

The Everyday Indian Pantry

(These are typical ingredients found in most Indian homes.

*These ingredients are expensive but once added bring a
wealth of wonder to your cooking.*

*Most good grocery stores have all the spices below or check
your local ethnic grocer.)*

Dry Spices – *(Keep a small amount of spices in everyday
spice jars or containers. Put the rest of spices in the freezer to
preserve freshness.)*

Bay Leaves

Black Mustard Seeds

Black Pepper

Cardamom *(Indian term – Elaichi)*

Cinnamon

Cloves

Coriander Seeds

Cumin *(Indian term – Jeera)*

Jaggery *(molasses sugar block-usually grated for use)*

Nutmeg

Masala – Garam

Masala – Sambhar

Masala – Tandoori

Methi

Salt

Saffron

Star Anise

Sugar

Turmeric Powder *(mainly used for color)*

Wet Spices

Cilantro (*coriander leaves*)

Curry Leaves (*nice if you have it for south Indian dishes*)

Garlic

Ginger

Green Chillies

Methi Leaves

Dry Ingredients

Chappathi (Atta) Flour

Dal – Moong

Dal – Toor (*yellow split peas*)

Dal – Urad

Sooji Flour

Rice – Basmati

Rice – Regular Long Grain

Staple Vegetables

Bell Peppers

Carrots

Coconut Milk

Onions

Potatoes

Tomatoes