

Rockin Meals

VALENTINE'S DAY MENU

COCKTAILS

Salted Caramel Espresso Martini

APPETIZER

Prosciutto Wrapped Pears w/ Balsamic Glaze

MAIN

Flank Steak Ragu Pappardelle
Arugula Fennel Salad
Roasted Garlic Bread

DESSERT

Salted Chocolate Tart



Grocery List

- 1 baguette (ciabatta or French)
- 3 large pears
- Fresh basil
- Fresh parsley
- 1.5-2 pounds flank steak
- 4oz prosciutto
- 1 container mirepoix (or 1 onion, 1 carrot, 2 celery stalks)
- 2 heads garlic
- Tomato paste
- Red wine
- 1 28oz can San Marzano tomatoes
- 8 oz pappardelle pasta
- Kerrigold butter
- Parmesan
- Arugula
- Fennel
- 1 pear
- Walnuts
- Goat cheese
- 2 bay leaves
- Fresh thyme
- Dried oregano
- Balsamic vinegar
- Balsamic glaze
- Vodka
- Kahlua
- 2 shots espresso
- Sugar
- Vanilla extract
- Almonds
- Pecans
- Coconut flakes
- Coconut oil
- Pitted dates
- 12oz chocolate
- 1 12.5oz can coconut milk
- Coconut whipped cream
- Balsamic vinegar
- Honey

