcrumbs

Chicken stock cubes

Tomato puree

Ground nutmeg

Dried herbs: basil, parsley and thyme

To buy:

Eggs and dairy:

425g Cheddar

1600ml (1pt) milk

8 eggs

Meat and fish

1.4kg Irish minced beef

4 thick sausages, eg, Cumberland

225g cubes of bacon, pancetta or ham

8 large chicken thighs

500g (18oz) diced British turkey breast

Vegetables:

3 onions

125g (4oz) button mushrooms,

6 large baking potatoes

6 spring onions

2 garlic cloves

225g (8oz) chestnut mushrooms

100g (4oz) baby spinach leaves

8 cherry tomatoes

500g baby potatoes

2 leeks

Tins/jars:

800g can chopped tomatoes

Tomato puree

295g can condensed cream of mushroom soup

350g ready-made tomato sauce

Pasta, rice and bread

Pack of ready-to-use lasagne (6 sheets)

225g (8oz) penne pasta

Others

Red table wine

Pack ready-made puff pastry

Salsa dip