

# 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 or canned**

### **beans/chickpeas/lentils**

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, stirfries, 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.

### **Flour tortillas**

Perfect to wrap leftover vegetables, meat or cheese.

## **Pizza bases (Long life or frozen)**

Ideal for using up leftover cheese, meat and vegetables.

## **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 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 soups, stews and sauces.

## **Soy sauce**

Used in Chinese cooking, stir-fries and marinades.

## **Stir fry sauce**

Chinese and Thai sauces are 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, shepherd's 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.

