

# Ingredients

special ingredients to add you your dishes



## Spices

- [Hot Chili Flakes](#)

## Meat

- [Lamb](#)
- [Beef](#)

## Dairy

- [French Butter](#)

From:  
<http://www.parisyank.com/> - **Paris Yank**

Permanent link:  
[http://www.parisyank.com/doku.php?id=paris\\_yank:eat:preparein:ingredients](http://www.parisyank.com/doku.php?id=paris_yank:eat:preparein:ingredients)

Last update: **2024/12/19 09:29**

