

The MediterrAsian Pantry Shopping List

Herbs & Spices

- Cumin
- Coriander
- Turmeric
- Garam masala
- Five-spice powder
- Saffron
- Dried rosemary
- Dried oregano
- Dried thyme
- Sea salt
- Chili powder
- Black pepper
- Whole black peppercorns
- Cinnamon

Oils, Vinegars & Sauces

- Extra virgin olive oil
- Peanut oil
- Toasted sesame oil
- Shaoxing rice wine
- Balsamic vinegar
- Rice vinegar
- Mirin
- Chinese soy sauce
- Japanese soy sauce
- Kecap manis
- Fish sauce
- Oyster sauce
- Hoisin sauce
- Black bean sauce
- Sambal oelek
- Canola oil

Canned & Packaged Foods

- Anchovies
- Canned cannellini beans
- Canned chickpeas
- Dried red lentils
- Sun-dried tomatoes
- Artichoke hearts
- Black olives
- Green olives
- Kalamata olives
- Capers
- Canned baby corn
- Japanese pickled ginger (gari)
- Coconut milk
- Nori
- Canned light tuna
- Canned red salmon
- Canned sardines
- Canned tomatoes

Stocks & Pastes

- Dashi stock powder
- Tahini
- Wasabi
- Dijon mustard
- Thai red curry paste
- Thai green curry paste
- Miso paste
- Shrimp paste
- Tomato paste
- Vegetable stock
- Chicken stock

Pasta, Rice & Other Grains

- Basmati rice
- Arborio rice
- Jasmine rice
- Koshihikari rice (sushi rice)
- Spaghetti
- Lasagna
- Penne
- Fusilli
- Farfalle
- Rice paper sheets
- Wheat noodles
- Rice vermicelli noodles
- Rice stick noodles
- Somen noodles
- Soba noodles
- Udon noodles
- Couscous
- Bulgur
- Long-grain rice

Nuts, Seeds & Dried Fruit

- Walnuts
- Almonds
- Pine nuts
- Pistachio nuts
- Cashew nuts
- Peanuts
- Sesame seeds
- Dates
- Apricots
- Raisins
- Figs