

annabel langbein™
a free range life

STORECUPBOARD BASICS



Seasonings

- fine white pepper
- flaky salt
- ground black pepper
- black peppercorns
- pink peppercorns
- salt

Oils and vinegars

- balsamic vinegar
- boutique extra virgin olive oil (for dressings)
- cider vinegar
- coconut oil
- extra virgin olive oil (for cooking)
- lemon oil
- malt vinegar
- neutral oil (any flavourless oil, such as grapeseed)
- rice vinegar
- sesame oil
- white vinegar
- white wine vinegar

Dairy products

- butter
- milk

Sauces and pastes

- agave syrup
- almond butter or other nut butter
- chilli sauce
- dijon mustard
- fish sauce
- hoisin sauce
- honey
- horseradish sauce
- laksa paste
- maple syrup
- mayonnaise
- mirin

- miso
- oyster sauce
- pesto
- red curry paste
- runny honey
- seed mustard
- soy sauce
- tahini
- tamari or light soy sauce
- tamarind paste or concentrate
- thai sweet chilli sauce
- tomato paste

Herbs and spices

- allspice
- bay leaves
- black sesame seeds
- chilli flakes
- cinnamon
- cinnamon sticks
- cumin seeds
- dried oregano
- dried rosemary
- fennel seeds
- garlic powder
- ground cloves
- ground cumin
- ground nutmeg
- ground turmeric
- mixed spice
- mustard seeds
- nigella seeds
- paprika
- ras el hanout
- sesame seeds
- smoked paprika
- star anise
- sumac
- vanilla extract
- vanilla pods
- whole cloves
- whole nutmeg

Dry goods

- baking powder
- baking soda
- caster sugar
- coconut chips
- coconut flakes
- cornflour
- desiccated coconut
- flour
- high-grade white flour
- icing sugar
- raw sugar
- rice flour
- rolled oats
- self-raising flour
- soft brown sugar
- sugar
- thread coconut
- wholemeal flour

