

PANTRY ESSENTIALS CHECKLIST

OILS/VINEGARS

GRAPESEED OIL WHITE BALSAMIC
OLIVE OIL RED WINE VINEGAR
SESAME OIL WHITE VINEGAR
CANOLA OIL BALSAMIC
CIDER VINEGAR RICE VINEGAR

BAKING

ALL PURPOSE FLOUR
BUCKWHEAT FLOUR
WHOLE WHEAT FLOUR
RICE FLOUR
CORN STARCH
CORN MEAL
SEMOLINA FLOUR
CORN FLOUR
SUGAR
BROWN SUGAR
COCOA POWDER
BAKING POWDER

CANNED GOODS

TOMATO PASTE COCONUT MILK
DRIED TOMATO CHICKPEAS

DRY SPICES/SEASONING

KOSHER SALT DRIED MUSHROOMS
SEA SALT CURRY PASTE
FRIED SHALLOT SESAME
GARLIC CINNAMON
DRIED SEAWEED STAR ANISE
BAY SZECHUAN
TOGARASHI PEPPERCORN
NUTGMEG CLOVE
JUNIPER FENNEL
CORIANDER CUMIN
OREGANO SMOKED PAPRIKA
TURMERIC SAFFRON

GRAINS/PASTA

SHORT GRAIN RICE
RICE NOODLES
LENTILS
WHITE BEANS
SPAGHETTI
PENNE/RIGATONI
ORRICHETE/SHELLS
UDON
QUINOA
