

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)