FREE E BOOK

Pantry Staples for a From Scratch Kitchen



For most of us, when we think of a "from scratch" meal, it often sounds like some sort of small miracle was performed in order to prepare it. From scratch cooking or really, whole eating, is nothing more than having a few items on hand at all times and knowing how to utilize them.

It rarely involves a stand over a pot all-day dedication. The following list is taken straight from my pantry and has served me well. From this, you will be able to make just about anything. You will notice I left out meats as I know that is a preference on taste and meal choice. I cook with a variety of meats and have utilized all the items on the list with ease.

I hope you find this list helpful, Roxanna

Produce

Onions

Garlic

Celery

Carrots

Potatoes

Herbs

Lemons

Seasonal fruit

Pantry

Flours: Unbleached All Purpose, Einkorn, Bread Flours

Baking Soda

Baking Powder

Sea Salt

Active Yeast (if you don't have a sourdough starter)

Peppercorns or Ground Pepper

Cinnamon

Cocoa

Vanilla Extract

Raw Honey or Organic Whole Cane Sugar

Organic Brown Sugar

Maple Syrup

Pantry

Dried Herbs and a Selection of Spices
Canned Tomatoes
Tomato Paste

Cooking Wines: Dry Red, White (Chardonnay, Blanc)

Vinegars: White, Balsamic, Red

Cooking Oils: Coconut, Olive Oil,

Tallow

Dried Goods

Beans: Pinto, Black, Garbanzo, Lentils and Cannelini

Rice: Long Grain White, Jasmine and Basmati

Flours: Unbleached All Purpose, Einkorn, Bread Flours

Dried Pastas: All types

Old Fashioned Rolled Oats

Dried Fruits: Raisins, Cranberries, Cherries

Nuts: Walnuts, Pecans, Almond Slices

Fridge Staples

Milk

Heavy Cream

Butter

Eggs

Mustard

Cheeses

Mayonaise