



Kitchen Pantry Checklist

"Just as the painter needs paints, and the writer needs ink, the skilled cook needs pantry items to create their own cooking expressions. Having a combination of herbs, spices, oils, vinegars, and condiments gives you the variety to create any flavor profile that meets your inspiration." -Chef Todd Mohr

Flavoring versus Seasoning

Seasoning is enhancing the natural flavor of food without changing the overall taste.

Flavoring adds a new taste profile.

Herbs

The leaves, stems, flowers of aromatic plants
Basil, Bay leaves, Chives, Cilantro, Dill, Oregano,
Rosemary, Sage, Tarragon, Thyme

Spices

The seeds, bark, roots, buds or berries
Capers, Chiles, Cayenne, Cinnamon, Cloves,
Coriander, Cumin, Ginger, Mustard,
Nutmeg, Peppercorns, Saffron, Turmeric

Spice Blends

Curry, Chili Powder, Jerk, Old Bay, or
your regional favorite

Bouquet Garni

Fresh herb stems tied with twine

Sachet

Spices tied in cheesecloth

Salt

Iodine is added to salt for nutrition and prevent clumping

Kosher salt is more coarse and has no additives

Gourmet salts impart additional flavor from the minerals
in the evaporated water it is derived from.

Oils

Fat that stays liquid at room temperature
Consider the smoke point of each for proper use

Vegetable oils

Corn, cotton, peanut, soy
No animal fats, cholesterol free

Canola Oil

Made from rapeseed
Neutral flavor and high smoke point 425f/218c

Nut Oils

Expensive
Generally have low smoke point, making them better for
salad dressings than cooking

Olive Oil

Only oil extracted from a fruit, not a nut, seed or grain
Good flavor, high smoke point 437f/225c
"Virgin" refers to level of acid content
First press is virgin olive oil without heating or chemical process

Extra Virgin is acid level <1%

Virgin oil can have 1-3%

Flavored or infused oils

Are usually blends of olive and canola with flavoring

Condiments

Mustards—Dijon, whole grain, yellow, cranberry

Mayonnaise

Ketchup

Soy Sauce

Fish Sauce

Oyster Sauce

Red Thai Chili Paste

Wasabi Powder

Hoisin Sauce

Tabasco Sauce

Worcestershire sauce

Steak Sauce

Samosa Chutney

Salsa/Taco Sauce

Salad Dressings

Horseradish

Indian Curry or Thai Peanut

Indian Tikka Masala

Vinegars

Wine Vinegars

Balsamic, White Wine, Red Wine

Malt Vinegar

Condiment for fish or salad dressings

Distilled White Vinegar

Replaces salt in salads and prepared dishes

Cider Vinegar

Adds flavoring to sauces and marinades

Rice Vinegar

Asian cuisines and sushi rice condiment

Flavored Vinegars

For salad dressings - raspberry, garlic, truffle

Lime and lemon juices are good pantry acids too.