

skinnyAsia 2

Shopping Guide

pantry staples

almond meal
apple cider vinegar
bakers flour
baking powder
basmati rice
bi-carb soda
black sesame seeds
breadcrumbs
brown rice
brown sugar
burger buns (to serve)
Campari
cashew meal (or cashews)
caster sugar
ceremonial or premium culinary matcha
Chinese black vinegar
Chinese cooking wine
Chinese sausage
coconut flakes
coconut tequila
coconut water
Cointreau or Triple Sec
cornflour
dark rum
dashi powder or white miso paste
Dijon mustard
dried black lentils (Indian not French)
dried mango
dried mung bean noodles or vermicelli
dried red kidney beans
dried shiitake mushrooms
dried wood ear mushrooms or shiitake
dried yeast
fermented, salted black beans (Asian)
fish sauce
Freeze Dried Strawberry Crisps
fried garlic
fried shallot
furikake (optional)
gochujang paste
hoisin
honey

pantry staples

instant coffee or cocoa
instant noodle cake
jasmine rice
light soy sauce, tamari or coconut aminos
mango nectar
maple syrup
mayonnaise - whole egg & Kewpie
mirin
nutritional yeast flakes
oil - olive, vegetable, high heat natural oil
oyster sauce
panko breadcrumbs
passata
peanut butter
pickled ginger (optional)
pineapple juice
plain flour
potato starch
preserved plums - flesh & juice
raisins
raw almonds
raw cashews
raw pistachios
rice wine vinegar
roasted peanuts (optional)
roasted shrimp paste
roasted sesame oil
rock salt
rolled oats
rose water (optional)
salt
salt flakes
self raising flour
sesame seeds - white, black & toasted
shredded coconut
slivered almonds
small tapioca pearls
soy sauce

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sugar
sultanas
sweet potato noodles
tamarind paste/puree
tin coconut cream
tin coconut milk
tin diced tomatoes
tin light coconut cream
tin light coconut milk
tin sweet corn kernels
tin water chestnuts
tomato paste
tomato sauce or ketchup
udon noodles
vanilla bean paste or vanilla extract
wheat spring roll wrappers
white chocolate cooking chips
white miso paste
Worcestershire sauce

make ahead

Malaysian Style Curry Powder
Thai Red Curry Paste
Stock Concentrate - Chicken, Beef

dairy

butter or ghee
cream
Greek yoghurt
milk
mozzarella (optional)
Parmesan

dried herbs & spices

black peppercorns
brown mustard seeds
cardamom powder
cayenne pepper
Chinese five spice
cinnamon sticks
cinnamon powder
clove powder
coriander powder
coriander seeds
cracked black pepper
cumin powder
cumin seeds
dried bay leaves
dried chilli flakes
dried fennel seeds
dried fenugreek leaves or seeds
dried long red chillies
garam masala
garlic powder
ginger powder
gochugaru (optional)
green cardamom pods
ground black pepper
ground chilli powder
ground fennel
ground white pepper
Kashmiri chilli powder (or paprika + chilli)
onion powder
Sichuan peppercorns
smoked paprika
star anise
sweet paprika
turmeric powder
whole cloves

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fruit & vegetables

baby spinach
banana
bean sprouts
bok choy
broccoli florets
cabbage - purple, red or white
capsicum - red & green
carrot
celery
Chinese broccoli or bok choy
cucumber
strawberries
green apple
green chilli
leek
lettuce - cos
lemons - juice
limes - juice & zest
mango
nashi or pear
potatoes & waxy baby potatoes
onions - red, brown, shallots, spring onions
shiitake mushrooms
spinach
tomato
wombok
zucchini

fridge & frozen

fresh Singapore noodles
fresh wide rice noodles
Korean rice cakes
wonton wrappers - round or squares
frozen edamame beans
frozen mango
frozen mixed vegetables
frozen peas
frozen whole edamame beans

fresh herbs & spices

chillies - birdseye, red, green
coriander - roots, stems & leaves
Thai basil leaves
mint leaves
curry leaves
ginger
fresh holy basil or Italian basil
garlic
lemongrass
makrut lime leaves
mixed fresh herbs (parsley, sage, thyme, rosemary)

proteins

bacon
beef fillet
beef mince
beef short ribs
beef steak
chicken breast
chicken drumsticks
chicken lovely legs
chicken nibbles or wings
chicken thigh
chicken thigh, bone-in skinless
chuck or gravy beef or lamb shoulder
eggs
ham
lamb shanks
pork belly - with rind & rindless
pork fillet
pork mince
raw prawn meat
rump or sirloin steak
white fish fillet
whole chicken