

PopUp Chef UK



# Make Christmas Special Ebook

HOW TO COOK YOUR BEST EVER  
STRESS-FREE CHRISTMAS DINNER

By PopUp Chef



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By PopUp Chef | [www.popupchef.uk](http://www.popupchef.uk)



## Introduction

Welcome, and thank you for downloading my Stress-free Christmas dinner cooking guide.

I hope to give you great tips and advice so that you can make your Christmas cooking simpler, less stressful and overall have great joy and satisfaction from your cooking.

**Let me introduce myself and share a little about my chef career.**

I'm Paul Deehan, aka PopUp Chef.

I've been a private Super Yacht Chef for 15 years.

I've had the pleasure and honour to have cooked for royalty, billionaire business tycoons, A-list celebrities and many other wonderful people.

As a chef, my goal is to bring happiness through delicious food, so now I wish to share with you my chef secrets and show you how to cook your best ever stress-free Christmas





dinner, saving you loads of time too.

For me, Christmas is all about spending time & having fun with the people you love so my aim is to show you how to plan, prepare and organise your Christmas dinner, so on the big day, you can enjoy those memorable moments with people you love rather than slaving away in the kitchen.

In this stress-free Christmas cooking ebook, I'll share with you the planning sheets I use to be organised and share a classic, traditional Christmas menu with full recipes and advance preparation tips.

Usually what happens on Christmas Day is that we over indulge, so I've decided against a starter and chose to give you a simple canapé recipe.

Just a nibble to get the taste buds going and save more room for desserts and Christmas treats later in the day. :-)

My choice is a smoked salmon croute with a dill cream cheese. Simple to do and prepare.

So let me show you the rest of the Christmas menu, the recipes and the planning sheets to save you time and stress.

The planners are at the end of this ebook.

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# Christmas Lunch Menu

## Canapé

Smoked Salmon croute with dill cream cheese.

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## Main Course

Roast Whole Turkey

Christmas spiced red cabbage

Honey roast parsnips

Glazed carrots

Sprouts, chestnuts, green beans and lardons

The Best Roast thyme potato's

The Best Cauliflower cheese

Pigs wrapped in bacon blankets

Apricot, sage, chestnut and cranberry stuffing

Turkey Gravy and Cranberry sauce

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## Desserts

Steamed Christmas Pudding with Brandy sauce.

Pear, Peach and Cherry Crumble served with custard and cream.

# *My Christmas Lunch Recipes*

## **Recipe 1 - Whole Roast Turkey.**

Description: For 8-10 people, I would use a 4 kg Whole Turkey and stuff with the apricot and chestnut stuffing.

The secret to a moist Turkey is all about getting the cooking times right.

I cook the turkey, breast side down, for the first half of the cooking too.

If you decide on a bigger or smaller turkey,

[Use this Turkey Calculator here](#)

### **Recipe – Makes 8-10 portions**

4 kg Turkey (cooking time 2 hours & 40 minutes)

half of lemon

half of an Orange

400 gram of Apricot & Chestnut Stuffing (Recipe below)

Streaky bacon (optional)

Cooking oil.

Salt & Pepper

Large oven tray or Foil turkey tray.

### **Method**

- 1) Take your 4 kg Turkey and place in your large tray.
- 2) Cut half a lemon and orange and place in the back of the turkey carcass.
- 3) Rub cooking oil, salt and pepper all over the turkey.
- 4) Place the turkey breast side down.
- 5) Pre-heat your oven for 200c.

6) Now for a 4 kg turkey, it will need between 2hrs 20 and 2hrs 40 to cook. I cooked my 4 kg turkey for 1 hr & 40 minutes breast side down, then another 30 minutes breast side up.

(Again [Use this Turkey Calculator here](#) if you have a different size turkey)

7) Pierce a knife into the leg and bring out, if the juices run clear, it is cooked. If not, cook for another 15 minutes or so and check again.

8) Bring out of the oven and if you like, place your streaky bacon around the breast and legs of the turkey.



9) Allow to rest for a minimum of 30 minutes, covered in foil.

10) Place back in the oven for 10 minutes to crisp up and cook your streaky bacon.

12) Ready to serve and carve! Enjoy.

### **Advance Turkey Preparation & Tips**

1) You can have your turkey pre-prepared in advance, on a tray in the fridge for 2 days in advance.

2) Make sure you bring your turkey out of the refrigerator for at least 1 hour before cooking. This allows the turkey to get to room temperature, save cooking time and because of this, your turkey won't dry out during cooking.

