

## Keep It On Hand: The Master List of What to Buy, How Much to Keep Around, and Where to Store It

These are the basics that you should have on hand at all times—not just what to buy but how much and where to store it. Restock these items every two weeks, (keep the cheat sheet from the back flap of this book with you when you do a big shop as a reminder). Use the Express Lane shopping lists at the back of the book for quick, end-of-day shops. You can also note any staples you may need to replenish mid-week there as well.

**Note:** Most spices and seasonings are available in small, square metal tins, glass jars, and small plastic bottles—any and all of which I think of as a single “unit.” Buy spices in the smallest units you can find and toss whatever you haven’t used after 6 months or so for the freshest flavor. The exceptions are salt and pepper, which you can buy in larger quantities because you will go through them quickly and should never run out!

### In the Spice Rack

|  |                                       |   |        |
|--|---------------------------------------|---|--------|
| <input type="checkbox"/> coarse salt                                       | 1 large unit,<br>26 ounces<br>or more | <input type="checkbox"/> curry paste or<br>powder | 1 unit |
| <input type="checkbox"/> coarse black pepper<br>or peppercorns<br>to grind | 1 large unit                          | <input type="checkbox"/> ground coriander         | 1 unit |
| <input type="checkbox"/> chili powder                                      | 1 unit                                | <input type="checkbox"/> poultry seasoning        | 1 unit |
| <input type="checkbox"/> ground cumin                                      | 1 unit                                | <input type="checkbox"/> bay leaves               | 1 unit |
| <input type="checkbox"/> grill seasoning                                   | 1 large unit                          | <input type="checkbox"/> red pepper flakes        | 1 unit |
| <input type="checkbox"/> paprika   | 1 unit                                | <input type="checkbox"/> dried oregano            | 1 unit |
| <input type="checkbox"/> smoked sweet<br>paprika                           | 1 unit                                | <input type="checkbox"/> dried thyme              | 1 unit |
| <input type="checkbox"/> whole nutmeg                                      | 1 unit                                | <input type="checkbox"/> ground cinnamon          | 1 unit |
|  |                                       | <input type="checkbox"/> fennel seeds             | 1 unit |
|  |                                       | <input type="checkbox"/> ground allspice          | 1 unit |
|  |                                       | <input type="checkbox"/> cayenne pepper           | 1 unit |

## In the Fridge

|   |   |
|---|---|
| <input type="checkbox"/> milk                         | 2 quarts  |
| <input type="checkbox"/> heavy cream or half-and-half | 1 quart   |
| <input type="checkbox"/> unsalted butter              | 1 pound unless it's on sale and then you should buy a backup to keep in the freezer |
| <input type="checkbox"/> eggs                         | 1 dozen   |
| <input type="checkbox"/> Parmigiano-Reggiano          | 1-pound cut of Parm   |
| <input type="checkbox"/> Pecorino Romano              | 1 large tub of freshly grated Pecorino Romano                                       |
| <input type="checkbox"/> bacon                        | 1 pound unless it's on sale and then you should buy a backup to keep in the freezer |
| <input type="checkbox"/> hot sauce                    | 1 6-ounce bottle  |
| <input type="checkbox"/> Dijon mustard                | 1 jar (8 to 10 ounces)  |
| <input type="checkbox"/> spicy brown mustard          | 1 jar (8 to 10 ounces)  |
| <input type="checkbox"/> capers                       | 1 jar   |
| <input type="checkbox"/> flat-leaf parsley            | 2 bunches washed and dried, in food storage bags                                    |
| <input type="checkbox"/> celery                       | 1 bunch   |
| <input type="checkbox"/> carrots                      | 1 pound   |
| <input type="checkbox"/> mayonnaise                   | 1 small jar (8 ounces)  |

