

### **Baking**

- Flour 1 bag

### **Condiments & Spices**

- Black Pepper 1 tsp
- Fresh Tarragon  $\frac{1}{4}$  cup
- Olive Oil  $\frac{1}{4}$  cup
- Rosemary 1 tbsp + 2 sprigs
- Salt 1 tsp

### **Vegetables**

- Garlic 3 cloves

### **Canned Goods**

- Beef stock 2 cups

### **Meat**

- Lamb chops 1.5lb (750g)