

Essential Pantry List

Flour

Bakers, Plain,
Cornflour

Oil

EVOO, Coconut,
Grapeseed,
Peanut, Sesame

Rice

Arborio,
Basmati, Brown

Sauce

Fish, Hoi Sin, Soy
Oyster, Tamari

Sugar

Raw, Rapadura

Vinegar

White, Balsamic,
White + Red wine

Baking

Bicarb soda
Cacao/cocoa,
Cooking chocolate
Cream of tartar
Gelatin,
Vanilla extract,
Yeast

Canned

Borlotti beans,
Cannellini beans,
Chick peas,
Coconut cream,
Coconut milk,
Condensed milk,
Red kidney beans,
Tomatoes (whole,
chopped, crushed)

Dried fruit

Apricot, Currants,
Dates, Figs,
Raisins, Sultanas

Grains

Coucous, Oats
Quinoa, Spelt

Nuts

Almonds,
Cashews,
Hazelnuts,
Peanut, Pinenut,
Walnuts

Seeds

Buckwheat, Chia,
Pumpkin,
Sesame,
Sunflower