

Pantry Ingredients

Here are the pantry ingredients that I use most in my recipes, with brand suggestions when I have a strong preference. *By no means* do you need to keep your pantry stocked with every item, but I hope this is a helpful reference. *Download, print or share this list at cookieandkate.com/pantry*

OILS

- Avocado oil (refined, made by Spectrum brand) for occasional high-heat cooking
- Coconut oil (unrefined also called virgin)
- Extra-virgin olive oil (California Olive Ranch, Trader Joe's Greek Kalamata)
- Toasted sesame oil, for seasoning

VINEGARS

- Apple cider vinegar
- Balsamic vinegar
- Red wine vinegar and/or sherry vinegar
- Rice vinegar
- White wine vinegar

WHOLE GRAINS

- Brown rice: Long-grain basmati rice, jasmine rice, and short-grain brown rice (also known as arborio)
- Farro (or wheat berries or spelt berries)
- Pasta: artisanal or whole wheat
- Quinoa
- Oats: Old-fashioned oats, quick-cooking oats and steel-cut oats
- Soba noodles (Annie Chun's, Eden Foods offers a gluten-free variety)
- Wild rice

FLOURS

- All-purpose flour
- White whole wheat flour
- Whole wheat flour
- Whole wheat pastry flour

GLUTEN-FREE FLOURS

- All-purpose GF blend (Bob's Red Mill)
- Almond meal/flour
- Arrowroot starch/flour or cornstarch
- Corn meal/grits/polenta

SWEETENERS

- Brown sugar
- Coconut sugar
- Honey
- Maple syrup
- Organic cane sugar or standard white sugar
- Turbinado sugar (also known as raw sugar)

RAW NUTS

- Almonds
- Cashews
- Peanuts
- Pistachios
- Pecans
- Walnuts

RAW SEEDS

- Chia seeds
- Flaxseeds and/or ground flaxseed
- Pepitas (hulled green pumpkin seeds)
- Poppy seeds
- Sesame seeds
- Sunflower seeds

LENTILS

- Black beluga lentils
- French green (Le Puy) lentils
- Regular brown lentils

BEANS (CANNED AND/OR DRIED)

- Black beans
- Chickpeas
- Pinto beans
- White beans (great northern or cannellini)

SALT, PEPPER + SPICES

- Fine-grain sea salt
- Flaky sea salt (Maldon)
- Kosher salt (Diamond Crystal)
- Black peppercorns (always grind fresh)
- Ground cardamom
- Ground cayenne pepper
- Chili powder
- Ground cinnamon
- Ground clove
- Ground coriander
- Ground cumin
- Yellow curry powder
- Garlic powder
- Ground ginger
- Dried oregano
- Ground nutmeg
- Red pepper flakes
- Smoked paprika
- Dried thyme
- Ground turmeric

ETC.

- Baking soda
- Baking powder
- Canned tomatoes (fire-roasted or whole) and tomato paste (Muir Glen)
- Chocolate chips
- Chipotle peppers in adobo sauce
- Coconut milk (Native Forest, Trader Joe's)
- Coffee
- Dijon mustard
- Dried fruit (dried cherries, cranberries, etc.)
- Hot sauce (chili-garlic sauce, Cholula)
- Instant or rapid-rise yeast
- Jarred artichokes (marinated or in water)
- Kalamata olives

- Marinara sauce (no sugar added, like Rao's)
- Mayonnaise (Sir Kensington's)
- Nutritional yeast (vegan cheese flavoring)
- Peanut butter or almond butter
- Popcorn kernels
- Reduced-sodium tamari (soy sauce)
- Roasted red peppers (Divina or Whole Foods 365)
- Salsa, preferably organic
- Sun-dried tomatoes, dried or oil-packed
- Tahini (Trader Joe's or Whole Foods 365)
- Thai curry paste (red and green varieties by Thai Kitchen)
- Unsweetened coconut flakes
- Unsweetened shredded coconut
- Vegetable broth

PERISHABLE STAPLES

- Almond, oat or other unsweetened nut milk
- Bananas (use now or freeze for later)
- Cabbage, carrots and celery
- Cheese (cheddar, feta, goat cheese, mozzarella, Parmesan)
- Corn tortillas
- Eggs
- Extra-firm organic tofu
- Flour tortillas and/or pita breads
- Fresh cilantro, parsley, and green onion
- Garlic
- Ginger
- Greek yogurt (Straus Family Creamery)
- Lemons and limes (twice as many lemons)
- Medjool dates (store in the refrigerator)
- Onions (twice as many yellow as red)
- Sourdough or whole grain bread
- Unsalted butter

FROZEN STAPLES

- Berries: blueberries, raspberries, etc.
- Broccoli or cauliflower
- Edamame (organic)
- Peas
- Spinach or kale