

# PUNJABI MASTER PANTRY ITEMS

PANTRY		
Ingredient	Ttl Quantity	Recipe
<b>Wet Pantry</b>		
<input type="checkbox"/> Black Bean Sauce	3 tbsp	Barley
<input type="checkbox"/> Broth - Chicken or Vegetable (Sodium-Reduced)	3 cups	Minestrone
<input type="checkbox"/> Dijon Mustard	½ tsp	Salad
<input type="checkbox"/> Honey	1 tbsp	Coleslaw
<input type="checkbox"/> Mayonnaise (Light)	½ cup	Coleslaw
<input type="checkbox"/> Molasses	½ cup	Muffins
<input type="checkbox"/> Oil - Canola	--	Most recipes
<input type="checkbox"/> Oil - olive	--	Most recipes
<input type="checkbox"/> Tahini	2 tbsp	Hummus
<input type="checkbox"/> Vanilla Extract	1 tsp	Cobler
<input type="checkbox"/> Vinegar - Apple Cider	3 tbsp	Coleslaw
<input type="checkbox"/> Vinegar - Balsamic	3 tbsp	Salad
<b>Dry Pantry</b>		
<input type="checkbox"/> Almonds - Chopped (Blanched)	2 tbsp	Curry
<input type="checkbox"/> Almonds - Sliced (Raw)	¼ cup + 5 tbsp	Sevian, Pudding
<input type="checkbox"/> Baking Powder	6 tsp	Cobler, Muffins
<input type="checkbox"/> Baking Soda	2 tsp	Muffins
<input type="checkbox"/> Basmati Rice	3 cups	Rice Pilaf
<input type="checkbox"/> Bread Crumbs or Plain Corn Flakes	1 cup	Frittata
<input type="checkbox"/> Cashews - Sliced	3 tbsp	Sevian
<input type="checkbox"/> Cornstarch	1 tbsp	Wok Vegetables
<input type="checkbox"/> Cream of Wheat	¼ cup	Pudding
<input type="checkbox"/> Dahl (Lentils) - Mixed	1 cup	Dahl
<input type="checkbox"/> Flour - All Purpose	3¾ cup	Cobler, Muffins, Pizza
<input type="checkbox"/> Flour - Whole Wheat	2½ cup	Cobler, Muffins, Pizza
<input type="checkbox"/> Instant Yeast	1¼ tsp	Pizza
<input type="checkbox"/> Oat Bran	1⅓ cup	Dahlia
<input type="checkbox"/> Pasta - Small (i.e. macaroni)	½ cup	Minestrone
<input type="checkbox"/> Pistachios	1/8 cup + 2 tbsp	Barfee, Pudding
<input type="checkbox"/> Pot Barely	1 cup	Barley
<input type="checkbox"/> Raisins	4 tbsp	Sevian, Pudding
<input type="checkbox"/> Sevian	100 g	Sevian
<input type="checkbox"/> Skim Milk Powder	2 cups	Barfee
<input type="checkbox"/> Sunflower Seeds	¼ cup	Coleslaw
<input type="checkbox"/> Wheat Bran	1 ½ cups	Muffins

## PUNJABI MASTER PANTRY ITEMS CONT...

PANTRY		
Ingredient	Ttl Quantity	Recipe
<b>Cans + Other</b>		
<input type="checkbox"/> Beans - Black	1 can x 540 mL	Quesadillas
<input type="checkbox"/> Beans - Kidney	3 cans x 398 mL	Paneer, Minestrone
<input type="checkbox"/> Chickpeas	1 can x 540 mL	Hummus
<input type="checkbox"/> Evaporated Milk (Fat Free)	1 tin x 185 mL	Barfee
<input type="checkbox"/> Mandarins (Unsweetened)	1 can x 284 mL	Salad
<input type="checkbox"/> Peaches	1 can x 540 mL	Cobler
<input type="checkbox"/> Pizza Suace	1 cup	Pizza
<input type="checkbox"/> Salsa	1 jar	Tacos
<input type="checkbox"/> Soda Water	2 x 2 L bottle	Party Water
<input type="checkbox"/> Tomato Sauce	½ cup	Tacos
<input type="checkbox"/> Tomatoes - Diced (No-Salt-Added)	2 cans (1 can x 398 mL + 1 can x 540 mL)	Rice Pilaf, Minestrone

BAKERY		
Ingredient	Ttl. Quantity	Recipe
<input type="checkbox"/> Pita - Whole Wheat (8")	4	Hummus
<input type="checkbox"/> Taco Shells	10	Tacos
<input type="checkbox"/> Tortillas - Whole Wheat (10")	6	Quesadillas

## PUNJABI MASTER PANTRY ITEMS CONT...

SPICES		
Ingredient	Ttl. Quantity	Recipe
<input type="checkbox"/> Basil - Dried	1 tsp	Minestrone
<input type="checkbox"/> Bay Leaves	2	Rice Pilaf
<input type="checkbox"/> Cardamom - Ground	3½ tsp	Sevian, Paneer, Barfee, Pudding
<input type="checkbox"/> Chili Powder	3 tsp	Salsa Citrus Dressing, Dahl, Rice Pilaf
<input type="checkbox"/> Cinnamon - Ground	pinch	Muffins
<input type="checkbox"/> Cinnamon Stick	1	Paneer
<input type="checkbox"/> Cloves - Whole	2	Paneer
<input type="checkbox"/> Coriander - Ground	1 tbsp + 4 tsp	Rice Pilaf, Wok Vegetables, Paneer
<input type="checkbox"/> Cumin - Ground	6½ tsp	Most recipes
<input type="checkbox"/> Cumin Seeds	1½ tsp	Dahl, Rice Pilaf
<input type="checkbox"/> Fennel Seeds	1 tsp	Wok Vegetables
<input type="checkbox"/> Garam Masala	3 tsp	Dahl, Curry
<input type="checkbox"/> Nutmeg - Ground	½ tsp	Barfee
<input type="checkbox"/> Paprika	3 tsp	Hummus, Frittata, Tacos
<input type="checkbox"/> Sage - Dried	½ tsp	Minestrone
<input type="checkbox"/> Salt + Black Pepper	--	Most Recipes
<input type="checkbox"/> Sugar - Brown	½ cup	Muffins
<input type="checkbox"/> Sugar - White	2 cup + 3 tbsp	Sevian, Cobler, Barfee, Pizza, Pudding
<input type="checkbox"/> Tumeric - Ground	2¾ tsp	Dahl, Rice Pilaf, Wok Vegetables, Paneer, Curry