

## **Kitchen items for Pantry**

Anchovies

Black pepper corns

Cacao powder

Capers

Chia Seeds

Cinnamon

Coconut cream & Milk (tinned) Powders are cheaper

Cous Cous

Ginger Beer / Lemonade / Soda Water (see below)

Gravy Granules ( I use Greens and have two types on hand, Roast Meat and Chicken granules)

Instant Noodles –I tend to use the Indo Mie variety Mi Goreng – BBQ Chicken flavour

Mineral Water ( San Pellegrino for the light bubble)

Olive oil

Packet coconut milk, oat milk, rice milk ( or make your own oat milk)

Packets of stock (1 litre) Vegetable, Chicken, Beef- these you will need for soups

Stock cubes

Lentils ( brown, green and Puy )

Pappadams

Peanut paste (butter) smooth

Polenta

Protein Whey Powder ( unflavoured and or Vanilla flavour ) make your own see The Food Manifesto

Quiniao

Rice ( risottos, soups, desserts) brown and white

Rolled Oats (plain)

Soda Water (supermarket brand or purchase a Soda Stream and make your own)

Turmeric

Tinned tomato / Passata

Tomato paste

Whole egg mayonnaise (S & W Real Mayonnaise)