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

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

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)
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