

Store Cupboard Essentials

Keeping your store cupboard well stocked with a few essential items will mean you'll always have a delicious meal at hand: even when the fridge looks bare. It'll also save dashing to the shops for that missing ingredient!

Dried beans/chickpeas/lentils or canned for when you're in a hurry

Add to casseroles, use as an accompaniment, to thicken soups and stews, make burgers or use cold beans in salads.

Dried fruits

An excellent ingredient in Indian and North African recipes as well as baking and adding to desserts.

Pasta, couscous, rice and noodles

Perfect accompaniments or bases for many dishes including risottos, paellas, curries, salads, stir-fries, soups and baked dishes.

Sugar/honey/golden syrup

For baking and sweetening dishes.

Flour

For baking, pastry making or to thicken soups, stews and casseroles.

Pizza bases (Long life or frozen)

Ideal for using up leftover cheese, meat and vegetables.

Flour tortillas

Perfect to wrap leftover vegetables, meat or cheese.

Salt and pepper

As condiments and for seasoning.

Dried chilli flakes

For spicing up curries or adding instant hotness to sauces.

Herbs and spices (have dried herbs/spices or keep fresh herbs in the fridge or freezer)

To add extra flavour to many dishes.

Stock cubes (or powdered stock)

As a base in many recipes.

Tinned tomatoes

Great for homemade pizzas, pasta sauces, curries, casseroles and bakes.



Tinned fish

Use as an emergency ingredient for salads, baked potatoes and pasta dishes.

Olives

Add to salads, pasta dishes or make a quick tapenade.

Oils

For frying, dressings and marinades.

Balsamic vinegar

For salad dressings, Italian dishes or flavouring bland soups, stews and sauces.

Soy sauce

Used in Chinese cooking, stir-fries and marinades.

Stir fry sauce

Chinese and Thai sauces a fantastic quick way to use up leftover meat or vegetables.

Curry paste/sauce

A base for Indian/Thai curries.

Tomato puree

To enrich stews, soups or sauces.

Worcestershire Sauce

Use to spice up casseroles, shepherds pie or even cheese on toast.

Chilli sauce

To add zest and bite to sauces, dips and marinades.

Tomato ketchup

A useful cooking ingredient as well as a children's favourite.

Yeast extract

Love it or hate it, it can add depth to gravies and casseroles.

Mustard (English, French or wholegrain)

Adds spice to dressings, marinades, sauces, pickles, chutneys and meat dishes.

Coconut milk/paste

For curries and vegetable bakes.



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