3) Also, my advance tip is to cook for 3/4 of the cooking time, breast side down. This allows two things to happen. 1, You are exposing the legs more as these take longer to cook on a whole bird than the breast and 2, the cooking juices can run downwards towards the breasts allowing a moist turkey when you carve.

- 4) Allow the turkey to rest after cooking for 30 minutes; this allows the turkey meat to relax and be succulent.
- 5) Be sure to check the juices run clear from the turkey leg and check the turkey breast is firm to touch.



[Learn how to carve a turkey by Jamie Oliver here!](#)

## **Recipe 2 -Apricot, Chestnut & Sage Stuffing.**

Description: This is the ultimate stuffing. Meaty, sweet and nutty. Also, a little spicy as well if you add the chilli flakes.

### **Recipe – Makes 8-10 portions**

- 1 kg of pork mince, shoulder
- 1 onion diced
- 2 x cloves of garlic, diced
- 1 pack of fresh sage
- Pinch of Chilli flakes
- 4 springs of Fresh thyme
- Grated nutmeg
- 1 tsp of cinnamon
- 150 grams of dried apricots, thinly sliced.
- 150 gram x Chestnuts, roughly chopped.
- 100 grams x Dried cranberries
- 100 grams x Hazelnuts
- 1-2 eggs
- Salt & pepper





## **Method**

- 1) Sweat in a pan your onion and garlic in a little olive oil until soft.
- 2) Roughly chop your sage leaves and add to your pan.
- 3) Add the chilli flakes, thyme, nutmeg and cinnamon. Cook for 1 minute.
- 4) Add the sliced apricots, chestnuts, cranberries and hazelnuts. Cook for a further two minutes then allow to cool
- 5) In a separate bowl, add your pork mince and cooled chestnut, apricot mix. Add two eggs, salt and pepper and mix well.
- 6) Now save 300 gram to 500 gram to stuff the turkey.
- 7) Butter an oven dish and place the stuffing inside, add whole sage leaves on top.
- 8) At this stage, you can put in the fridge for 2/3 days in advance.
- 9) Bake at 180c for 35-45 minutes, serve.
- 10) Alternatively, you can roll into stuffing balls and bake for 15-20 mins on a non-stick tray.



## **Recipe 3 - Spiced Red Cabbage.**

Description: This is a fantastically seasonal Christmas dish that gives a great Christmas smell to the kitchen when you're cooking and serving it.

### **Recipe – Makes 8-10 portions**

- 1/2 white onion, sliced.
- 1 glove of garlic.
- 1/2 Red Cabbage, thinly sliced.
- 1 orange. Peel & juice. (optional)
- 1 stick of cinnamon.

1 Star anise.  
 250 ml of Red wine.  
 30 ml of red wine vinegar.  
 100 ml vegetable stock  
 Grated Nutmeg  
 Salt

### **Method**

- 1) In a large pan, cook the sliced onion and garlic until soft.
- 2) Add the thinly sliced red cabbage, cook for 5 minutes.
- 3) Add the rest of the ingredients and cook slowly for an hour, place a lid on top.
- 4) Cook on a slow-medium heat and keep checking every 10 minutes to stir and make sure it's not catching on the pan.
- 5) Season to taste.
- 6) Once cook, this can be kept in a zip lock or airtight container for five days so you can make well in advance of the day.
- 7) To reheat you can put the ziplock of spiced red cabbage straight into the microwave for 5-6 minute until hot and pour into a serving dish. Alternatively, you can add into a dish, place a little butter over the top, cover with foil and bake for 25 minutes until warm.



## **Recipe 4 - Honey Roast Parsnips.**

Description: These parsnips are best because by pre-blanching (pre-boiling) your parsnip won't dry out in the oven. They'll be nice and crunchy on the outside and fluffy and soft on the inside.

Preparation time: You can prepare, blanch and place on the non-stick tray with the honey, etc, a day or 2 before roasting.

## Recipe – Makes 8-10 portions

6 x large parsnips  
Fresh thyme  
olive oil  
butter  
honey  
salt & pepper



## Method

- 1) Bring a pan of water to the boil, big enough to blanch (boil) the parsnips.
- 2) Prepare the parsnips, cut into quarters, take out the root.
- 3) Blanch for 2 minutes, no more.
- 4) Take out the parsnips and place into a bowl of iced water to rapidly stop the cooking process.
- 5) Pre-blanching the parsnip makes sure the parsnips don't dry out once you roast them
- 6) Drain your parsnips and place on a non-stick tray. Mix together the parsnips with olive oil, butter, fresh chopped thyme, honey, cracked black pepper and salt.
- 7) To roast, cook for 15-20 mins @ 180c, until golden brown on the edges. Serve.

