

# World Cuisine Pantry Basics

## The Mediterranean Pantry

- Flavorful extra-virgin olive oil
- Onions, garlic
- Fresh oregano
- Roasted red peppers
- Dried and canned beans & legumes
- Lentils
- Grains
  - Brown rice
  - Couscous
  - Bulgur Wheat
  - Quinoa
  - Barley
  - Buckwheat
  - Polenta
- Spices
  - Bay Leaves
  - Cumin
  - Cinnamon
  - Cloves
  - Crushed Red Pepper Flakes
  - Turmeric
  - Allspice
  - Nutmeg
  - Coriander
  - Sumac

## The Spanish Pantry

- Extra-Virgin Olive Oil
- Sherry Vinegar
- Onions, garlic
- Pimentón de la Vera (Spanish smoked paprika)
- Spicy chorizo or serrano ham
- Manchego cheese
- Marcona almonds
- Fino Sherry
- Marcona almonds (great with a little quince paste too)
- Piquillo peppers
- Saffron

## The Italian Pantry

- Olive oil
- Vinegars
- Balsamic vinegar (aged)
- Parmigiano-Reggiano
- Anchovies
- Canned whole San Marzano tomatoes
- Pine nuts
- Capers
- Cornmeal
- Olives
- Rice
- Pasta (penne, spaghetti)
- Dried beans
- Feta cheese

## **The Indian Pantry**

- Onions, garlic and fresh ginger
- Palm vinegar
- Banana leaves
- Coconut oil
- Ghee
- Rose water
- Tamarind pulp
- Shredded Coconut
- Coconut milk
- Channa dal
- Masoor dal
- Moong dal
- Long grain white rice
- Jaggery
- Cashews
- Spices/Herbs
  - Curry leaves
  - Dried apricots
  - Black cumin seeds
  - Coriander
  - Chile de Arbol
  - Cinnamon sticks
  - Dried mint
  - Fennel seeds
  - Cloves
  - Mustard seeds
  - Garam masala
  - Turmeric
  - Cardamom pods
  - Curry powder
  - Asafoetida

## **The Southeast Asian Pantry**

- Rice
- Rice noodles
- Rice paper
- Fish sauce
- Lemongrass
- Ginger
- Galangal
- Kaffir lime leaves
- Thai chiles
- Mushroom soy sauce
- Palm sugar
- Sriracha sauce
- Sweet soy sauce (kecap manis)
- Tea
- Hoisin sauce
- Chili sauce (like Sriracha)
- Coconut milk
- Black (sweet) soy sauce
- Coconut milk
- Jasmine rice
- Spices/herbs
  - Curry paste
  - Curry powder
  - Cinnamon sticks
  - Coriander
  - Cilantro

# Plant-Based Shopping List

## Vegetables

Asparagus  
Baby Bok Choy  
Baby Arugula  
Baby Greens Mix  
Baby Spinach  
Beets, Red  
Beets, Yellow  
Bell Peppers, Red  
Bell Peppers, Yellow  
Broccoli  
Brussels Sprouts  
Cabbage, Napa  
Cabbage, Red  
Carrots  
Cauliflower  
Chard  
Celery  
Collard Greens  
Corn  
Cucumbers  
Cucumbers, English  
Daikon  
Fennel Bulb  
Kale  
Leeks  
Lemongrass  
Long Beans  
Lotus Root  
Lettuce, Bibb  
Lettuce, Romaine  
Mushrooms, Button  
Mushrooms, Chanterelles  
Mushrooms, Oyster  
Mushrooms, Portabella  
Mushrooms, Shiitake

Onions, Green  
Onions, Red  
Onions, Yellow  
Parsnips  
Peas, English  
Peas, Snow  
Potatoes, Russet  
Potatoes, Yukon Gold  
Radishes  
Shallots  
Sprouts, Assorted  
Squash, Butternut  
Squash, Yellow  
Squash, Zucchini  
Sweet Potatoes  
Tomatoes, Cherry  
Tomatoes, Roma  
Tomatoes, Vine

## Fruits

Grapefruit  
Apples  
Avocado  
Banana  
Black Cherries  
Blueberries  
Clementines  
Coconut, Young (Thai)  
Lemons  
Lemons, Meyer  
Limes  
Mango  
Oranges  
Peaches  
Pears  
Pineapple

Raspberries  
Strawberries  
Watermelon

## Fresh Herbs/Spices

Basil  
Basil, Thai  
Chiles de árbol  
Chilies, Jalapeños  
Chilies, Red  
Chilies, Serrano  
Chives  
Cilantro  
Dill  
Garlic  
Ginger  
Horseradish Root  
Lime Leaf  
Mint  
Oregano  
Parsley  
Rosemary  
Sage  
Tarragon  
Thyme

