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PANTRY LIST

Here is a list of great foods and flavorings to have on hand—in the cupboard, refrigerator, and freezer. Cut or copy the list and post it in your kitchen or take it with you when you go to the market. It will help you always have what you need and make food shopping more efficient.

Dried Herbs and Spices

- Allspice
- Basil
- Bay leaves
- Cayenne pepper (ground red chile pepper)
- Chili powder (preferably a pure chili powder such as ancho or pasilla)
- Cinnamon, ground
- Crushed red pepper
- Cumin, ground
- Curry powder (several strengths, if you like)
- Garlic powder
- Ginger, ground and crystallized
- Mustard, dried powder
- Nutmeg, whole
- Old Bay Seasoning (spicy seasoning mix with great pepper flavor)
- Onion powder
- Oregano
- Paprika, sweet Hungarian
- Peppercorns, black and white (and a grinder)
- Poppy seeds
- Rosemary
- Sage
- Salt (if possible, sea salt, ground and coarse)
- Seasoned pepper (such as Mrs. Dash, for quick effective seasoning of everyday foods)
- Sesame seeds
- Tarragon
- Thyme

Other Seasonings and Flavorings

- Anchovy fillets in olive oil
- Baking powder, double acting
- Baking soda
- Beans, white, great northern, and black, in cans and dried
- Bouillon, cubes and powder (to use in a pinch if you have no broth or stock)
- Brandy
- Bread crumbs, unseasoned and panko (Japanese bread crumbs)
- Chicken broth, low-sodium, canned or boxed
- Chocolate, unsweetened and semisweet morsels
- Cocoa, unsweetened baking
- Cornmeal, yellow
- Cornstarch
- Flour, unbleached all-purpose
- Honey
- Horseradish, jarred
- Jam, seedless apricot, raspberry, or other favorite
- Ketchup
- Mandarin oranges, canned
- Mustard, Dijon, yellow, and your favorite flavored varieties
- Oil, olive (regular and extra-virgin), vegetable, peanut, Asian sesame, and walnut
- Olives
- Peanut butter, chunky and/or creamy
- Pineapple chunks, canned
- Roasted red bell peppers, jarred
- Sherry, dry

- Soy sauce, light and, if you like, a low-sodium one as well
- Sugar, granulated white and dark brown
- Tabasco sauce
- Tomatoes, whole plum, diced, tomato paste, tomato puree, and sun-dried
- Vanilla extract, pure
- Vinegar, white wine, red wine, cider, rice wine, and balsamic
- Wine, at least Chardonnay and Cabernet (not the commercial product sold as cooking wine)
- Worcestershire sauce
- Yeast, dry active

Pasta and Grains

- Arborio rice (for risotto)
- Bulgur
- Couscous
- Lentils
- Cut pastas (small shells and other shapes)
- Thin pastas (linguine, spaghetti, or angel hair)
- Rice, white long-grain, basmati, and brown

Fresh Basics

- Butter, unsalted—or salted if you prefer—except for baking
- Cheddar cheese
- Eggs, grade A large (unless otherwise noted, all recipes call for large eggs)
- Garlic, fresh cloves, or finely chopped in oil (to use in a pinch)
- Goat cheese, or another soft cheese such as ricotta or cream cheese
- Lemons
- Margarine
- Mayonnaise
- Milk, whole and fat-free
- Parmigiano-Reggiano cheese
- Yogurt, plain nonfat

Freezer Basics

- Berries of all kinds
- Bread, sourdough, ciabatta, and whole wheat
- Bread dough, store-bought (to make pizzas, breads, and crusts)
- Chicken, shredded and cubed
- Chocolate wafers and graham cracker crumbs
- Corn, yellow and/or white kernels
- Green beans, preferably the small haricot verts, or extra-thin beans that you can buy flash-frozen
- Nuts and seeds, pecans, almonds, pine nuts, poppy seeds, and sesame seeds (stored in the freezer they will last twice as long)
- Peaches
- Peas
- Pesto, store-bought or homemade
- Pie crusts, store-bought, folded or rolled, not prefitted into pans
- Tomato sauce
- Tortillas, corn and flour
- Vanilla ice cream

Premade Mixes and Other Items

- Barbecue rubs (Storebought are OK as long as they are not high in salt or sugar, they Make your own and store for up to 6 months.)
- Barbecue sauce, 1 or 2 really good commercial ones (for quick grills)
- Bread mixes
- Brownie mixes and cake mixes
- Chutneys, tapenades, and specialty jams
- Crackers (Try low-fat and lower-sodium)
- Granola