

2. THE WELL STOCKED STUDENT'S KITCHEN

Spices & Herbs

- Ground Cumin
- Cinnamon
- Ancho chili powder
- Ground thyme
- Saffron threads
- Cayenne pepper
- Onion powder
- Garlic powder
- Dried Oregano
- Kosher salt
- Ground black pepper
- Almond extract
- Vanilla extract
- Fresh herbs (last a week in the refrigerator):
- Thyme
- Tarragon
- Rosemary
- Sage
- Cilantro

Canned Foods

- Olives
- Refried beans
- Chick peas (Garbanzo beans)
- Cannellini beans
- Kidney beans
- Black beans
- Diced tomatoes
- Crushed tomatoes
- Corn
- Artichoke hearts
- Coconut milk
- Tuna

Baking Supplies

- Flour
- Pancake/Waffle mix
- Sugar (white refined)
- Brown sugar
- Sugar cookie mix
- White chocolate morsels
- Milk chocolate morsels
- Oats
- Macadamia nuts
(once opened, do not keep more than 1 month)
- Pecans (once opened, do not keep more than 1 month)
- Unsalted cashew nuts
- Raw peanuts

General Pantry Items

- Honey
- Chicken stock
- Blueberry preserves
- Fig preserves
- Olive oil
- Vegetable oil
- Sesame oil
- Red wine vinegar
- Champagne vinegar
- Rice wine vinegar
- Balsamic vinegar
- Dried pasta
- Instant grits
- Corn chips
- Hamburger/hot dog rolls
- Pita bread
- Aluminum foil/parchment paper/plastic wrap

Refrigerator Items

- Sour cream
- Mascarpone cheese
- Gorgonzola cheese
- Goat cheese
- Eggs
- Milk
- Half n'Half
- Unsalted Butter
- Shredded cheese
- Grated Parmesan cheese
- Tomato paste in a tube
- Garlic paste in a tube
- Lemon juice in a plastic lemon
- Lime juice in a plastic lime
- Capers
- Mayonnaise
- Tahini (sesame seed paste)
- Wasabi paste
- Hot sauce
- Dijon mustard
- Sweet relish

Freezer Items

- Puff pastry sheets
- Puff pastry cups
- Phyllo dough/cups
- Pre-made Pizza crusts

Fresh Fruits/Vegetables

** remember to store your fruits and veggies as they were in the store*

- Apples
- Lemons/Limes
- Bananas
- Avocados
- Mangos
- Tomatoes
- Garlic
- Yellow onions
- Shallots
- Mushrooms
- Lettuce