



The culinary  
Evangelist

## A Well-Stocked Pantry

It's important to understand that what a chef has in their pantry will vary widely with the seasons and their particular style of cooking, but there are a few staples that I feel make up a well-stocked pantry and open up a world of possibilities for cooking a tremendous array of dishes on the fly. If you're stocked with these items, you can make just about any recipe on my site.

So, here's what I typically keep on hand:

### **Spices**

Bay Leaves  
Black Peppercorns  
White pepper  
Cardamom (whole)  
Cayenne Pepper  
Chili Powder  
Cinnamon (stick)  
Cloves (whole)  
Cream of Tartar  
Crushed Red Pepper  
Cumin (whole)  
Coriander (whole)  
Garam masala  
Garlic Powder  
Ginger (fresh and ground)  
Kosher Salt  
Mustard Seed  
Mustard (ground)  
Madras Curry Powder  
Nutmeg (whole)  
Onion Powder  
Paprika (smoked and sweet varieties)  
Rosemary, ground  
Sage  
Sesame Seeds (black and white)  
Thyme, dry  
Turmeric

### **Fresh Herbs**

Oregano  
Thyme  
Cilantro  
Parsley (flat leaf)

*NOTE: fresh herbs only keep for a week or so, and these are the ones I use most commonly. I prefer fresh herbs to dried for most applications, so I'll usually pick up fresh dill, rosemary, tarragon or basil if the dish I'm planning calls for it.*

### **Sauces/condiments/etc.**

Garlic (lots of it, both fresh and roasted)  
Heinz® Ketchup  
Grey Poupon® Dijon mustard

French's® Yellow mustard  
Lea & Perrins® Worcestershire sauce  
Best Foods® or Hellman's® Mayonnaise  
Brer Rabbit® Molasses  
Kikkoman® Soy Sauce  
Pearl River Bridge® Premium Dark Soy Sauce  
Kwong Hung Seng® Black Soy Sauce (sweet)  
San-J Tamari (GF soy sauce)  
Tiparos® Fish Sauce  
Crystal® Hot sauce  
Valentina® Hot sauce  
Huy Fong® Sambal Olek  
Huy Fong® Sriracha  
Red wine vinegar  
White wine vinegar  
Apple Cider Vinegar  
Distilled White Vinegar  
Rice wine vinegar  
Trader Joe's® Gold Quality Balsamic vinegar (every day use in vinaigrettes, etc.)  
Leonardi® Aceto Balsamico di Modena I.G.P. (the good stuff, used sparingly, and always by itself)  
Red wine (Cabernet)  
White wine (Chablis)  
Cooking Sherry  
Beef stock  
Chicken stock  
Vegetable stock  
Better than Bouillon® Beef  
Better than Bouillon® Chicken  
Better than Bouillon® Vegetable  
C&H® Dark brown sugar  
C&H® White sugar  
Gold Medal® AP Flour  
Gold Medal® Whole Wheat Flour  
Quaker® Masa Harina  
Clabber Girl® Baking powder  
Arm & Hammer® Baking soda  
California® Extra Virgin Olive Oil  
Canola oil  
Sesame oil