

## PANTRY ESSENTIALS

*Tell us about your pantry essentials. Add a comment at the bottom of the Kitchen Essentials page.*

### MEAL-TIME ESSENTIALS

**(for main dishes, sides, salads +)**

kosher salt  
whole peppercorns (in a pepper grinder, of course)  
olive oil (use extra virgin for salads and drizzling)  
safflower, canola, or corn oil  
wine vinegar, rice vinegar--natural and seasoned  
red and white wine  
pasta (different shapes)  
rice (white and brown)  
dried lentils and split peas  
canned chicken broth, beef broth (pouches or cubes if you want)  
canned corn  
canned beans (kidneys, garbanzos, navy beans etc)  
canned tomatoes (diced, stewed, unseasoned tomato sauce)  
soy sauce  
hot pepper sauce  
dry breadcrumbs  
honey, maple syrup, peanut butter  
dry herbs and spices (see below)

### Meal-Time Electives

pitted olives (green, ripe, or kalamata); pickles  
toasted sesame oil  
sesame seeds, sunflower seeds

### HERBS, SPICES & Such (See Baking Essentials)

From your garden or dried from the store:  
basil, bay leaves, dill weed, oregano, rosemary, tarragon, thyme,  
sage, ground cumin, chili powder, ground white pepper, cayenne  
pepper, paprika, red pepper flakes, cardamom, dry mustard, caraway  
seeds, fennel seeds ...

### FRIDGE & FREEZER ESSENTIALS

milk, butter, eggs  
Dijon mustard  
mayonnaise  
grated Parmesan or Romano cheese

**In the freezer:** boneless chicken breasts, ground beef in 4-5 oz  
patties, pork tenderloin and other protein foods that you like;  
corn and peas; pre-cooked sausage such as linguica

### Fridge & Freezer Electives

buttermilk, plain yogurt, sour cream (fat free is ok)  
frozen berries, vanilla ice cream :o)

### FRESH ESSENTIALS

garlic, yellow or white onions  
lemons  
leafy salad greens such as Romaine, red leaf and other lettuces  
a variety of fresh seasonal fruits and vegetables:  
- apples, oranges, bananas, peaches, berries, pears, melons +  
- broccoli, tomatoes, celery, carrots, beets, asparagus  
- leafy greens such as spinach, chard and kale

### Fresh Electives

green onions (aka scallions), red onions, shallots, leeks  
radishes, cucumbers, mushrooms  
flat leaf parsley (aka Italian parsley)  
mint, basil, cilantro, thyme, oregano  
gingerroot

### BAKING ESSENTIALS (non-refrigerated items for cookies, cakes, pies, muffins, quick breads, pancakes +)

all-purpose unbleached white flour  
whole wheat flour  
double-acting baking powder  
baking soda  
granulated white sugar, brown sugar (light or dark)  
powdered sugar (aka confectioner's sugar)  
cornstarch  
vanilla extract  
ground cinnamon, ground nutmeg, ground cloves  
safflower, canola, or corn oil

### Baking Electives

cornmeal  
wheat bran  
molasses  
nuts (walnuts, pecans, almonds +) and seeds  
dried fruit (raisins, apricots, cranberries)  
yeast, individual packets stay freshest (use for pizza dough, yeast  
breads etc)