

# ULTIMATE FRIDGE STAPLE CHECKLIST

FEARLESS  FRESH

*from* STEPHANIE STIAVETTI



# ULTIMATE FRIDGE🔥STAPLE CHECKLIST

**I CAN'T BE THE ONLY ONE WHO STARES** into my open refrigerator for minutes at a time, trying to figure out what to make for dinner. This usually happens at the end of a crazy week when there's nothing in the fridge but three eggs and a jar of mustard. (And if I'm lucky, half a six pack of local microbrew.) Reality is such that no food in the house = no food on the table. Dammit.

I've put this list together to help you build up a simple but ideal collection of staple foods. With these things in the kitchen, you'll be able to cook something delicious at a moment's notice - even for company. And if you hate going to the grocery store, simply load this list into Instacart so you don't have to leave the house. Easy peasy!

## SAUCES & CONDIMENTS

In many ways, sauces and condiments are the keys to flavor. (Along with vinegars, which you'll find in the pantry staples section.) A teaspoon of Dijon mustard can bump your beef gravy to the next level, and a few lashings of lemon juice onto almost anything can take it over 9000. With these simple items in your fridge, flavor is always just a splash, dollop, or spoonful away.



### SHOULD HAVE:

- ✓ Dijon mustard
- ✓ High-quality ketchup
- ✓ Hot sauce (Sriracha, Cholula, etc)
- ✓ Mayonnaise
- ✓ Jams and jellies
- ✓ Lemon juice
- ✓ Soy sauce/Tamari
- ✓ Red wine (Cabernet, Pinot, or Merlot)
- ✓ Dry white wine (Sauvignon Blanc)

### NICE TO HAVE:

- ✓ Sambal olek (Asian chili paste)
- ✓ Capers
- ✓ Fish sauce
- ✓ Oyster sauce
- ✓ White miso
- ✓ Worcestershire sauce
- ✓ Bragg's Liquid Aminos

## PRODUCE



Even if you're not a veggie fan, lots of the things in this section are core ingredients for creating flavor. Sautéed onions act as the base layer of savory goodness in an endless number of recipes, and potatoes are pretty much the "default delicious thing" when you need something that isn't meat or bread. Fresh herbs will change your whole world once you get used to cooking with them, and lemons can take any dish from meh to amazeballs.

### SHOULD HAVE:

- ✓ Onions (yellow, red, or sweet)
- ✓ Shallots
- ✓ Green onions
- ✓ Garlic
- ✓ Gold potatoes (Yukon, etc)
- ✓ Sweet potatoes/yams
- ✓ Chopped baby carrots
- ✓ Lemons for juice
- ✓ Apples
- ✓ Salad greens
- ✓ Italian parsley
- ✓ Mixed herbs (rosemary, thyme, oregano)
- ✓ Fresh ginger

## DAIRY & PROTEINS

Milk and eggs are handy for SO many things. Bored with toast? Drop a poached egg on it. Stew lacking... something? Stir in a spoonful of sour cream. Did you know that butter is the secret ingredient that turns soup to pure velvet? And unless you've been living under a vegan rock for your entire life, I probably don't need to explain the virtues of cheese.



### SHOULD HAVE:

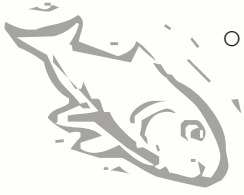
- ✓ Large eggs
- ✓ Salted butter (for bread)
- ✓ Unsalted butter (for baking)
- ✓ Plain yogurt
- ✓ Sour cream
- ✓ Real, ungrated parmesan cheese

### NICE TO HAVE:

- ✓ Cheeses for cooking (cheddar, gouda, or gruyere)
- ✓ Chevre/goat cheese
- ✓ Feta cheese
- ✓ Extra-firm tofu

## MEAT & SEAFOOD

We need protein to survive, right? Then we're lucky it's so freaking delicious. If you master cooking meat and seafood, ninja-dom is totally within your grasp. Keeping a few meat options in the fridge or freezer will have you ready to produce some seriously impressive dishes at a moment's notice. And meat freezes perfectly, so feel free to stock up when it's on sale then keep everything tightly wrapped in the freezer until you need it. (Up to six months!)



### SHOULD HAVE:

- ✓ Chicken breasts
- ✓ Chicken thighs
- ✓ Ground beef or turkey
- ✓ Italian sausage
- ✓ Bacon
- ✓ Uncooked shrimp (medium-sized)
- ✓ Salmon fillets

## FREEZER

Thank god for modern refrigeration. A secret of the pros: A well-stocked freezer is the key to the kitchen. If you know how to work it, anyone with a freezer can whip out a culinary school-level dinner in 30 minutes without even a sideways glance at Instacart.



### SHOULD HAVE:

- ✓ Various berries, mixed and individual
- ✓ Mixed vegetables
- ✓ Corn
- ✓ Peas
- ✓ Pesto
- ✓ Homemade chicken or veggie stock
- ✓ Ice cubes (yes, you read that right)

### NICE TO HAVE:

- ✓ Egg whites
- ✓ Puff pastry
- ✓ Extra pie crusts
- ✓ Edamame
- ✓ Demi-glace
- ✓ Duck fat

## NUTS

Nuts might seem random, or like something you'd find in a bowl on your grandma's kitchen table, but trust me: Nuts can lend a mega-boost to even the most refined dishes. Pecans can turn regular-old chocolate chip cookies into something really special, and there's a reason peanuts are a staple in the Thai kitchen. Keep some handy in case one of your dishes is lacking some mystery quality... sprinkle some toasted nuts on top, and it's someone waved the Elder Wand over your dinner. (Wrap nuts tightly and keep them in the fridge or freezer for freshness.)



### SHOULD HAVE:

- ✓ Almonds
- ✓ Walnut pieces
- ✓ Peanuts or cashews
- ✓ Hazelnuts

### NICE TO HAVE:

- ✓ Sliced almonds
- ✓ Almond flour
- ✓ Pine nuts

## DID YOU LOVE THIS GUIDE?

Then [click here to check out the Fearless Fresh Cooking Cheat Sheets](#). They're printed in vivid color, fully laminated, and always at arm's reach when you need them. They're built to last and will make you feel like a total boss in the kitchen.

- Full color double-sided printing 🌈
- 3-hole punched for use in any binder 📅
- Thickly laminated so they're totally indestructible 💪
- Kitchen-proof and 99% waterproof 💧

**Fearless Fresh Cooking Cheat Sheets** are sold individually or in sets to suit your needs. I craft a new series every season, so **be sure to jump on the mailing list** to find out about our newest sets!

CHECK THESE OUT!

## NEED HELP?

Join the **Fearless Fresh Kitchen Ninjas group** on Facebook and get all of your cooking questions answered. There's no drama or stupid blog post spam and we're all really nice. Pinky swear!

# FEARLESS🔥FRESH

Get fearless in the kitchen!

**COPYRIGHT 2017 - STEPHANIE STIAVETTI, FEARLESS FRESH®. ALL RIGHTS RESERVED.**

Fearless Fresh, the Fearless Fresh logo, and related trade dress are trademarks or registered trademarks of Stephanie Stiaveti in the United States and other countries, and may not be used without written permission. All other trademarks are the property of their respective owners.