

# Your *Lindo's* Shopping List

- Eggs (just one needed)
- Egg whites (6 needed)
- All-purpose flour (1 1/2 cup)
- Baking powder
- Caster sugar (1 cup)
- Canola oil (4 cups)
- Salt and black pepper
- Cooking cream (1 cup)
- Softened butter (1/2 cup)
- Mascarpone cheese (1/2 lb)
- Ricotta cheese (1/2 lb)
- 4 Bermuda bananas
- Chopped fresh parsley (1/2 cup)
- Sliced almonds (1/2 cup)
- Coconut flakes (2 cups)
- Cocoa powder
- Ladyfingers
- 6 8-oz Bermuda rockfish fillets, boned and skinned (or any other white fish)
- 24 jumbo shrimps
- Espresso coffee (brewed fresh)
- Gosling's Black Seal rum (1/2 cup)
- Beer (2/3 cup)
- Tia Maria liqueur (1/2 cup)
- Kahlua (1/4 cup)

**SEPTEMBER 2012**  
**CHEF LIVIO FERIGO**

**What's Cooking Bermuda?**

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