

# PANTRY STAPLES LIST

BROWNGIRLVEGAN

PRODUCE
BOK CHOY
SHITAKE MUSHROOMS
OYSTER MUSHROOMS
ENOKI MUSHROOMS
GREEN BEANS
CORN
BELL PEPPERS
TOMATOES
CARROTS
GREEN PEAS
SPINACH
BROCCOLI
CILANTRO
SPRING ONIONS
GARLIC
GINGER
WHITE ONIONS
DRIED RED CHILLIES
LIMES
CURRY LEAVES
GREEN CHILI
POTATOES
EGGPLANTS
POTATOES
CUCUMBER

GRAINS
THAI WHITE RICE
BASMATI RICE
MILLET
SEMOLINA
QUINOA

PROTEIN
EXTRA FIRM TOFU
SOFT SILKEN TOFU
SOY PROTEIN [TVP]
TEMPEH
BEANCURD SKIN
RED LENTILS
CHICKPEAS
BEANS

CONDIMENTS
LIGHT SOY SAUCE*
<b>DARK SOY SAUCE</b>
RICE WINE VINEGAR
SHAOXING WINE
COCONUT SUGAR
CHILI OIL (HOMEMADE)
PEANUT BUTTER
<b>GOCHUJANG</b>
HOT BEAN PASTE
MAPLE SYRUP
VEGAN OYSTER SAUCE
TAMARIND PASTE
SESAME PASTE

NOODLES (GF OPTIONS)
RAMEN CAKES*
JAPCHAE NOODS*
KNIFE CUT NOODS*
UDON
SPAGHETTI*
<b>INSTANT RAMEN</b>

SPICES
5-SPICE POWDER
SICHUAN PEPPER
GOCHUGARU
ONION POWDER
GARLIC POWDER
MUSHROOM POWDER
CHILI FLAKES
GARAM MASALA*
CHILI POWDER
TURMERIC
HING (ASAFOETIDA)
MUSTARD SEEDS

OIL
SESAME OIL
EXTRA VIRGIN OLIVE OIL
VEGAN BUTTER

MILK
COCONUT MILK
COCONUT CREAM
OAT MILK / SOY MILK

STAPLES
VEGAN KIMCHI
VEGAN MAYO
NORI SHEETS
SESAME SEEDS
SHREDDED COCONUT
CASHEWS
OATS

**NOTES**

\*JAPCHAE NOODLES ARE ALSO KNOWN AS SWEET POTATO NOODLES - THEY ARE MADE FROM SWEET POTATO STARCH AND ARE GLASS LIKE.

\*IF YOU WANT TO COOK WITH WHOLE SPICES, YOU CAN ADD ON FRESH SPICES INSTEAD OF JUST USING GARAMA MASALA: CINNAMON STICK, CLOVES, CARDAMOM, STAR ANISE, CUMIN SEEDS, FENNEL SEEDS.

\*GF SUBSTITUTES: LIGHT SOY SAUCE = TAMARI | RAMEN = BROWN RICE RAMEN | KNIFE CUT NOODES = FLAT RICE NOODLES | SPAGHETTI = GLUTEN FREE PASTA.

ITEMS IN RED DO NOT HAVE GLUTEN FREE SUBSTITUTES.