

Pantry Basics (shopping list)

If you have the basic ingredients on hand it's much easier to put together real meals spontaneously and with little effort. When we're tired and wanting to do anything but cook or even *think* about cooking, the right inventory can make the difference between preparing a delicious and satisfying meal or succumbing to the temptation to eat out or order in. With this selection of mix-and-match whole foods (and the absence of junk food) it's also easier to stay on the wagon where food choices are concerned. Most of the recipes in this book can be prepared from these items without any need to shop; I would consider this a sort of master shopping list.

FRESH FRUITS *and* VEGETABLES

Store in a cool, dry place:

- apples
- oranges
- bananas
- tomatoes (in season)
- onions (sweet – page 121)
- garlic (page 122)
- butternut squash (page 125)
- yams, sweet potatoes (page 124)
- potatoes – russet, red, or Yukon Gold

Store in the refrigerator:

- carrots and celery (page 123)
- cabbage (page 124)
- cucumber
- cauliflower, broccoli
- lemons, limes (page 116)

Perishables – store in the refrigerator and use quickly:

- mushrooms, bell peppers, zucchini
- spinach and other greens (pages 127-129)

REFRIGERATED FOOD

- butter (keep a back-up supply in freezer)
- milk (2% or whole)
- Greek yogurt (such as Fage whole milk) and/or plain yogurt (such as Nancy's low-fat or whole milk – see page 118)
- cheese, sharp/extra-sharp cheddar, feta
- Parmesan cheese (page 117)

- eggs (page 46)
- tahini (sesame seed paste, page 162)
- mustard, Plochman's whole grain (our favorite) -or- Dijon
- horseradish (page 173)
- dry active baking yeast
- raw nuts – almonds, walnuts, pecans, peanuts (with or without skin)
- almond meal (also called almond flour)
- raw seeds – sunflower, sesame, pumpkin
- whole flaxseeds
- chicken thighs (page 229)
- fresh sausage (page 68)
- ground beef (page 243)

FROZEN FOOD

- chopped spinach (page 126)
- baby lima beans (page 127)
- green soybeans (shelled and/or in the pod – page 127)
- petite peas and petite corn (page 126)
- petite green beans (page 126)
- berries (always blueberries for me!)

GRAINS *and* BEANS *Store in a cool, dry place:*

- whole oat groats, steel-cut oats, Scottish oats, old-fashioned rolled oats, oat bran
- barley (hull-less, not pearled – page 218)
- rye berries (page 214)
- brown rice (basmati, page 223)
- quinoa (page 219)
- millet (page 220)
- bulgur (pages 221, 266)
- buckwheat (kasha – page 221)
- stone-ground whole grain cornmeal, polenta (page 227)
- unbleached white bread flour (pages 267–269)
- stone-ground whole wheat bread flour
- stone-ground whole wheat pastry flour
- dark rye flour (not light rye)
- whole grain pasta (like brown rice fusilli)
- brown and red lentils (page 119)
- dry beans (page 119) – pinto, black, small white, garbanzo (chickpeas)

CANNED FOOD

- ❑ beans – pinto, red kidney, small white, chickpeas (garbanzo beans), 15-ounce
- ❑ diced tomatoes, 14 & 28-ounce
- ❑ crushed tomatoes, 14 & 28-ounce
- ❑ solid light tuna in olive oil (page 117)
- ❑ solid albacore in water (page 168)
- ❑ salmon, 7.5 or 14-ounces (pages 117, 238)
- ❑ anchovies (page 117)
- ❑ sardines (page 117)
- ❑ whole green chilies, 4, 7-ounce (page 255)
- ❑ coconut milk (not *lite*) or cream, 14-ounce
- ❑ evaporated whole milk, 12-ounce
- ❑ chicken broth, 15 or 32-ounce

GENERAL SUPPLIES

- ❑ olive oil – extra-virgin (page 114)
- ❑ apple cider vinegar (page 114)
- ❑ raisins, currants
- ❑ dried pitted prunes
- ❑ raw honey (page 115)
- ❑ pure maple syrup
- ❑ molasses
- ❑ sugar, brown and white
- ❑ dried unsweetened coconut, shredded and large flake (pages 278)
- ❑ baking powder
- ❑ baking soda (page 273)
- ❑ psyllium seed husks (page 164)
- ❑ Knox gelatin (page 279)
- ❑ non-stick spray

SPECIAL EFFECTS

- ❑ salsa (page 252)
- ❑ capers (page 188)
- ❑ Kalamata olives (page 187)
- ❑ green olives (page 206)
- ❑ Manzanilla (w/pimento) olives (page 123)
- ❑ fish sauce (pages 192, 235)
- ❑ soy sauce (pages 162, 173)
- ❑ toasted sesame oil (page 173)
- ❑ virgin coconut oil (pages 203, 246)
- ❑ tofu, extra-firm (page 172, 173)
- ❑ pure vanilla extract
- ❑ pure almond extract
- ❑ Wright's liquid smoke (page 249)
- ❑ unsweetened cocoa powder
- ❑ dark chocolate (72–91%, page 57)

SEASONINGS

- ❑ salt (kosher and table salt – page 115)
- ❑ peppercorns (for grinder – page 116)
- ❑ Colman's dry mustard (pages 155, 173)
- ❑ Tabasco sauce
- ❑ crushed red pepper flakes
- ❑ chili powder, paprika
- ❑ dried basil, thyme, oregano
- ❑ ground cinnamon, cloves, nutmeg
- ❑ ground cumin, curry powder, turmeric, garam masala (pages 196, 203)
- ❑ fresh ginger (page 235)
- ❑ anise seeds (page 164)
- ❑ black mustard seed (page 247)

SOME FAVORITE

PORTLAND (OREGON) SOURCES:

Most of these items are available from supermarkets, but don't forget resources like local farmers' markets and bee keepers. Eating well is simple and inexpensive if you make use of the bulk food section of your local supermarket for whole food items like spices, raw nuts, whole grains, and beans. We find the following sources useful:

Bob's Red Mill Natural Foods

bobsredmill.com

Fred Meyer

fredmeyer.com

Great Harvest Bread Company

greatharvest.com

Market of Choice

marketofchoice.com

New Seasons Market

newseasonsmarket.com

Trader Joe's

traderjoes.com

Whole Foods Market

wholefoodsmarket.com

WinCo Foods

wincofoods.com

Zupan's Markets

zupans.com