

The MediterrAsian Pantry Shopping List

Herbs & Spices

- Cumin
- Coriander
- Turmeric
- Garam masala
- Chili powder
- Five-spice powder
- Saffron
- Sea salt
- Ground ginger
- Dried rosemary
- Dried oregano
- Dried thyme
- Black pepper
- Whole black peppercorns

Spreads, pastes & stocks

- Vegetable stock
- Chicken stock
- Dashi stock powder
- Tahini
- Wasabi
- Dijon mustard
- Thai red curry paste
- Thai green curry paste
- Miso paste
- Shrimp paste
- Tomato paste

Oils, vinegars & cooking wines

- Extra virgin olive oil
- Peanut oil
- Canola oil

- Shaoxing rice wine
- Toasted sesame oil
- Balsamic vinegar
- Rice vinegar
- Mirin
- Chinese soy sauce
- Japanese soy sauce
- Kecap manis
- Fish sauce
- Oyster sauce
- Hoisin sauce
- Black bean sauce
- Sambal oelek

Grain foods

- Basmati rice
- Arborio rice
- Jasmine rice
- Sushi rice
- Long-grain rice
- Spaghetti
- Lasagna
- Penne
- Fusilli (spirals)
- Farfalle (bow ties)
- Rice paper sheets
- Wheat noodles
- Rice vermicelli noodles
- Rice stick noodles
- Somen noodles
- Soba noodles
- Udon noodles
- Couscous
- Bulgur

Canned, bottled & packaged foods

- Anchovies
- Canned cannellini beans
- Canned chickpeas
- Dried red lentils
- Sun-dried tomatoes
- Artichoke hearts
- Canned baby corn
- Green olives
- Black olives
- Kalamata olives
- Capers
- Japanese pickled ginger
- Coconut milk
- Nori
- Canned light tuna
- Canned red salmon
- Canned sardines
- Canned tomatoes

Nuts, seeds & dried fruit

- Walnuts
- Almonds
- Pine nuts
- Pistachio nuts
- Cashew nuts
- Peanuts
- Sesame seeds
- Dates
- Apricots
- Raisins
- Figs

Provided by MediterrAsian.com