

# The Grazing Board

COMPLETE GUIDE, SHOPPING LIST & MORE



## The Grazing Board

There's good reasons why these are so popular! They can be prepared just before everyone gets there, they offer plenty of variety and look fulsome and beautiful. They can be the whole meal when substantial enough - or just enough to make sure you've got something to soak up the bubbles! The variety means there's something for everyone. There really are no rules here but I thought a bit of a checklist might be useful.

At this time of year it is great to have a store cupboard of a few basic things that you can pull out at a moment's notice. These types of items usually have a good shelf-life too. Don't forget to raid your cupboards and your fridge for those unexpected drop-ins.... be creative and inventive!



# The Grazing Board

Here are some suggestions – all of this would be quite the list, so adjust to suit your tastes and your budget.

## Kit

- A board or a platter (wooden boards are better as they're easier and less noisy to cut on!)
- One cheese knife per type of cheese ideally
- If you don't like certain foods touching – a few little ramekins and dishes are useful too.

## Cheese

- Hard & sharp (like a vintage cheddar)
- Camembert or brie
- Soft (blue cheese for those who do; goats cheese or herb cream cheese)
- Mild (Jarlsberg, Manchego)

## Crackers – a type to match each type of cheese:

- Lavash bread or crackers
- Water crackers
- Wafer crackers
- Seed crackers

## Meats – choose different flavours, textures and colours, roll into thin cigar shapes or get super fancy and make “flower” type shapes

- Prosciutto
- Leg ham
- Salami (maybe go for something spicy)
- Chorizo
- Bresaola

## Extras

- Olives (buy pitted or provide an extra little dish for pips)
- Bell peppers
- Bread sticks
- Dip or pate
- A fruit paste / jam or jelly
- Vegetable chips
- Dried fruit (apricots, apples, dates)
- Fresh fruit (berries, thin slices of apple or pear, grapes)
- Pretzels

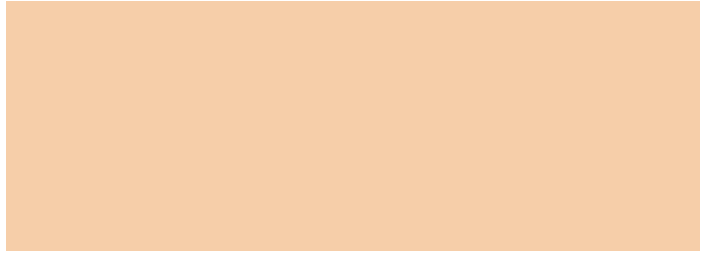
- Nuts
- Honeycomb (honey and cheese is an amazing combination - lovingly plonk the honeycomb on top of your camembert or brie)
- For those so inclined – some dark chocolate (ideally individually wrapped as personally the idea of chocolate sitting on ham just doesn't fly) always works well too!

Once you've made your selection of what to include – it all comes down to the arranging to make it look plentiful and appetising.



# Meal Plan

Sunday



Monday



Tuesday



Wednesday



Thursday



Friday



Saturday



**Sunday**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

Breakfast

Lunch

Dinner

Baking / Snacks

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To Do

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