



Pantry Imperatives

To be prepared for any cooking venture, as well as those inevitable occasions when guests pop-in, we list the basic and nice-to-have (in italics) pantry contents! Keep these items stocked, and you will be able to pull off a wonderful meal on the fly!

Oils

- Extra Virgin Olive Oil – salads, garnish, flavoring
- Pure Olive Oil – cooking
- Canola Oil – medium to somewhat high-heat cooking
- Grapeseed or Safflower Oil – high heat cooking
- *Peanut Oil – high heat Latin & Asian cooking*
- *Sesame Oil – flavoring for Asian dishes*

Vinegars

- White Vinegar – cooking & cleaning
- White Wine Vinegar
- Red Wine Vinegar
- Balsamic Vinegar
- *White Balsamic Vinegar*
- *Sherry Vinegar*
- *Rice Vinegar- Asian cuisine*

Condiments

- Dijon Mustard
- Shoyu, Soy Sauce
- Worcestershire Sauce
- Capers
- *Sriracha – Asian cuisine*
- *Sambal Oleck – Asian cuisine*
- *Fish Sauce – Asian cuisine*

Seasoning & Spices

- Kosher Salt, Diamond Crystal – general use
- Sea Salt, Hawai'ian Salt - garnish
- Peppercorns & Grinder
- Bay Leaves
- Crushed Red Pepper Flakes
- Oregano
- Thyme
- *Sesame Seeds – Asian cuisine*



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Dry Goods

- Pasta
- Rice
- Panko
- Tomato Paste
- Tomato Sauce
- Canned Tomatoes
- *Canned, cooked beans*
- *Asian noodles*

Fresh

- Garlic
- Ginger
- Shallots
- Onion
- Potatoes
- Milk
- Unsalted Butter
- Eggs
- Lemons
- Sour Cream or Yogurt

Other Items

- [Stocks – Chicken, Vegetable, Veal \(Homemade Please!\)](#)
- Wine – Dry reds & whites*
- Frozen vegetables, i.e. spinach, peas, corn, etc.
- Favorite prepared, canned, bottled items
- Proteins, canned, frozen or fresh

With these pantry items, plus some fresh vegetables from your local farmer's market, and a protein, you can make a meal!

** Recommended cooking wines: You do not need to spend a great deal, BUT the wine does need to be drinkable and consistent in flavor and quality – for a sauce with a wine deglaze, look for \$4 to \$6 per bottle; for a wine reduction sauce, look for \$8 to \$15 per bottle. Red wines: Stick to dry, low tannin wines. Most Zinfandels are fine; a Meritage (blend) is great; Syrah or Shiraz, especially if mixed with a lighter red, are good; avoid Cabernets – too heavy; avoid Pinot Noir, unless you are willing to spend at least \$15 to \$20 per bottle. White wines: Viognier or Viognier blends work well; Spanish whites are good; Sauvignon Blanc, Pinot Gris, etc. are fine, but can be too acid; avoid Chardonnays – too oaky.*