

Pantry/Freezer Essentials

1. Canned items
 - a. Tomatoes – diced, whole, stewed
 - b. Tomato paste & tomato sauce
 - c. Beans – assorted
 - d. Chilis – green, chipotle
2. Dry goods
 - a. Pasta, dried & fresh
 - b. Rice – white, brown, arborio
 - c. Grains – polenta, quinoa, barley, farro, couscous, etc.
 - d. Vinegars – red wine, white wine, apple cider, balsamic, rice
 - e. Oils – olive oil (EVOO & non-virgin), neutral (safflower, canola)
 - f. Maple syrup
 - g. Worcestershire sauce
 - h. Soy sauce
 - i. Dijon mustard
 - j. Dried fruit
 - k. Jams – orange marmalade, red currant, other
 - l. Flour – AP
 - m. Sugars – white, brown, honey
 - n. Baking soda & baking powder
 - o. Cornstarch
 - p. Non-stick spray
3. Other
 - a. Chicken broth, low sodium
 - b. Nuts/seeds – store in freezer
 - c. Frozen veggies
 - d. Frozen fruit
 - e. Pizza crust
4. Meat
 - a. Poultry – breasts & thighs
 - b. Ground meat – beef, turkey, pork, etc.
 - c. Pork – thin chops, tenderloin
 - d. Bacon
 - e. Sausage – pork and/or chicken
 - f. Seafood – salmon, scallops, shrimp
5. Dairy
 - a. Eggs
 - b. Milk
 - c. Yogurt (plain), sour cream, etc.
 - d. Heavy cream
 - e. Cheese – parmesan
 - f. Butter – salted & unsalted
6. Produce
 - a. Onions, shallots, green onions
 - b. Garlic
 - c. Ginger
 - d. Carrots
 - e. Celery
 - f. Potatoes
 - g. Bell peppers, especially red
 - h. Others according to your preference
 - i. Greens: lettuce, spinach, etc.
 - j. Citrus – zest & store in freezer, store juice in refrigerator
 - k. Herbs
7. Spices
 - a. Salt – kosher, sea salt, a fine salt
 - b. Peppercorns w/ grinder
 - c. Bay leaves
 - d. Vanilla extract
 - e. Cinnamon
 - f. Cumin
 - g. Chile powder
 - h. Italian seasoning (no salt)
 - i. Oregano
 - j. Paprika
 - k. Red pepper – flakes and ground
8. Alcohol
 - a. Vermouth (sub for white wine)
 - b. Red wine
 - c. Fortified wines – sherry, madeira, marsala, port