

STORE CUPBOARD INGREDIENTS, BASIC EQUIPMENT & NOTES

This is a list of general store cupboard ingredients, both fresh & dried, which we will be using over the next 6 weeks. Don't go out and buy all the things on the list, just get them as you need them.

Fresh - refrigerated	Dried – store cupboard
Eggs – I use large eggs, you can use what-ever size you normally buy	Oil – this can be vegetable, olive or rapeseed oil – whatever you like to cook with or have in dressings
Onions	Dry sherry/Japanese rice wine – these both taste similar so are interchangeable – just have 1 type in your cupboard.
Garlic	Soy sauce
Strong cheese – this can be cheddar, Parmesan or another cheese that you like the taste of.	Rice – brown or white
Potatoes – salad, as they come in small bags. Floury ones can be bought singly as required.	Egg noodles – if you're gluten free, use an alternative or just have rice in your cupboard
Root ginger	Nuts – cashew, hazel, almonds, walnuts/pecans.
Herbs – I use a lot of herbs in my cooking, a comment from clients is that they can't use them up quickly enough and I will be addressing this throughout the programme. Parsley, mint, chives, tarragon, thyme, rosemary, coriander – pot grown will last longest & be more cost effective than cut. If you have dried herbs already, use about ½ qty to fresh, but be generous with herbs. They add flavour to dishes and you can use less salt. Coriander is a love it or hate it herb – if you hate it, substitute parsley.	Seeds – sunflower, pumpkin, sesame, pinenuts. Supermarkets sometimes have a salad sprinkle which has sunflower, pumpkin & pinenuts combined. This is a good thing to buy rather than individual packets.
Mayonnaise	White wine
Butter	Sesame oil
Tomato puree	Cornflour
Spring onions – useful to have in the fridge as a garnish to use 1 at a time.	Fish sauce – If you don't want to use this, use extra soy
	Coconut powder – use instead of cans of coconut milk – less waste. I can get Maggi brand locally, available in the ethnic section of the supermarket.
	Breadcrumbs – blend some bread heels in a food processor or grate by hand, then freeze to use as required.
	Caster sugar
	Soft brown sugar – light
	Plain & SR flour – small amounts

	Dried fruit – raisins or sultanas mainly, currants, prunes, apricots & dates are useful.
	Vegetable & chicken stock cubes
	Spices – ground cumin & coriander, paprika, curry powder, ground cinnamon.
	Chilli – powder, fresh, flakes or sauce, depending on how much you like chilli it's up to you what you use. If you don't like spicy food, just miss the chilli element out.
	Salt & pepper

BASIC EQUIPMENT

I have kept equipment to a minimum & assumed you have the basics.

Main thing to have is a good sharp knife and chopping board.

Grater, peeler, hand blender, electric beaters, whisk, tin opener, wooden spoons, measuring jug, scales, spoon measures, a couple of baking bowls, oven proof dish, thick bottomed pans, a non stick frying pan, baking sheet, oven, hob, microwave....

Nice to have, but not essential – mortar & pestle and food processor.