

## PANTRY STAPLES:

- RICE (I LIKE TILDA BASMATI)
- RED WINE VINEGAR
- DESSICATED COCONUT
- GRAPESEED OR CANOLA OIL
- CANNED CRUSHED TOMATOES
- COCONUT MILK
- DRIED MUSHROOMS
- RED LENTILS
- VEGETABLE STOCK OR BOUILLON
- SUGAR
- BROWN SUGAR
- PECANS
- 00 ITALIAN FINE GROUND FLOUR
- BREAD FLOUR
- INSTANT YEAST
- TRUFFLE OIL
- CASHEW NUTS
- QUINOA
- CANNED CHICKPEAS
- RAISINS
- SEA SALT
- ONIONS
- GARLIC
- LEMONS
- PARMESAN CHEESE
- YOGURT
- MILK
- EGGS
- BAY LEAVES
- BLACK CARDAMOM
- BLACK PEPPER
- CARDAMOM
- CASSIA BARK
- CAYENNE PEPPER
- CHILLIES
- CLOVES
- CORIANDER
- CUMIN
- CURRY LEAVES
- FENUGREEK SEEDS
- GROUND GARLIC
- GROUND GINGER
- MACE
- MUSTARD SEEDS
- NUTMEG
- OREGANO
- PAPRIKA
- STAR ANISE
- TURMERIC

## TO BUY:

- CURRY LEAVES
- FRESH GINGER
- GREEN CHILLIES
- TOMATOES
- BEET GREENS
- WHIPPING CREAM
- HALF AND HALF
- BUTTER (SALTED AND UNSALTED)
- CUCUMBER
- MUSHROOMS
- SUNDRIED TOMATOES
- PINE NUTS
- BLACK OLIVES
- FETA CHEESE
- FRESH ARUGULA
- FRESH BELL PEPPERS
- TURKEY BREASTS
- FRESH ROSEMARY
- CHICKEN THIGHS
- PIMM'S NUMBER 1
- GINGER ALE
- FRESH MINT
- FRESH CILANTRO
- CARROTS
- FRESH FRUIT (STRAWBERRIES, KIWI, CHERRIES)