## **Recipe 5 - Glazed Carrots.**

Description: Butter glazed carrots with a hint of sweetness make these carrots. A sprinkle of chopped parsley at the end also give a nice appeal to them.

## Recipe – Makes 8-10 portions

10 x large carrots, peeled and chopped.  
butter

sugar  
salt & pepper  
fresh chopped parsley

### **Method**

- 1) Place your chopped chunky carrots into a pan, cover just below the carrots with water.
- 2) Add half a pack of butter, a small handful of sugar and a pinch of salt.
- 3) Bring to simmer and cook until soft.
- 4) Drain and place in your serving dish.
- 5) Season with salt and pepper.
- 6) Sprinkle with fresh chopped parsley and serve.



### **Recipe 6 - Sprouts, Chestnuts, Green beans and lardons.**

Description: I know a lot of people don't like sprouts. On their own, they are pretty bland. Now add some bacon and chopped chestnuts and season well and the sprouts will come alive with flavour.

### **Recipe – Makes 8-10 portions**

1 kg x Sprouts  
1-2 packs of Chestnuts, packet or 300 gram of large raw chestnuts.  
1/2 kg Green beans  
200 gram x lardons (Bacon Strips)  
25 gram butter  
Salt and pepper





## **Method**

- 1) Peel a few outer leaves off the sprouts and make a cross in the base of the sprout to make even cooking distribution when cooking.
- 2) It's easiest to buy Merchant precooked and peeled chestnuts, I used to use fresh yet it's quicker and just as good to buy ready peeled chestnuts.
- 3) Blanch (boil) the sprouts in salted water for 4 minutes. Drain and cool in cold water.
- 4) Blanch (boil) your Green beans for 3 minutes. Drain and cool in cold water.
- 5) Cook your bacon lardons in butter in a large pan, add your chestnuts, sprouts and green beans, toss. Season well with salt and pepper. Serve.
- 6) To do this in advance, do the above and only toss your chestnuts, beans and sprouts in your bacon for 30 seconds then place into a dish to store in the fridge and roast later cover in foil. (roast for 10-15 minutes to warm through).



## **Recipe 7 -Roast Thyme Potatoes.**

Description: The secret to a crispy roast potato and fluffy soft centre is all about pre-blanching (pre-boiling) before. This also allows you to prepare in advance, see method below.

### **Recipe – Makes 8-10 portions**

10-14 large potato's for roasting

fresh thyme  
100-200ml olive oil  
100-200ml Duck fat oil  
salt & pepper

## **Method**

- 1) Peel and cut your potatoes into your desired size, place in cold water.
- 2) Add your potatoes to a pan and fill with cold water, add salt and bring to boil.
- 3) Allow to slow boil for 3-5 minutes.
- 4) Drain your potatoes in a colander.
- 5) On a large non-stick tray, place the olive oil and duck fat and fresh chopped thyme leaves.
- 6) Add your potatoes, season with salt and pepper and toss all together.
- 7) At this stage, you can store in the fridge for two days until you are ready to roast.
- 8) Roast in the oven between 180c-200c. roast for 45 mins / 1 hour. Toss during cooking to give your potatoes an even golden crispness. Enjoy.

## **Recipe 8 -Cauliflower Cheese.**

Description: This for me is extra special with a tablespoon of English mustard and Worcestershire sauce, it gives the dish a slight kick to a creamy & cheesy cauliflower dish.

### **Recipe – Makes 8-10 portions**

1 large or 2 small cauliflowers  
50 gram of butter  
50 gram of plain flour  
1 - 2 pints of Milk  
Cheddar cheese grated.  
Parmesan cheese grated.  
1 tbsp x English mustard  
Worcestershire sauce  
salt & pepper

