

Essential Pantry List

Fridge Items

- Eggs
- Heavy cream
- Sour cream
- Medium cheddar
- Parmigiano-Reggiano

Grains and Starches

- Long-grain white rice
- Dry pasta (one long, one short)
- Plain breadcrumbs

Condiments and Sauces

- Ketchup
- Mayonnaise
- Dijon mustard
- Soy sauce
- Hot sauce
- Fish sauce
- Miso paste
- Knorr bouillon cubes

Cans and Jars

- Tomato sauce
- Tomato paste
- Peeled San Marzano plum tomatoes
- Tuna
- Anchovies
- Beans

Produce

- Garlic
- Shallots
- Potatoes (all purpose)
- Lemon
- Frozen vegetables

Oils, Vinegars, & Butters

- Peanut oil
- Extra-virgin olive oil
- Red-wine vinegar
- White vinegar
- Butter

Spices & Dried Herbs

- Everyday salt
- Maldon salt
- Tellicherry peppercorns
- Paprika (sweet)
- Cayenne pepper
- Chicken rub
- Hot pepper flakes
- Garlic powder
- Dried oregano
- Bay leaves
- Herbes de Provence
- Nutmeg (whole)
- Chili powder

Animal Protein (freezer)

- Chicken parts
- Shrimp
- Fully cooked sausage



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