

annabel langbein™
a free range life

STORECUPBOARD BASICS



Seasonings

- black peppercorns
- fine black pepper
- ground black pepper
- salt

Oils and vinegars

- balsamic vinegar
- boutique extra virgin olive oil
- coconut oil
- extra virgin olive oil
- neutral oil (any flavourless oil, such as grapeseed)
- red wine vinegar
- sesame oil
- sherry vinegar

Dairy products

- butter
- milk

Sauces and pastes

- aioli
- dijon mustard
- fish sauce
- fruity chutney or pickle
- golden syrup
- hoisin sauce
- honey
- japanese mayonnaise
- oyster sauce
- runny honey
- soy sauce
- tomato paste
- worcestershire sauce

Herbs and spices

- cardamom pods
- cayenne pepper
- chilli flakes
- chilli powder
- cinnamon sticks
- curry powder
- dried rosemary
- dried thyme
- fennel seeds
- ground cinnamon
- ground cumin
- ground ginger
- ground nutmeg
- ground turmeric
- mustard seeds
- saffron strands
- smoked paprika
- vanilla extract
- whole cloves
- whole star anise

Dry goods

- baking powder
- baking soda
- buckwheat flour
- caster sugar
- good-quality cocoa
- flour
- high-grade flour
- icing sugar
- rice flour
- rolled oats
- self-raising flour
- shredded dried coconut
- soft brown sugar
- sugar
- wholemeal flour