## Bulk

Agar Agar  
Arrowroot  
Baking Powder  
Chocolate Chips, Vegan  
Cocoa Nibs  
Cocoa Powder  
Cocoa Powder  
Corn Starch

Dulse/Kelp Flakes  
Dulse Leaf  
Ener-G Egg Replacer  
Flour, 00  
Flour, Almond  
Flour, All-Purpose  
Flour, Chickpea  
Flour, Gluten (Vita wheat)  
Flour, Semolina  
Irish Moss  
Kombu  
Lacuma  
Nori Sheets  
Nutritional Yeast  
Pasta, Whole Wheat or  
Gluten-Free  
Potato starch  
Sugar, Granulated  
Sugar, Maple  
Sun Dried Tomatoes  
Tamarind  
Tapioca Starch  
Wasabi  
Xanthan Gum

## Jarred/Canned

Almond Butter  
Artichoke Hearts  
Black Beans, Canned  
Capers  
Cashew Butter  
Chipotle in Adobo  
Fermented Black Beans  
Garbanzo Beans, Canned  
Hearts of Palm  
Hoisin Sauce

Kidney Beans, Canned  
Mustard , Dijon  
Mustard, Grain  
Olives, Mixed  
Roasted Red Peppers  
Tabasco Sauce  
Tahini  
Tomatoes, Canned  
Tomatoes, Paste  
Sriracha Sauce  
Vegan Worcestershire  
Vegetarian Oyster sauce

## Nuts/Seeds/Fruit

Almonds, Raw  
Cashews, Raw  
Chia Seeds  
Coconut, Shredded  
Dates  
Dried Apples  
Dried Apricots  
Dried Figs  
Dried Mango  
Dried Goji Berries  
Golden Flax Seed  
Hazelnuts  
Hemp Seeds  
Macadamia Nuts  
Peanuts  
Pecans  
Pine Nuts  
Pistachios  
Pumpkin Seeds  
Sesame Seeds  
Sunflower Seeds  
Walnuts, Raw

## Beans/Grains

Beans, Black  
Beans, Pinto  
Beans, White

Chickpeas  
Cous Cous  
Lentils, Beluga Black  
Lentils, Red  
Millet  
Noodles, Buckwheat  
Noodles, Rice  
Oats, Rolled  
Oats, Steel Cut  
Quinoa  
Rice, Long Grain Brown  
Rice, Short Grain Brown  
Rice, White Basmati  
Split Peas  
Wild Rice

## Liquids

Agave  
Coconut Butter  
Coconut Water  
Honey (optional)  
Liquid Smoke  
Maple Syrup  
Milk, Almond  
Milk, Coconut  
Milk, Rice  
Milk, Soy  
Mirin  
Molasses  
Oil, Hemp  
Oil, Olive  
Oil, Peanut  
Oil, Toasted Pumpkin Seed  
Oil, Toasted Sesame  
Olive Oil Spray  
Palm Sugar  
Vegetable Stock  
Vinegar, Apple Cider  
Vinegar, Balsamic  
Vinegar, Champagne  
Vinegar, Red Wine  
Vinegar, Rice

Vinegar, Sherry  
Vinegar, White Balsamic  
Wheat-Free Tamari

## Dried Spices

Allspice, Whole  
Almond Extract  
Bay Leaf  
Caraway Seed  
Cardamom Pods  
Cayenne Pepper  
Cayenne Powder  
Ceylon Cinnamon  
Chile Flakes  
Chile Powder  
Chipotle Powder  
Cloves, Whole  
Coriander, whole  
Cumin, Ground  
Cumin, Seed  
Curry Powder  
Dried Jasmine Flowers  
Dried Mushroom Powder  
Fennel Seed  
Fenugreek Seeds  
Garam Masala  
Garlic Granules  
Garlic Powder  
Ginger, Ground  
Juniper Berries  
Marjoram, Dried  
Mustard Seeds  
Nutmeg, Whole  
Onion Flakes  
Onion Granules  
Onion Powder  
Oregano, Dried  
Paprika, Hungarian  
Paprika, Smoked  
Parsley, Dried  
Peppercorns, Black  
Peppercorns, Pink  
Peppercorns, Sichuan

Rose Essential Oil  
Saffron Threads  
Sage, Dried  
Sambal Olek  
Salt, Black  
Sea Salt, Bulk  
Sea Salt, Flaked  
Shiso Leaves  
Star Anise  
Turmeric  
Vanilla Extract  
Vanilla Bean  
White Pepper

## Chilled

Flax Seed Oil  
Miso, Dark  
Miso, White  
Orange Juice  
Pomegranate Juice  
Probiotic Powder  
Soba Noodles  
Tempeh  
Tofu, Extra Firm  
Tofu, Silken  
Tortillas, Flour  
Tortillas, Corn  
Vegan Butter  
Vegan Dumpling Skins  
Vegan Mayonnaise  
Vegan Yogurt, Unsweetened  
Whole Grain Bread