

# inspired cuisine

It looks good, tastes great, let's make it!

## Spices

Allspice  
Cinnamon  
Coriander  
Dry mustard  
Fenugreek  
Garam masala  
Garlic powder  
Ginger  
Ground allspice  
Ground black pepper  
Ground chili pepper  
Ground cloves  
Ground cumin  
Ground white pepper  
Hungarian sweet paprika  
Kosher salt  
Nutmeg  
Onion powder  
Turmeric  
Whole black pepper corns  
Whole cardamom  
Whole cloves

## Herbs

Basil  
Bay Leaf  
Caraway seeds  
Cardamom  
Celery seed salt  
Juniper Berries  
Marjoram  
Mustard seed  
Oregano  
Poppy Seed  
Rosemary  
Sage leaf  
Tarragon  
Thyme  
Coriander seed  
Crushed chilies  
Cumin  
Fennel seeds

## Pantry Basics

All Purpose Flour

Bread Crumbs or Panko  
White Sugar  
Brown Sugar  
Powdered/Icing Sugar  
Maple Syrup

## Pasta

Dried Bow Ties  
Dried Penne  
Dried Spaghetti

## Pantry Items

Baker's semi-sweet chocolate  
Baking Powder  
Baking Soda  
Canned corn (1 Can)  
Canned kidney beans (1 can)  
Canned or bottled Marinara Sauce  
Canned peas (1 can)  
Canned quartered or diced  
tomatoes (2 cans)  
Canned tomato paste (unflavored  
2 cans)

Canned tomato sauce unflavored  
(2 cans)  
Canned tomato soup (1 can)  
Canned white beans (1 Can)  
Cocoa powder, unsweetened  
Corn or Potato Starch  
Custard powder (Bird's)  
Honey  
Vanilla

### Vinegar/Oil/Sauces

Olive Oil  
Corn Oil  
Sesame Oil  
Peanut Oil  
Safflower Oil  
Seasoned Rice Wine Vinegar  
Red Wine Vinegar  
White Wine Vinegar  
Sherry Vinegar  
Balsamic Vinegar  
Light Soy Sauce  
Hot Sauce  
Hoisin Sauce  
Worcestershire Sauce

### Stocks and Homemade Sauces

Beef Stock (2 Cartons)

Canned Beef Consommé  
(Campbell's 2 Cans)  
Chicken Stock (2 Cartons)  
Sauce Espagnol (See Recipe, 4 X ½  
Cup Containers)

### Dried Fruits/Nuts

White raisins (1 bag)  
Pecans or walnuts (1 box)

### Fridge Items

Asian Chili Sauce  
Butter (Unsalted)  
Capers  
Cheddar Cheese  
Cream Cheese  
Dijon Mustard  
Dill Pickles  
Eggs  
Heavy (Whipping Cream)  
Hellman's Mayonnaise  
Horseradish  
Ketchup  
Margarine  
Milk  
Miracle Whip Salad Dressing  
Parmesan Cheese (Parmigiano-  
Reggiano)  
Pickled Beets  
Sour Cream

Yellow Mustard

### Fresh Veg and Fruit

Apples Golden Delicious or  
Granny Smith (2)  
Banana Pepper (2)  
Carrots (1 Bag)  
Celery Stalks (1 Bag)  
Cherry Tomatoes (1 Box)  
Green Bell Pepper (1)  
Green Beans (1 Bag)  
Italian Parsley (1 Bunch)  
Lemons (2)  
Limes (2)  
Oranges (2)  
Peeled Garlic Cloves (1 Jar/Package)  
Peeled Shallots (1 Box) or 3 Whole  
Unpeeled  
Plum Tomatoes (3)  
Red Bell Pepper (1)  
Spanish Onion (3)

### Freezer Items

Spinach  
Peas  
Vanilla Ice Cream  
French Baguette, Frozen From  
Fresh