

## The Mediterranean Summer® Pantry Shopping List

This list of ingredients consists of just about everything needed to cook in the style of all Mediterranean cuisines. They are arranged by the locations in the grocery store where you will most likely find them. Many you may already have. Aromatic fruit and vegetables, some cured meats, and certain dairy products are included.

While it's not necessary to have all of these ingredients at the same time, some offer variety. For example, having different extra virgin olive oils, dried pastas, and beans. Container sizes are not given due to how an ingredient is packaged, what is available, and what you determine is best for your use.

### OILS & VINEGARS

Extra virgin olive oil (drizzling)  
Extra virgin olive oil (cooking)  
Sunflower seed oil  
Other oil (neutral for high heat)  
Other oil (nut)  
Other oil

Red wine vinegar  
White wine vinegar  
Champagne vinegar  
Balsamic vinegar (+ *condimento*)  
Sherry vinegar  
Other vinegar

### CONDIMENTS

Capers in sea salt  
Olives, green  
Olives, black  
Olives, paste  
Cornichons

Dijon mustard  
Middle Eastern Tahini  
Worcestershire sauce  
Ketchup  
Soy sauce

### BROTHS AND BASES

Broth, chicken, low sodium  
Broth, beef, low sodium  
Broth, vegetable, low sodium

### TINNED SEAFOOD

Tuna in olive oil  
Anchovies in sea salt  
Other tinned fish or seafood

### CANNED OR BOTTLED TOMATOES

Whole peeled plum tomatoes  
Concentrated tomato paste  
*Ciliegine* cherry tomatoes  
*Passato* tomato puree

### GRAINS

Barley  
Farro  
Bulgur  
Spelt  
Buckwheat  
Polenta

## RICE, PASTA, BEANS

Rice, long grain  
Rice, for risotto  
Rice, for paella  
Dried pasta (pastina for soups)  
Dried pasta, short  
Dried pasta, long  
Couscous

Beans, white  
Beans, dark  
Beans, other  
Chick peas  
Lentils  
Favas  
Other legume

## SEASONINGS

Sea salt, fine  
Sea salt, large  
Sea salt, flaky  
Black peppercorns  
Dried oregano (Mediterranean)  
Dried thyme leaves  
Bay leaves (laurel)  
Herbes de Provence  
Fennel seeds  
Cumin  
Dried porcini mushrooms

Dried chili, peperoncini  
Dried chili, Aleppo  
Spanish pimenton, dulce  
Spanish saffron threads  
Moroccan Ras al Hanout blend  
Middle Eastern Baharat blend  
Middle Eastern Z'atar  
Whole nutmeg  
Cinnamon  
Clove  
Vanilla beans

## NUTS, SEEDS, DRIED FRUIT

Pinenuts  
Almonds, whole  
Almonds, sliced  
Almonds, flour  
Pistachios

Walnuts  
Hazelnuts  
Sesame seeds  
Golden raisins  
Dried fruit, other

## FRUIT AND VEGETABLES

Yellow onions  
Red onions  
Green onions  
Leeks  
Shallots  
Garlic  
Celery

Carrots  
Potatoes  
Flat leaf parsley  
Thyme  
Mint, dill  
Potatoes, Yukon Gold  
Citrus (lemon, lime, orange)

## DAIRY

Milk  
Heavy cream  
Thick yogurt  
Unsalted butter  
Eggs

## WINES

White, dry  
Red, dry  
Marsala  
Sherry  
Port  
White vermouth

## BAKING

Chocolate, unsweetened  
Chocolate, semi sweet  
Chocolate, cocoa powder  
Flour, all purpose or Italian "00"  
Flour, semolina  
Sugar  
Sugar, powdered  
Dry yeast

## COOL ADD-ONS

Basque Espellette chili powder  
Basque Tolosa beans  
Spanish Piquillo peppers  
Spanish Nora pepper paste  
Spanish Fabes de la Granja  
Spanish Marcona almonds  
French Puy lentils  
Italian aged balsamic vinegar  
"Tradizionale"  
Italian sundried tomatoes  
Italian Lamon beans  
Italian Umbrian lentils  
Italian bottarga (cured mullet roe)

## CHEESE

Parmigiano-Reggiano, 24 month  
Pecorino, Romano  
Pecorino, Fior di Sardo  
Manchego, 12 month

## CURED MEATS

Pancetta  
Spanish dry chorizo  
Other cured meat, Italian *guanciale*  
Other cured meat, Italian *lardo*  
Rendered duck fat

## BAKED ITEMS

Cookies, Savoyard  
Cookies, Amaretti  
Dried Breadcrumbs

## JAMS AND JELLIES

Honey

Greek Corona beans  
Greek Santorini fave  
Turkish biber salçasi (red pepper paste)  
Syrian Aleppo chili powder  
Lebanese pomegranate molasses  
Middle Eastern sumac  
Middle Eastern Baharat spice blend  
North African harissa  
Moroccan Argan oil (for cooking)  
Moroccan preserved lemons  
West African Melegueta pepper  
Marzipan  
Gelatin sheets