## Method

- 1) Floret your cauliflower into small sizes, bring a pan of water to boil, add salt and blanch (boil) the cauliflower for 3 minutes; use a timer. Now cool rapidly in ice cold water.
- 2) In a medium sized pan, heat the butter until melted, then add the flour. (this is called a roux)
- 3) Mix to a firm ball, then slowly add some milk. Mix completely until thoroughly combined and then add more milk. (The secret to a smooth sauce is never adding more milk until thoroughly combining the first amount of milk)
- 4) Keep cooking while you keep adding more milk, you're looking for a smooth coating sauce.
- 5) Add a tablespoon of English mustard, 5-7 drops of Worcestershire sauce, Cheddar and Parmesan cheese. Mix well.
- 6) Season to taste with salt and pepper.
- 7) Allow cooling.
- 8) Place your cooked cauliflower into an ovenproof dish, season lightly.
- 9) Add the cooled sauce liberally over the cauliflower.
- 10) Sprinkle remaining Cheddar and Parmesan cheese over the top.
- 11) You can then place in the fridge for two days before serving.
- 12) For cooking, cook at 180c for 30-35 minute until golden brown on top and bubbling slightly around the edges, allow to cool a little before serving.



## Recipe 9 -Pigs Wrapped in Blankets.

Description: These are beautiful meaty treats for on a Christmas lunch.

### Recipe – Makes 8-10 portions



10 x Cumberland sausages, cut in half  
10 x strips of Streaky bacon

### Method

- 1) Simply cut your sausages in half and wrap them with half a rasher of streaky bacon.
- 2) Place on an oiled tray and bake for 15 minutes @ 180c.



## Recipe 10 - Turkey Gravy.

Description: Get a turkey with the giblets in and use them in your stock to make a great turkey flavoured gravy. You can make your gravy, 3-5 days in advance, so you're ready for the day.

### Recipe – Makes 8-10 portions

Turkey giblets from the turkey  
2 kg of chicken for stock.  
1 kg of chicken wings, chopped.  
1 x onion  
1 x leek  
1 x celery  
2 x Chicken stock cubes  
Black peppercorns  
water



## **Method**

- 1) Wash the turkey giblets, chicken bones, leek, onion, celery and place in a large pan.
- 2) Fill with water and then slowly bring to boil.
- 3) Turn down to a simmer and cook for 5 minutes.
- 4) At this stage, you may get a frothy scum, with a large ladle go around and remove this from the surface.
- 5) After adding your black peppercorn and stock cubes.
- 6) Slowly simmer for 4-5 hours.
- 7) Drain the stock through a colander and then through a small wired sieve.
- 8) Reduce your stock/gravy to intense the flavour.
- 9) Cool and store in a container or Ziplock, this can also be frozen to use weeks later.
- 10) Re-heat your gravy when required, until boiling and serve.

## **Recipe 11 - Smoked Salmon Croustade with dill cream cheese.**

Description: With such a meaty main course, I like a little-smoked salmon to start. This is a great nibble that won't fill you up, that's if you don't eat ten of them that is ;-).

### **Recipe – Makes 8-10 portions**

1 X thin baguette, thinly sliced. Makes about 20 pieces.  
Olive oil  
300 grams of Smoked Salmon  
1 x packet of Cream Cheese  
1 packet of fresh dill  
1 x lemon  
Salt & Pepper  
Cucumber pickles

## **Method**

- 1) Slice the baguette and place on a non-stick tray.
- 2) Sprinkle over olive oil and bake in the oven @ 180c for 8-10 minutes until golden brown. (this can be done 1-3 days in advance and store in an airtight container)
- 3) Mix, your cream cheese, chopped dill, lemon juice, salt and pepper.
- 4) Cut the pickle into slices and with a little nip to twist as a garnish.
- 5) Spread desired amount of dill cream cheese on a croute.
- 6) Repeat this process for all your croutes.
- 7) Put a little smoked salmon on top of each croute.
- 8) Twist your pickle and place on top and serve.
- 9) Can be made 1 hour before and put in the fridge. No longer as the croute will go soft.



## **Recipe 12 - Christmas Pudding with brandy sauce.**

Description: Buy a quality Christmas pudding, I like one with nuts in to balance the fruit.

### **Recipe – Makes 8-10 portions**

1 x large Christmas pudding, takes about 2 hours to steam so best to steam from 2 hours before carving the turkey time.

## **Brandy Sauce**

50 gram of butter  
50 gram of flour  
1-3 pints of milk  
White sugar  
Brandy

### **Method**

- 1) melt the butter in a pan
- 2) Add the flour and combined to a dough. (this is called a roux)
- 3) Add milk and mix completely before adding more milk.
- 4) Keep adding milk until a smooth sauce consistency.
- 5) Add a handful of sugar to sweeten.
- 6) Add brandy to required brandy taste.
- 7) Can be made in advance and reheated when needed.

