

THE WELL-STOCKED KITCHEN

Even if you diligently plan a week's worth of menus every week and buy everything you need for those meals, you will still want to have grocery items on hand for spontaneous, quick, easy, healthy, and creative cooking. Many items are basic to almost any cooking. Others you can add as you go along, depending on the recipes you make and the storage space you have available. When you make a dish that calls for an ingredient you don't have, say, onion salt, you can buy that ingredient and add it to your cupboard at that point. The following are grocery items in various categories that I like to have on hand, but if you are on a tight budget, start small and add gradually. You may choose to delete some of these and add others. Let your favorite recipes be your guide.

BAKING

- Almond extract
- Baking cocoa
- Baking powder
- Baking soda
- Cake mixes, assorted
- Canola oil
- Chocolate chips
- Cooking spray
- Cornmeal
- Cornstarch
- Flour—all-purpose and whole wheat
- Food coloring
- Honey
- Lemon extract
- Nuts, assorted
- Raisins
- Rolled oats—quick or old-fashioned
- Salt
- Shortening (non-hydrogenated now available)
- Sugar—granulated, brown, powdered
- Vanilla extract
- Yeast (packets or jar)

SEASONINGS

- Allspice
- Basil leaves, dried
- Bay leaves
- Chili powder
- Cinnamon
- Cayenne pepper
- Chili powder
- Cinnamon, ground
- Cloves, ground
- Crushed red pepper
- Cumin, ground
- Dry mustard
- Garlic cloves (or bottled minced or chopped garlic)
- Garlic powder
- Garlic salt
- Ginger, ground
- Kitchen Bouquet browning sauce
- Lemon pepper
- Nutmeg, ground
- Onion, dried minced
- Oregano, dried
- Paprika
- Pepper, ground black
- Rosemary, dried
- Seasoned salt
- Tarragon, dried
- Thyme, dried
- White pepper

CONDIMENTS

- Horseradish sauce
- Ketchup
- Lemon juice
- Mayonnaise
- Mustard—regular and Dijon
- Olive oil
- Pickles of choice
- Salsa
- Soy sauce
- Tabasco sauce
- Vinegar—balsamic, cider, red wine, white wine
- Worcestershire sauce

STAPLES

- Beans, dried—assorted
- Bouillon granules—beef, chicken, fish
- Bread crumbs
- Broth—low-fat beef, chicken, vegetable (carton or can)
- Cornflakes
- Crackers—saltine, graham
- Jams and jellies
- Maple syrup
- Pasta: spaghetti, elbow macaroni, egg noodles, lasagna
- Peanut butter
- Rice—white, brown, instant

CANNED GOODS

- Evaporated milk
- Olives—black, green
- Soups, condensed—assorted
- Sweetened condensed milk
- Tomato paste
- Tomato sauce
- Tomatoes—diced and whole
- Tuna
- Vegetables, assorted

DAIRY

- Butter
- Cheddar cheese (or your favorite cheese)
- Cream cheese
- Eggs
- Milk
- Parmesan cheese
- Sour cream

FRESH FOODS

- Fruits, assorted
- Lettuce or packaged salads
- Onions
- Potatoes
- Vegetables, assorted

FROZEN FOODS

- Orange juice concentrate
- Vegetables of choice

KITCHEN SUPPLIES

Wander through any kitchen store or even the kitchen department of a discount store, and you can be overwhelmed by the number of pots and pans and bowls and gadgets and small electric appliances. Just how many are really essential? The answer is not that many. Our grandmothers cooked plenty with a lot fewer items and got along just fine. That doesn't mean that "minimal" should be your goal. Think about adding pieces over the years or decades as needed and as your budget and cabinet space allow.



MUST-HAVES

- Chef's knife
- Paring knife
- Cutting board
- Large (12-inch) skillet with lid
- Small (8-inch) skillet
- Saucepan (3 quarts is a good standard) with lid
- Dutch oven or stockpot with lid (4 to 6 quarts or larger)
- "Jellyroll" or half-sheet baking pan (18 x 12 x 1 inch)
- 12-cup muffin pan
- 9-inch (1 1/4 inches deep) pie pan
- 9x5x3-inch loaf pan
- 9x13-inch baking dish or pan
- 8-inch square baking dish or pan
- 9-inch round cake pans (2)
- Wire cooling racks
- Set of graduated mixing bowls
- Set of measuring cups
- Clear glass or plastic measuring cup with spout for liquids
- Wooden spoons in various sizes
- Rubber spatulas in two sizes
- Flexible spatulas in metal and silicone (for nonstick pans)
- Can opener, bottle opener
- Grater/shredder
- Strainers in two sizes
- Meat thermometer
- Handheld electric mixer
- Wire whisks in two sizes
- Potholders
- Food scale

HANDY TO HAVE

- Roasting pan or roaster
- Pizza pan and pizza cutter
- Saucepans in additional sizes
- Skillets in additional sizes
- Griddle
- Cookie sheets
- Baking pans or dishes in duplicate or additional sizes
- Tube pan (for angel food cake)
- Serrated knife
- Carving knife
- Meat mallet
- Basting brush
- Kitchen shears
- Cutting boards in additional sizes
- Slotted spoon
- Tongs
- Sifter
- Pastry blender
- Rolling pin
- Additional measuring cups and spoons
- Soup ladle
- Wire whisks in additional sizes, shapes
- Metal or plastic colander
- Vegetable peeler
- Potato masher
- Oil/candy thermometer
- Steamer basket to fit in large saucepan
- Pastry brushes in various sizes
- Citrus press or juicer (manual)
- Garlic press
- Pastry scraper
- Pasta fork or spoon
- Slow cooker

NICE TO HAVE... EVENTUALLY

- Food processor
- Stand mixer
- Baking stone(s)
- Pizza peel
- Blender
- Immersion blender
- Pasta machine
- Potato ricer
- Rice cooker
- Waffle maker
- Wok
- Bundt pan