

CUPBOARD ESSENTIALS

As soon as you get the cooking bug, you're going to want to get cracking in the kitchen.

First, you'll need the right kitchen equipment, plenty of practice, and cupboards full of good, basic ingredients to help make your food taste great.

To make it easy for you, I've put together a list of all the store cupboard ingredients you'll need to make the recipes on this website.

I've also made you a shopping list to go with each of the recipes. The ingredients with little stars beside them should be part of your store cupboard. Other ingredients I'm hoping you'll already have are the dairy basics: milk, butter, eggs and Cheddar cheese.

ESSENTIAL CUPBOARD INGREDIENTS

- Dijon mustard
- English mustard
- Extra virgin olive oil
- Olive oil
- Sesame oil
- Groundnut oil
- Red wine vinegar
- Balsamic vinegar
- Plain flour
- Self-raising flour
- Cornflour
- Caster sugar
- Brown sugar
- Cocoa powder
- Dried pasta
- Egg noodles
- Tinned chickpeas
- Tinned kidney beans
- Tinned chopped tomatoes
- Basmati rice
- Almonds
- Jacob's Cream Crackers
- Organic chicken, vegetable and beef stock cubes
- Patak's Curry Paste
- Soy sauce

BASIC SPICES

- Maldon Sea Salt
- Table salt
- Black peppercorns
- Ground cinnamon
- Dried oregano
- Bay leaves
- Ground cumin
- Chilli powder

BASIC FROZEN STUFF

- Peas
- Puff pastry