## **Recipe 13 - Peach and Cherry Crumble with custard and cream.**

Description: I know peaches and cherries are not in season, but as we now live in an international world, most supermarkets will sell these. Makes a super crumble.

### **Recipe – Makes 8-10 portions**

#### **Crumble filling**

4 x pears  
4 x peaches, seeded  
1 x punnet of fresh cherries, seeded.  
butter  
100 grams of soft brown Sugar  
1 x vanilla pod  
1 x cinnamon stick  
1 x tbsp of cinnamon powder

## **Method**

- 1) Deseed your cherries and peaches
- 2) Peel and core your pears, chop into chunks and place into the water to stop from browning. Or rub with lemon juice.
- 3) In a pan, melt your butter.
- 4) Add your drained pears, Sugar, vanilla pod, cinnamon stick and powder.
- 5) Cook for 5-7 minutes until slightly soft.
- 6) Add your cherries and peaches and cook for a further 2-3 minutes
- 7) You will see a sauce come naturally from the fruit, check for desired sweetness. If required add a little more sugar.
- 8) Your Crumble filling is now ready; you can do this the day before and heat up last minute in a pan. See crumble mix and method below to finish.

## **Crumble mix**

300 gram Plain flour  
200 grams of castor sugar  
150 grams of butter, diced.  
2 teaspoon of cinnamon powder

## **Method**

- 1) Rub together with your flour, sugar and butter in a bowl until crumbly.
- 2) Add the cinnamon and mix well
- 3) Spread evenly flat on a non-stick tray.
- 4) Bake in a pre-heated oven @ 180c for 10 minutes.
- 5) Use a timer and cook for 8 minutes to start and check, you're looking for a golden brown crumble colour.
- 6) Take out of the oven, cool and store in an airtight container.
- 7) Your crumble mix can be made 3-4 days in advance.
- 8) Heat your crumble filling in a pan and place into a crumble dish.



- 9) Add your pre-cooked crumble mix on top and bake @ 180 for 5-10 just to warm and serve with yummy custard or cream.

2 x pints Birds Custard mix, made to instructions given.  
1-2 x pints of cream, for pouring.

## Advanced Christmas Preparation and Timings

- 1) As I have advised in the methods of each recipe, you can prepare certain things in advance, and either keep in the fridge, freezer or air tight container.
- 2) The secret to a stress-free Christmas lunch is doing all the preparation and cooking virtually before the day.
- 3) Back in my younger days, on Christmas Eve, it was one of my best friends birthdays, and we'd go out most of the day so I would prepare almost everything pre-pre-Christmas Day so I could enjoy myself Christmas Eve and Christmas Day.
- 4) I also prepare and cook all my vegetables, the day or 2 before and have them ready to warm up in the oven on the day. This allows you to save loads of time and have less pots to wash on the day.
- 5) If you don't wish to have loads of pots on the day, you can buy foil tray for your turkey, roast potato, vegetables etc and after use, throw them straight in the bin.
- 6) Your Gravy can be made weeks in advance and store in a Zip Lock and frozen, bring out the night before to defrost.
- 7) If you have a turkey, bring out to defrost, the afternoon before and defrost out of the fridge overnight.

- 8) Pre-boiling your roast potatoes will cook them, and you can store in the refrigerator on a tray to have already prepared.
- 9) So actually on the day, if you plan and use my preparation sheets below and follow my preparation techniques, on the day, all you'll have to do is roast the turkey and warm up your vegetables and roast your potatoes, etc., in the oven.
- 10) About timings, write on your menu when you wish to serve lunch for and work backwards from that time for your timings of your dishes to cook.
- 11) Next to each dish, write the time you need to put in the oven to cook or warm up. (If you have a small oven, you can cook your potato's and stuffing before serving and then warm up nearer the time. Allowing you space to cook other dishes in between.
- 12) Remember to allow for 30 minutes for your turkey to rest and 10 minutes to cook your bacon if using.
- 13) Write on cling film over your dishes, the time you wish to cook.



## My Christmas Lunch Leftover dishes

We all have leftovers after a big Christmas lunch so as a bonus, here are 2 ways to re-create a tasty meal from your leftovers.

### **Leftover Recipe 1 - Thai red Turkey curry, served with rice.**

Description: This Thai sauce is a classic that I use to serve Thai red mussels or salmon, just as good with your leftover turkey meat.