## In the Freezer

|   |                           |
|---|---------------------------|
| <input type="checkbox"/> frozen peas                    | 2 10-ounce boxes          |
| <input type="checkbox"/> frozen corn                    | 2 10-ounce boxes          |
| <input type="checkbox"/> frozen chopped spinach         | 2 10-ounce boxes          |
| <input type="checkbox"/> plain and Italian bread crumbs | 1 15-ounce container each |

## Somewhere in the Kitchen

|  |              |
|--|--------------|
| <input type="checkbox"/> Idaho potatoes  | 5 pounds     |
| <input type="checkbox"/> small red, baby Yukon Gold, or small white boiling potatoes | 5 pounds     |
| <input type="checkbox"/> lemons  | 6            |
| <input type="checkbox"/> limes   | 6            |
| <input type="checkbox"/> Spanish or yellow onions                                    | 4-pound sack |
| <input type="checkbox"/> shallots  | 4 large      |
| <input type="checkbox"/> peanut butter, chunky or smooth                             | 1 jar        |
| <input type="checkbox"/> garlic  | 4 heads      |

## In the Wine Rack

|                                     |           |
|-------------------------------------|-----------|
| <input type="checkbox"/> white wine | 2 bottles |
| <input type="checkbox"/> red wine   | 2 bottles |
| <input type="checkbox"/> dry sherry | 1 bottle  |

## In the Cupboard

|   |                                  |
|---|----------------------------------|
| ❑ chicken stock<br>in a box   | 3 32-ounce cartons               |
| ❑ beef stock<br>in a box  | 2 32-ounce cartons               |
| ❑ diced fire-roasted<br>tomatoes  | 2 14-ounce cans                  |
| ❑ diced tomatoes<br>(regular and<br>petite-diced)   | 1 14-ounce can each              |
| ❑ crushed tomatoes  | 3 28-ounce cans                  |
| ❑ tomato paste  | 1 tube or small can              |
| ❑ tomato sauce  | 2 8-ounce cans                   |
| ❑ chipotle chilies<br>in adobo or dry<br>chipotle powder  | 1 small can or jar               |
| ❑ black beans   | 2 14-ounce cans                  |
| ❑ chickpeas/garbanzo<br>beans   | 2 14-ounce cans                  |
| ❑ cannellini beans  | 2 14-ounce cans                  |
| ❑ long-cut pastas<br>such as spaghetti,<br>linguine, vermicelli,<br>angel hair, and<br>fettuccine | 4 pounds, different<br>varieties |
| ❑ short-cut pastas<br>such as penne,<br>ditalini, gemelli,<br>and cavatappi                       | 4 pounds, different<br>varieties |

|  |   |
|--|---|
| ❑ plain couscous                           | 2 6-ounce boxes                                 |
| ❑ white rice                               | 1 5-pound sack                                  |
| ❑ all-purpose flour                        | 1 2-pound sack                                  |
| ❑ white sugar                              | 1 2-pound box                                   |
| ❑ brown sugar                              | 1 pound box                                     |
| ❑ Italian tuna<br>in EVOO                  | 2 4-ounce cans                                  |
| ❑ tuna in water                            | 2 6-ounce cans                                  |
| ❑ Alaskan salmon                           | 1 14.75-ounce can                               |
| ❑ Worcestershire sauce                     | 1 10-ounce bottle                               |
| ❑ vegetable oil                            | 1 48-ounce bottle                               |
| ❑ tamari                                   | 1 bottle  |
| ❑ balsamic vinegar                         | 1 bottle  |
| ❑ red wine vinegar                         | 1 bottle  |
| ❑ cider, white wine<br>and/or rice vinegar | 1 bottle  |
| ❑ honey                                    | 1 small jar                                     |
| ❑ EVOO                                     | 2 large bottles<br>(whatever the<br>bargain is) |
| ❑ anchovy fillets                          | 2 tins or 1 small jar                           |
| ❑ roasted red peppers<br>in water          | 1 16-ounce jar                                  |
| ❑ canned clams,<br>whole baby              | 2 14-ounce cans                                 |