

Ask Chef Christy presents:

# YOUR WELL-STOCKED PANTRY



Personalize this list to keep  
your home pantry ready for  
all of your favorite dishes!

## Grain Products

- Wheat Kitchens- flour (white, whole wheat, bread, pastry), cracked wheat, spelt, breadcrumbs
- Gluten-Free kitchens: flour (sorghum, chickpea, brown rice, white rice), starches (arrowroot, corn, potato, tapioca), gums (guar, xanthan), Cream of Tartar; puffed rice cereal for breadcrumbs
- Pasta in 5 main "shapes" in wheat or alternate flour blends:
  - string - vermicelli, cappellini (aka angel hair - fast cookers) spaghetti, linguini - good with light olive oil sauces and longer cooking
  - ribbons - fettucine, papardella, - good with tomato sauces & "medium" weight sauces
  - tubes - penne, elbow macaroni - great with cheesy sauces
  - shapes - bows, shells, orichetti - versatile excellent with heavy cream sauces - fun for kids to eat
  - micro - orzo, pastina etc - tiny pastas for use in soups
- Couscous
  
- Oriental noodles - ramen noodles, soba (buckwheat) noodles, rice noodles, cellophane (mung bean) noodle
- Rice - long grain, e.g. basmati for fluffy rice dishes; short grain "sticky" rice types for risotto or oriental dishes; boxed rice dishes, wild rice, wild rice blends
- Cornmeal, corn flour, cornstarch, popcorn, grits
- Oats, steel-cut oats, oatmeal, granola
- Buckwheat, millet, quinoa
- Whole grain cereals
- Crackers, pretzels

## Canned Goods

- Beans - kidney, black, white navy, garbanzo, pinto (whole and refried), lentils, cannellini
- Fruits - pears, peaches, applesauce, pineapple, mandarin oranges, cherries
- Meats –tuna, salmon, anchovies, sardines, oysters, clams, corned beef hash, deviled ham
- Soups and sauces – chicken stock, beef stock, vegetable stock, tomato, cream of mushroom, cream of celery, chicken noodle, + other varieties; condensed soup, dried soup cups, noodle cups
- Tomato products -ground (or crushed) tomatoes: perfect for a quick soup or spaghetti sauce; tomato sauce: essential in many simple soups and sauces; double concentrated tomato paste in a tube, whole in juice; diced; chopped; ground or crushed; strained; dried tomatoes: marinated dried tomatoes; dried tomato puree in a tube; dried tomato bits. Other tomato products: juice; olive oil flavored with sun-dried tomatoes, salsa
- Vegetables – corn, sauerkraut, pumpkin, mushrooms, baby corn, water chestnuts, bamboo shoots, etc. for oriental cooking, artichoke hearts, palm kernels, etc. for salads, home-canned veggies

## **Dried Foods**

- dried beans - kidney, split peas, white navy, garbanzo, lentils
- dried mushrooms, smoked sausages, jerky, dried tofu, dried vegetables

## **Condiments**

- soy sauce, Worcestershire, teriyaki, cocktail sauce, anchovy paste, mustard, hot sauce, ketchup, relish, mayo, hot sauce, prepared horseradish

## **Spices and Seasonings**

- granulated table salt, coarse sea salt, kosher salt, low salt blends like Spike
- fresh peppercorns
- Herbs: basil, tarragon, oregano, rosemary, sage, bay leaves, chives, thyme,
- "bouquet garnis", "fines herbs" and Italian spice blend mixed herbs, saffron
- Spices: dry mustard, dried garlic and ginger, nutmeg, allspice, and cinnamon, cumin, coriander, celery seed, red-pepper flakes, cayenne, Chile powder
- vanilla beans, vanilla extract, almond, orange, cherry, lemon, and other natural extracts for baking and ethnic cooking
- Indian/Thai/Oriental Curry powders and/or premixed bottled pastes and sauces, Chinese 5 Spice, pesto

## **Sweeteners**

- sugar - white, brown and powdered
- honey, maple syrup, molasses, agave nectar, brown rice syrup
- jams and jellies – favorites plus apricot for glazing, apple for sauces

## **Oil & Vinegar**

- extra virgin olive oil - great for salads and low-heat sautéing
- peanut, canola, or grapeseed oil for high heat frying
- non-stick spray oils for quick baking pan greasing and low fat cooking
- flavored oils for salads and oriental cooking - e.g. walnut, sesame seed, chile, garlic (do not store flavored oils with garlic cloves, herbs, chilis, etc. on a shelf – keep them cold)
- raw apple cider vinegar, white vinegar for cleaning and other applications, white and red wine vinegar, balsamic vinegar for salads, deglazing and vegetables

## **Pickles & Olives**

- Pickles: cucumbers – dill – whole, sliced, spears; sweets – gherkins, bread and butter, relish; pickled vegetables – okra, eggplant, grape leaves, capers, garlic
- Olives: stuffed green olives (stuffed with pimento, almond, garlic, jalapeno, etc.), black olives, Kalamata, olive relish

## **Dried Fruits and Nuts**

- fruits—regular and golden raisins, blueberries, cherries, cranberries, apricots, coconut
- nuts - peanuts, walnuts, almonds, pine nuts, hazelnuts, cashews, pistachios
- nut butters—almond butter, cashew butter, hazelnut butter (chocolate hazelnut spread), peanut butter, sunbutter (sunflower seeds), tahini (ground sesame seeds)

## **Beverages**

- coffee, tea – black, green and herbal, cocoa, canned or dried fruit juice mixes
- boxed milk, almond milk, chai mix

## **Other**

- canned pet food, pudding and gelatin mixes, unflavored gelatin, aseptic tofu

## **Fresh Vegetables in Dry Storage**

- garlic, onions, shallots, squash, potatoes - red, russet and sweet

## **Eat Up!**

Using and replacing food on a regular basis ensures that nothing gets so old that it loses its palatability or nutritional value and that cans and jars don't sit around long enough to rust. As soon as you use something up, put it on your shopping list to replace it.

Plan on rotating through everything in your pantry once every 6 months or so.

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Christine Seelye-King  
AskChefChristy.com  
chefchristy@kingstaste.com