#### Recipe – Makes 2-8 portions

##### For the Thai Sauce.

2 tbsp cooking oil.  
1/2 white onion, finely diced.  
2 cloves of garlic, finely diced.  
1 lemongrass stick, finely diced.  
6 frozen lime leaves, stalk removed, finely diced.  
1 fresh or frozen Thai red chilli, finely diced.  
1-2 tbsp Thai red curry paste (depending on hotness)  
1 tbsp Thai fish sauce.  
1 tbsp white sugar or grated palm sugar.  
1 tin of chunky chopped tomatoes.  
2 tin of full-fat coconut milk.  
Fresh coriander.

Leftover Turkey meat, stripped and chopped.

Steamed rice.

Asian green vegetables, Bok choy, mange tout, etc.

##### Method - Thai Sauce

- 1) Place the oil in a pan and slowly cook your diced onion, garlic, chilli, lemongrass and lime leaves for 3 minutes until soft.

- 2) Add your Thai red paste and cook for a further minute.
- 3) Add thinly sliced coriander stalk.
- 4) Add your Thai fish sauce and sugar, then add the tinned tomatoes and coconut milk.
- 5) Now on a slow simmer, cook for 15-20 minutes for the sauce to complete, note to stir every 2-3 minutes.
- 6) Once the sauce has cooked for a while, you can cool and store in a container in the fridge for seven days (so you can make in advance)
- 7) Heat up your sauce when needed in a pan and cook your turkey meat into the sauce.
- 8) Serve with steamed rice and steamed Asian greens.

## **Leftover - Recipe 2 - Christmas Pasty with Cranberry sauce.**

Description:

### **Recipe – Makes 8-10 portions**

Christmas turkey leftovers, chopped.  
All the leftover vegetables, chestnuts, etc, chopped.  
5 sheets of rolled puff pastry  
2 x Eggs, for egg wash.  
Cranberry sauce  
Rocket salad for a side garnish.



## Method

- 1) Mix all your chopped turkey meat, vegetables, etc., in a bowl and season, if needed.
- 2) Place your sheets of pastry on a floured surface.
- 3) Scoop a big spoon fill of your leftover mix.
- 4) Egg wash the outer edges of the pastry.
- 5) Fold over the pastry and firmly make sure there are no air pockets.
- 6) Either twist the edges or use a fork to crimp the edges.
- 7) Place on a non-stick tray and repeat your pasties.
- 8) Egg wash the tops of your pasties.
- 9) Bake @ 180c for 20-35 minutes until golden brown.
- 10) Serve with a dollop of cranberry sauce on top and rocket salad.



I hope these recipes and planners help you in saving time and stress over the Christmas period and I wish you a great festive and joyful Christmas.

Please cherish your family and make lots of memories, life for me is short, so again I wish you all the very best.

Merry Christmas & Happy cooking  
Paul aka PopUp Chef.

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# Christmas Week Order Plan

## Vegetables:

Date: From \_\_\_\_\_ to \_\_\_\_\_

- |           |           |           |
|-----------|-----------|-----------|
| 1) _____  | 11) _____ | 21) _____ |
| 2) _____  | 12) _____ | 22) _____ |
| 3) _____  | 13) _____ | 23) _____ |
| 4) _____  | 14) _____ | 24) _____ |
| 5) _____  | 15) _____ | 25) _____ |
| 6) _____  | 16) _____ | 26) _____ |
| 7) _____  | 17) _____ | 27) _____ |
| 8) _____  | 18) _____ | 28) _____ |
| 9) _____  | 19) _____ | 29) _____ |
| 10) _____ | 20) _____ | 30) _____ |

## Meat Order:

## Fish Order:

## Dairy Products:

- |          |          |          |
|----------|----------|----------|
| 1) _____ | 1) _____ | 1) _____ |
| 2) _____ | 2) _____ | 2) _____ |
| 3) _____ | 3) _____ | 3) _____ |
| 4) _____ | 4) _____ | 4) _____ |
| 5) _____ | 5) _____ | 5) _____ |
| 6) _____ | 6) _____ | 6) _____ |
| 7) _____ | 7) _____ | 7) _____ |

## Dry Store Products:

- |          |           |           |
|----------|-----------|-----------|
| 1) _____ | 6) _____  | 11) _____ |
| 2) _____ | 7) _____  | 12) _____ |
| 3) _____ | 8) _____  | 13) _____ |
| 4) _____ | 9) _____  | 14) _____ |
| 5) _____ | 10) _____ | 15) _____ |



