

ALMERIA'S FOOD

Teo Fernández Domínguez

MENÚ Y PRECIOS

Firs Course: **anchovies with garlic and lemon**

Second course: **Pumpkin ratatouille**

Dessert: **water melon**

SELECTED COURSE: **Anchovies with garlic and
lemon**

CARREFOUR: **478 €**

ANCHOVIES WITH GARLIC AND LEMON



MENU FOR ONE PERSON

- 250G ANCHOVIES
- 2 GARLIC CLOVES
- 2 LEMONS
- SALT
- OIL

MENU 2 PEOPLE

- 500 G ANCHOVIES
- 3 GARLIC CLOVES
- 3 LEMONS
- SALT
- OIL

MENU 4 PEOPLE

- 1KG ANCHOVIES
- 5 GARLIC CLOVES
- 5 LEMONS
- SALT
- OIL

MENÚ 6 PERSONA

- 1,50 KG ANCHOVIES
- 6 GARLIC CLOVES
- 7 LEMONS
- SALT
- OIL

MENÚ 8 PERSONAS

- 2 KG ANCHOVIES
- 8 GARLIC CLOVES
- 9 LEMONS
- SALT
- OIL

MENÚ 16 PERSONAS

- 6 KG ANCHOVIES
- 16 GARLIC CLOVES
- 16 LEMONS
- SALT
- OIL

INGREDIENTS- 4 PEOPLE	PRICE-----TOTAL CARREFOUR	PRICE TOTAL NEIGHBORHOOD STORE
2 KG ANCHOVIES	3'45 €	3'20 €
2 GARLIC CLOVES	0'3 €	0'3 €
2 LEMONS	1'00 €	0'75 €
250ML OIL	0'30 €	0'30 €
SALT (MUY POCA SAL)	?	?
TOTAL	4'78 €	4'28 €

PUMPKIN RATATOUILLE



MENU 1 PEOPLE

- 1/2KG PUMPKIN
- 2 ONIONS
- 2 PEPPERS
- 4 POTATOES
- UN EGG

MENU 2 PEOPLE

- 1 KG DE PUMPKIN
- 2 ONIONS
- 2 PEPPERS
- 5 POTATOES
- 2 EGG

MENU 4 PEOPLE

- 2 KG DE PUMPKIN
- 3 ONIONS
- 3 PEPPERS
- 6 POTATOES
- 4 EGG

MENU 6 PEOPLE

- 3 KG DE PUMPKIN
- 5 ONIONS
- 5 PEPPERS
- 7 POTATOES
- 6 EGG

MENU 8 PEOPLE

- 4 KG DE PUMPKIN
- 7 ONIONS
- 7 PEPPERS
- 8 POTATOES
- 8 EGG

MENU 16 PEOPLE

- 8 KG DE PUMPKIN
- 12
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ONS
- 12 PEPPERS
- 13 POTATOES
- 16 EGG

INGREDIENTS	PRICE-----TOTAL CARREFOUR	PRICE TOTAL NEIGHBORHOOD STORE
<i>UN KG PUMPKIN</i>	1'40 €	1'20 €
<i>2 ONIONS</i>	0'99 €	0'90 €
<i>2 PEPPERS</i>	0'54 €	0'62 €
<i>4 POTATOES</i>	0'95 €	0'90 €
<i>2 EGG</i>	0'20 €	0'20 €
TOTAL	4'08 €	3'82 €

WATER MELON

