

### **Condiments & Spices**

- Black pepper (freshly ground) 1 unit
- Fleur de sel 1 unit

### **Seafood**

- Salmon fillet (skin on) 6-16 ounces

### **Vegetables**

- Asparagus 1.5 lbs
- Garlic 1 bulb
- Idaho Potatoes 0.25 lb
- Parsley 1 tbsp
- Parsnips 0.5 lb

### **Dairy**

- Gruyère cheese 1 oz
- Heavy cream 0.5 cup

### **Meat**

- Italian prosciutto 3 slices