| **PANTRY CHECKLIST** | | |
| --- | --- | --- |
| **OILS** | **VINEGAR** | **BAKING** |
| * Extra Virgin Olive Oil (Cheap for cooking) * Finishing Extra Virgin Olive Oil (more expensive for non cooking uses) * Healthy High Smoke Point Seed Oils (Sunflower Seed, Avocado Oil, Grapeseed Oil, any oil that you like that has a high smoke point) * Sesame Oil | * Real Balsamic * White Vinegar * Apple Cider * Red Wine * Rice Wine   **Optional additions:**   * Champagne * White Wine * Sherry | * All-Purpose King Arthur Flour * Semolina Flour * “00” Caputo Flour * Baking Powder * Baking Soda * Vanilla Extract * Cocoa Powder * Cornstarch   **Optional Additions:**   * Tapioca Flour * Chocolate Chips * Yeast * Golden Syrup/Corn syrup |
| **SEASONING** | **SWEETENERS** | **CANNED/DRIED GOODS** |
| **Salts:**   * Kosher (Diamond Crystal) * Fine Celtic Sea Salt * Chunky Morton’s Sea Salt * Telecherry Black Peppercorns * Cumin * Coriander * Chili Powder * Onion Powder * Granulated Garlic * Cayenne * Paprika * Red Pepper Flake * Cinnamon * Oregano * Italian Seasoning * Bay Leaf * Mustard Powder * Celery Seed * Sumac (optional) * Sesame Seeds | * Granulated Sugar * Brown Sugar * Powdered Sugar (Confectioner’s Sugar) * Agave * Honey * Maple Syrup * Molasses | * Whole Peeled Plum Tomatoes * Tomato Paste * Broth (Best to have homemade in freezer) * Beans * Jasmine Rice * Arborio Rice * Short Grain Sushi Rice * Barley/Farro/Quinoa * Various Pasta * Oats * Italian Breadcrumbs * Panko Breadcrumbs * Polenta * Dried Chilis * Goya Yellow Rice * Tea * [Felicetti](https://shopfelicettipasta.com/) Pasta |
| **CONDIMENTS/SAUCES** | **NON PANTRY ITEMS** |  |
| * Mayo * Soy Sauce * Hot Sauce * Worcestershire Sauce * Dijon Mustard * Spicy Brown Mustard * Hoisin * Mirin * Ponzu * Peanut Butter * Jelly/Jam/Preserve * Ketchup | * Eggs * Butter * Onions * Garlic * Carrot * Celery * Lemons * Limes * Parmigiana Reggiano * Fruit |  |