



PANTRY LIST

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- cocoa powder
- cornflour
- desiccated coconut
- dried apricots
- light brown sugar
- plain flour
- porridge oats
- rose water
- self-raising flour
- vanilla paste

Dried herbs & spices:

- Cajun seasoning
- caraway seeds
- cayenne pepper
- ☐ Chinese five-spice
- cinnamon sticks
- umin seeds
- curry leaves
- ☐ dill
- □ dried red chillies
- English mustard powder
- fennel seeds
- fenugreek seeds
- garam masala

- ground allspice
- ☐ ground cinnamon
- ground cloves
- ground coriander
- ground ginger
- □ kaffir lime leaves
- mustard seeds
- nutmeg
- oregano
- saffron
- \square smoked chipotle or ancho
 - chillies
- smoked paprika
- □ sweet smoked paprkia
- □ thyme
- □ turmeric

Dried pasta & noodles:

- farfalle
- fettucine
- ☐ fusilli
- linguine
- macaroni
- orecchiette
- penne
- □ shells
- spaghetti
- wholewheat fusilli
- wholewheat spaghetti
- ☐ free-range egg noodles
- ☐ thin rice noodles

Jams & spreads:

- blackberry jam
- cranberry jam
- peanut butter
- runny honey

Jarred food:

- grated horseradish
- passata
- preserved lemons
- red peppers
- □ sun-dried tomatoes

Mustards:

- ☐ Dijon
- ☐ English
- □ wholegrain

Nuts & seeds:

- almonds
- blanched hazelnuts
- Brazil nuts
- cashews
- pine nuts
- shelled peanuts
- shelled pistachios
- pumpkin seeds
- sesame seeds
- □ shelled walnuts
- sunflower seeds





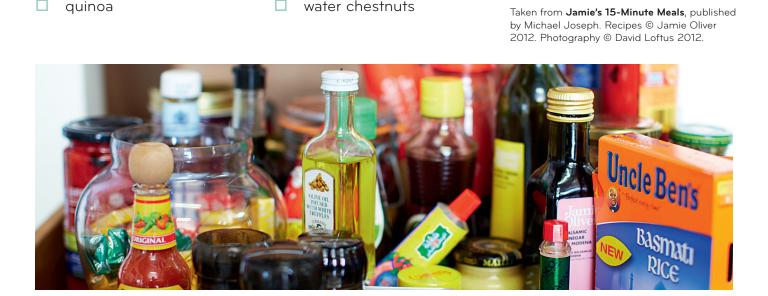
quinoa







Oil	s:		Uncle Ben's 10-minute	Vin	egars:
	extra virgin olive		wholegrain rice		balsamic
	olive		Uncle Ben's cooked packs		red wine
	rapeseed		of brown or wild rice		rice or white wine
	sesame				sherry
	truffle	Sau	ıces:		
			black bean	Mis	scellaneous:
Pas	stes:		hoi sin		organic chicken &
	harissa		hot chilli		vegetable stock cubes
	miso paste or powder		HP		green tea bags
	Patak's curry pastes		Lingham's chilli		
	(korma, rogan josh, tikka)		low-salt soy	No.	tes:
	sun-dried tomato		mint		
	tapenade		free-range mayonnaise		
	tomato purée		sweet chilli		
			Tabasco		
Pic	kled & jarred vegetables:		teriyaki		
	cauliflower		tomato ketchup		
	cornichons		Worcestershire		
	gherkins				
	ginger	Tin	ned foods:		
	jalapeño chillies		anchovy fillets		
	red cabbage		chickpeas		
			chopped tomatoes		
Ric	e, grains & pulses:		light coconut milk		
	basmati rice		mixed beans		
	bulgur wheat		pineapple chunks		
	couscous		red kidney beans		
	fine cornmeal		red split lentils		



water chestnuts