

# THE TASTEFUL PANTRY

Make sure your pantry is well stocked with these items so you can always cook tastefully!



## HERBS & SPICES

- sea salt
- peppercorns in pepper mill
- fresh garlic
- fresh ginger
- smoked paprika
- chilli powder
- fennel seeds
- saffron threads
- dried oregano (Greek)
- dried thyme
- ground cumin
- ground coriander
- paprika
- cayenne
- chilli flakes
- ground cinnamon
- cinnamon sticks
- garlic salt
- turmeric
- bay leaves
- cardamom pods
- caraway seeds
- allspice
- sumac
- dukkah
- za'atar
- ras el hanout
- curry powder
- cloves

## PASTA

- linguine
- spaghetti
- fetuucine
- orzo or risoni
- rigatoni
- penne

## DRY GOODS

- plain flour
- self-raising flour
- baker's flour
- cornflour
- baking powder
- bicarbonate of soda
- sugar
- dark brown sugar
- icing sugar
- fine semolina
- panko breadcrumbs
- paella rice (bomba/calasparra)
- arborio rice
- polenta
- long grain rice
- basmati rice
- dried yeast
- french onion soup mix
- freekeh
- quinoa
- dried porcini mushrooms
- french style green lentils (puy)

## CANS & JARS

- tomato passata
- corn kernals
- black kalamata olives - whole/pitted
- green olives
- stuffed green olives
- capers - regular and baby
- cornichons
- tuna in oil
- canned tomatoes
- cannellini beans
- sun dried tomatoes in oil
- anchovy fillets
- artichoke hearts
- giardiniera mixed pickles

## OILS, VINEGARS & CONDIMENTS

- extra virgin olive oil (for drizzling)
- pure olive oil (for general use)
- extra light olive oil (for frying)
- canola oil
- olive oil spray
- balsamic vinegar
- red wine vinegar
- balsamic glaze (Italian gourmet glaze)
- chicken stock - liquid and powder
- beef stock - liquid and powder
- vegetable stock - liquid and powder
- sweet chilli sauce
- sriracha chili sauce
- tabasco sauce
- sriracha mayonnaise
- seeded mustard
- Dijon mustard
- honey
- maple syrup
- pomegranate molasses
- tahini
- smoky barbecue sauce
- soy sauce
- tomato sauce

## NUTS & SEEDS

- pistachios
- pine nuts
- hazelnuts
- sesame seeds
- poppy seeds
- slivered almonds

## ALCOHOL

- dry white wine
- red wine
- marsala
- cognac or brandy
- bourbon
- vermouth

## FRIDGE

- filo pastry
- egg mayonnaise
- milk
- eggs
- butter

## CHEESE

- feta
- marinated feta in oil
- parmesan
- haloumi
- vintage cheddar
- provolone
- cream cheese
- mozzarella

## FREEZER

- frozen butter puff pastry sheets
- frozen baby peas
- pide or pita breads

## DRIED FRUIT

- currants
- dried cranberries or dried cherries
- sultanas
- raisins
- pitted prunes
- dried apricots

## MISCELLANEOUS

- dishwashing detergent
- sponge
- teatowels
- scourer
- plastic wrap
- foil
- baking paper
- kitchen string
- muslin

