

# STORECUPBOARD BASICS

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## Seasonings

- fine black pepper
- ground black pepper
- himalayan salt
- salt
- sea salt

## Oils and vinegars

- boutique extra virgin olive oil
- chilli oil
- extra virgin olive oil
- neutral oil
- oil
- red wine vinegar
- rice vinegar
- rice wine vinegar
- sesame oil

## Dairy products

- butter

## Sauces and pastes

- dashi
- fish sauce (preservative-free)
- gochujang or other chilli sauce
- mayonnaise
- mirin
- miso paste
- mustard
- oyster sauce
- pesto
- soy sauce
- sriracha or other hot chilli sauce
- tamari
- tomato paste
- wholegrain mustard
- worcestershire sauce

## Herbs and spices

- asafetida (hing)
- black mustard seeds
- chilli flakes
- chilli powder
- garam masala
- ground coriander
- ground cumin
- ground nutmeg
- ground turmeric
- moroccan spice mix
- ras el hanout
- smoked paprika

## Dry goods

- caster/superfine sugar
- flour
- rice flour
- soft brown sugar
- sugar