

Mums Make Lists

FOOD ESSENTIALS: WHAT TO HAVE IN YOUR PANTRY

1. OIL, VINEGAR, SAUCES AND CONDIMENTS

- Olive oil
- Sunflower oil
- Vegetable oil
- Red wine vinegar
- White wine vinegar
- Balsamic vinegar
- Malt vinegar
- Mirin (rice wine)
- Tomato ketchup
- Mayonnaise
- Salad dressing (Caesar or French)
- French's mustard
- Dijon mustard
- English mustard
- Horseradish
- Light soy sauce
- Hoisin sauce
- Worcestershire sauce

2. HERBS, SPICES AND SEASONING

- Salt - ideally sea salt as it has more flavour than table salt
- Black pepper - ideally peppercorns that you use in a grinder
- Mixed herbs - usually a mix of basil, marjoram, oregano, rosemary, sage and thyme, useful for adding to soups, stews and sprinkling over meat when you don't have time to bother with individual herbs
- Cayenne pepper - made from the cayenne chilli, used in Cajun, Indian and many other world cuisines
- Dried chilli flakes - great for adding to stir-fries, Thai and other Southeast Asian cuisines
- Garam masala - usually a blend of spices such as cinnamon, peppercorns, cardamom, mustard seeds, coriander seeds, cloves, mace, and nutmeg. Widely used in Indian cooking
- Cinnamon - great to use in both sweet and savoury cooking. Great to add instead of sugar in things like stewed apples. Used widely in Moroccan and other North African cuisine.
- Dried coriander (cilantro) - a great 'background' flavour for sauces, stews, soups and marinades
- Ground cumin - used widely in Indian and Mexican cuisine. Great for using in salad dressings
- Oregano - widely used in Mediterranean cooking, particularly Italian
- Ground ginger - whilst fresh ginger is better for savoury food, ground ginger is great for baking
- Mustard seeds - another essential for Indian and South Asian cuisine
- Nutmeg - an essential for white sauces such as Bechamel sauce, great with baked fruit, in custard and other sweet sauces
- Paprika - widely used in Spanish and Hungarian cooking, great for BBQ marinades
- Sumac - widely used in Middle Eastern cooking and great on Fatoush salad
- Turmeric - great in stocks and sauces, often used in curry dishes and also great as a tea with lemon and fresh ginger
- Bay leaves - great for sauces, gravy, stews and mac and cheese
- Rosemary - an essential for a Sunday roast, also good with cooked cheese like baked camembert
- Thyme - a relative of oregano, great in meat dishes, soups and pasta dishes

- Sage - great for fatty meats and also with poultry (think roast chicken), also good over roast potatoes and in tomato based sauces
- Tarragon - very popular in French cuisine, great for adding to pickles, vinegar, soups, meat dishes and fish.
- Basil - used in lots of Mediterranean cuisine, great with fish, meat and in tomato based sauces
- Dill - great for adding to root vegetable soups
- Vegetable stock cubes - for vegetable based stews, sauces and gravy
- Chicken stock cubes - for chicken gravy, soups and stews
- Beef stock cubes - for beef gravy, soups and stews

3. BAKING SUPPLIES

- Baking powder
- Bicarbonate of soda (baking soda)
- Cornflour (corn starch)
- Dried yeast
- Self-raising flour
- Plain flour
- Vanilla extract (you can use vanilla essence, but extract is more pure and more delicious)
- Almond extract
- Golden (or white) caster sugar
- Light brown sugar
- Dark brown sugar (Muscovado)
- Icing sugar (confectioners sugar)
- Agave syrup or golden syrup
- Honey
- Cocoa powder
- Cooking chocolate
- Chocolate chips
- Raisins

4. CANNED FOOD

- Baked beans
- Kidney beans
- Chopped tomatoes
- Whole tomatoes
- Tuna
- Anchovies
- Sardines
- Coconut milk

5. DRY GOODS

- Spaghetti
- Assorted dry pasta
- Brown rice
- Basmati rice
- Puy lentils (French green lentils)
- Panko breadcrumbs
- Oats
- Breakfast cereal
- Crackers
- Popcorn kernels
- Nuts
- Sesame seeds
- Taco shells

6. DRINKS

- Ground coffee or coffee beans
- Black tea
- Green tea
- Hot chocolate

7. STORAGE SUPPLIES

- Aluminium foil (aluminum foil)
- Baking or parchment paper
- Freezer storage bags
- Stretch silicone lids - these things are just so unbelievably useful for leftovers
- Glass or plastic food storage containers