



FEARLESS  FRESH

*from* STEPHANIE STIAVETTI

# ULTIMATE PANTRY STAPLES CHECKLIST



# ULTIMATE PANTRY STAPLES CHECKLIST

**THIS QUICK LIST INCLUDES PRETTY MUCH ALL YOU NEED** to have in your pantry. Sure there are an endless number of goodies you can stash in your pantry, but with the items in this list at hand you'll be able to make pretty much any recipe within the American cooking canon.

If you hate going to the grocery store, you can just plug this list into Instacart so you don't have to leave the house. You're welcome.

## OILS

Oils aren't just for frying eggs and greasing cake pans; the oil you choose for the task will greatly affect flavor. Brownies made with coconut oil will blow your mind, and the next time you're making a simple stir fry, using peanut oil will make it taste like you just learned how to cook from a tiny grandma in Bangkok. Also, you'll need a resilient oil for cooking over high heat, lest you set the smoke alarm off and fill your body with free radicals. (Ugh.)



### SHOULD HAVE:

- ✓ Olive oil
- ✓ Grapeseed oil (high heat!)
- ✓ Ghee/clarified butter (high heat!)
- ✓ Vegetable oil

### NICE TO HAVE:

- ✓ Rice bran oil (high heat!)
- ✓ Peanut oil (high heat!)
- ✓ Sesame oil
- ✓ Coconut oil

## VINEGARS AND ACIDS



Vinegar is seriously a magical potion in the kitchen. Besides the fact that they make salads insanely good, a little here or there can perk up a huge array of recipes without any extra effort. I keep a variety on hand to mix up amazing vinaigrettes whenever I'm craving an epic salad, but you might be surprised what a little vinegar zing can do for sauces, stews, and meat dishes, and more. Also: Vinegar + milk = buttermilk substitute for pancakes.

### SHOULD HAVE:

- ✓ Balsamic vinegar
- ✓ Red wine vinegar
- ✓ Apple cider vinegar

### NICE TO HAVE:

- ✓ Mirin
- ✓ Champagne vinegar
- ✓ Lemons or lemon juice

## SEASONINGS

Ok, if I'm being honest, the only two seasonings you NEED are high quality salt and pepper... but the rest here are really handy for a wide variety of dishes. You know what cinnamon can do, and I don't need to explain why red pepper flakes are awesome. But did you know that nutmeg is a beloved staple in French savory cooking? Or that smoked paprika can make anything taste like bacon, without all the fat? You're welcome.



### SHOULD HAVE:

- ✓ Kosher or sea salt (NOT iodized!)
- ✓ Whole black peppercorns
- ✓ Red pepper flakes
- ✓ Chili powder
- ✓ Ground cinnamon
- ✓ Ground nutmeg\*
- ✓ Bay leaves

### NICE TO HAVE:

- ✓ Ground coriander\*
- ✓ Ground cumin\*
- ✓ Ground ginger\*
- ✓ Smoked paprika (pimenton dulce)
- ✓ Yellow curry powder
- ✓ White pepper

*\*I totally support buying whole, fresh spices and grinding them yourself as you need them, but pre-ground spices are both easy and nice to have if you need them on the fly.*

## BAKING

Chocolate chip cookies. Fresh shortbread. Brownies. Apple cake. 'Nuff said.



### SHOULD HAVE:

- ✓ All purpose flour
- ✓ Corn starch
- ✓ Sugar
- ✓ Powdered sugar
- ✓ Brown sugar (light or dark)
- ✓ Dark chocolate chips (~64%)
- ✓ Cocoa powder
- ✓ Baking soda
- ✓ Baking powder
- ✓ Cream of tartar

- ✓ Vanilla extract (**try DIY!**)
- ✓ Active dry yeast

### NICE TO HAVE:

- ✓ Vanilla beans or powder
- ✓ Cake flour
- ✓ Superfine sugar
- ✓ Real maple syrup, grade B
- ✓ Honey
- ✓ Almond extract
- ✓ Corn syrup
- ✓ Shredded coconut

## CANNED GOODIES



In a perfect world we would all have a huge vegetable garden and an extra three weeks every summer to make our own canned foods. But it's the 21st century. Who the hell has a yard these days? And if you do, who has time to garden when you're probably working your tail off to pay for said yard? Canned foods are so much easier. They're perfectly healthy to eat in a lot of cases, as long as you're buying brands that don't contain added salt, sugar, or unpronounceable additives. Butylated hydroxyto-what?

### SHOULD HAVE:

- ✓ Tomato paste
- ✓ Diced tomatoes
- ✓ Prepared stock and broth
- ✓ Coconut milk (not lite!!)
- ✓ Chickpeas

### NICE TO HAVE:

- ✓ Artichoke hearts
- ✓ Fire roasted whole tomatoes
- ✓ Anchovies
- ✓ Black beans
- ✓ Canned tuna

## GRAINS, CEREALS, PULSES, AND SUNDRIES

My dream pantry contains row upon row of mason jars, filled with all sorts of dried goodies (that I grew and dried myself, of course). But like I mentioned above, it's not exactly 1850 anymore. In order to kick major ass in the kitchen, you only need a handful of things in your cupboard, and a lot of the items below act as a super simple base for whatever delicious thing you're dreaming up. (Rice, pasta, etc.)



### SHOULD HAVE:

- ✓ Crusty bread
- ✓ Long pasta (spaghetti, linguine)
- ✓ Spiral pasta
- ✓ Penne pasta
- ✓ Brown rice (long or short grain)
- ✓ Jasmine rice
- ✓ Panko breadcrumbs (**try DIY!**)
- ✓ Green lentils
- ✓ Quick-cook oats
- ✓ Dried sundried tomatoes

### NICE TO HAVE:

- ✓ Chopped peanuts
- ✓ Sliced almonds
- ✓ Peanut butter
- ✓ Dried cranberries
- ✓ Steel-cut oats
- ✓ Asian dried rice noodles
- ✓ Soba noodles
- ✓ Arborio rice (for risotto)
- ✓ Quinoa
- ✓ Dried mushrooms (porcini and shiitake)

## 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.