



DIARY OF  
**acrazedcook**

just another day in paradise ...

## well-stocked kitchen pantry checklist

### IN THE CUPBOARD

#### BOTTLES & JARS

##### oils for cooking

- olive
- canola, peanut, safflower

##### oils for flavor

- sesame, walnut, hot chile, truffle

##### vinegars etc.

- red & white wine, balsamic, rice wine, apple cider, flavored
- mirin (sweet cooking seasoning)
- rice cooking wine

##### sauces etc.

- soy sauce & ponzu sauce
- selection of hot sauces
- worcestershire sauce
- syrups: maple, blue agave
- honey: liquid & creamed
- jams, jellies & marmalades
- molasses
- chicken/beef/vegetable stock

##### nut butters

- peanut
- almond, pumpkin, cashew

#### IN CANS

##### milk in a can

- coconut
- evaporated & sweetened condensed

##### fish in a can

- tuna
- salmon
- mussels
- oysters
- sardines

##### tomatoes in a can

- diced & whole
- paste & sauce

##### beans in a can

- garbanzo
- kidney & pinto
- black & white

##### fruit in a can

- pineapple chunks
- applesauce, lychee nuts
- olives

##### vegetables in a can

- refried beans
- water chestnuts
- bamboo shoots
- baby corn
- pumpkin purée

#### DRY GOODS

##### dried herbs

- basil
- bay leaves
- dill
- fennel
- marjoram
- mint
- oregano
- rosemary
- sage
- savory
- tarragon
- thyme

##### dried spices

- anise
- cinnamon
- cardamom
- caraway seeds
- cayenne pepper
- chile
- cloves
- coriander seeds & ground
- cumin seeds & ground
- curry powder
- juniper berries
- ginger
- nutmeg
- paprika
- pepper & peppercorns
- saffron
- turmeric

##### selection of coarse salts

##### dried fruits etc.

- raisins
- apricots, dates, prunes
- dried mushrooms

##### a variety of breads

- whole grain breads
- bagels
- pita bread & naan
- tortillas

##### whole grain pastas & noodles

- all sizes and shapes: spaghetti, fettucine, fusilli, penne, orzo
- noodles: asian/egg/buckwheat/soba
- couscous

##### rices

- brown/long/short
- white/long/short
- wild/basmati/jasmine
- red/black

##### beans

- black beans
- white beans, chick peas,
- lentils: red, brown, puy, black

##### whole grains

- oats
- barley
- quinoa, bulghur, millet

##### cereals

- granola, bran

##### baking items

- flours: white/wholewheat/grain/pastry
- sugars: brown & white
- chocolate: baking squares, chips, cocoa powder
- ingredients: baking soda, baking powder, cream of tartar, cornstarch
- extracts: vanilla, lemon, almond

##### fresh in the pantry

- onions, garlic, shallots
- lemons & limes
- hot peppers
- potatoes/sweet potatoes
- seasonal vegetables
- seasonal fruits

##### beverages

- teas
- coffees
- selection of wines
- beer
- cider
- spirits

