

VERY BASIC ETHNIC FLAVORS WITH EASY-TO-FIND INGREDIENTS

MEXICAN

CILANTRO
LIME
JALAPENO /CHILIS
PARSLEY
COCOA
CINNAMON
CUMIN
GARLIC
CORIANDER

ITALIAN / MEDIT

PARSLEY
BASIL
OREGANO
MARJORAM
ROSEMARY
THYME
TARRAGON
DILL
FENNEL
STAR ANISE
PAPRIKA
CUMIN
MUSTARD SEED

FRENCH

THYME
PARSLEY
ROSEMARY
SAGE
TARRAGON
DILL
GARLIC
SHALLOT
CHIVE
FENNEL
MUSTARD SEED
HERBS DE PROVENCE

INDIAN

CURRY
COCONUT
LIME
CILANTRO
GARLIC
GINGER
CARDAMOM
TURMERIC
GINGER
CLOVE
FENNEL
BASIL
STAR ANISE
CHILI POWDER
MUSTARD SEED
CUMIN
CINNAMON

ASIAN

LIME
CILANTRO
MINT
JALAPENO
RICE WINE
PEANUT
BASIL
GREEN ONION / CHIVE
CORIANDER
GINGER
FENNEL
STAR ANISE
CUMIN
CLOVE
SESAME
MUSTARD SEED

MY ENTIRE BASICS LIST

(everything I try to keep on hand so that I can make whatever I want at any time)

I don't eat much meat or dairy, but I do keep some things in the fridge to use a few times a week.

PRODUCE

garlic
onion
tomatoes
lemons
limes
jalapenos
bananas
yukon gold or fingerling potatoes
ginger

BULK / DRY GOODS

rolled oats
steel cut oats
farro
kasha
quinoa
millet
polenta
dried pasta
chick peas
black beans
almonds
pumpkin seeds
sunflower seeds
chia seeds
flax seeds
dark chocolate chips
coconut flake

PANTRY

coconut oil
extra virgin olive oil (evoo)
grapeseed oil or pumpkin seed oil
red wine vinegar
balsamic vinegar
apple cider vinegar
soy sauce
almond or peanut butter
maple syrup or honey
agave
coconut sugar
cane sugar
unsweetened organic coconut milk (regular)

PERISHABLES

bread or flatbread
extra firm tofu, sometimes chicken, etc.
eggs
cheddar, feta, or parmesan cheese

HERBS & SPICES

parsley
thyme
cilantro
chili powder(s)
cinnamon
turmeric
ginger
mustard seed
yellow curry

white distilled vinegar - acidic and harsh, not usual for cooking
apple cider and rice wine vinegar - more mellow in acidity, slightly sweet
wine vinegars - (white, red, sherry, champagne) higher acid, deeper flavor, slightly fruity
balsamic vinegar - usually the sweetest vinegar, strong acidity, aged can be syrupy