



Go Go Go Gourmet Presents: “What Do I Need In My Kitchen?” A Kitchen Staples List

In the Refrigerator:

- Milk
- Eggs
- Butter
- Sour Cream
- Cream Cheese
- Half and Half
- Heavy Cream
- Cheddar Cheese
- Mozzarella Cheese or an Italian Blend
- Lemons
- Limes
- Ketchup
- Dijon Mustard
- Horseradish
- Capers
- Pesto
- Parmesan Cheese
- Romano Cheese
- Bacon
- Celery
- Carrots
- Mayonnaise

In the Freezer:

- Corn
- Peas
- Shrimp

In the Pantry:

- Tomato Sauce
- Diced Tomatoes
- Tomato Paste
- Crushed Tomatoes
- Cream of Chicken Soup
- Cream of Mushroom Soup
- Black Beans

- Cannellini Beans
- Canned Chipotle Chilis in Adobo
- Olive Oil
- Vegetable Oil
- Cooking Spray
- Rice
- Couscous
- Polenta
- Variety of Pastas: Ziti, Spaghetti, Penne, etc
- Pasta Sauce
- Onions
- Garlic
- Potatoes
- Pepper
- Plain Panko
- Italian Panko
- Plain Bread Crumbs
- Cornmeal
- Sriracha
- Chili-Garlic Paste
- Soy Sauce
- Thai Sweet Chili Sauce
- Balsamic Vinegar
- Red Wine Vinegar
- Marsala Wine
- Sherry
- White Wine
- Red Wine
- Peanut Butter
- Honey
- Maple Syrup
- Chicken Broth
- Cooking Stocks: Chicken, Vegetable, Beef
- Worcestershire Sauce

For Baking:

- Flour
- White Sugar
- Light Brown Sugar
- Dark Brown Sugar
- Powdered Sugar
- Cocoa
- Baking Soda
- Baking Powder
- Salt
- Chocolate Chips
- Corn Syrup
- Molasses
- Vanilla
- Shortening
- Yeast
- Cornstarch

Bonus Points:

- Mirin
- Rice Wine Vinegar
- Oyster Sauce
- Sesame Oil
- Pecans
- Walnuts
- Oats
- Raisins
- Arborio
- Pine Nuts
- Green Onions
- Fresh Parsley