

Appendix A from The Joy of Plenty

Master Ingredients List

Every family's Master Ingredient List will be unique to the dietary needs, individual tastes, budget, and other factors of its members. The list here is larger than any actual list is likely to be but it demonstrates the wide variety of ingredients to consider.

Each ingredient meets one or more of these criteria:

It is a real, whole food item, a food that is in its natural state and not processed with chemical additives.

These are also known as “scratch” ingredients—food that doesn't have more than one ingredient.

Foods such as nut milk, noodles, and tempeh are not technically scratch ingredients but can act as building blocks in recipes.

It is a condiment, seasoning, or flavoring.

It has a reasonably long shelf life.

It is versatile; it can be used in many different recipes.

It is not rapidly perishable (spoils in less than two weeks); or, if it is, it can be preserved in some way.

It is highly nutritious or is a superfood.

It can be stored or preserved in several different ways. This list is organized into four basic storage types:

Dry Pantry, Cool Storage, Refrigerated, and Frozen. Most of these foods could appropriately be stored in more than one category, but these represent some of the most common storage methods.

See Chapter 9 for more information about developing your own Master Ingredients List.

Dry Pantry - Shelf storage in an area that is dark, dry, accessible, consistently near room temperature and in appropriate, usually airtight, containers

Baking

Arrowroot
Baking powder
Baking soda
Baking yeast
Cornstarch
Gelatin
Potato starch
Tapioca flour, a thickener

Beans and Legumes

Adzuki
Anasazi
Black
Black-eyed peas
Cannellini
Chana
Cranberry
Dahl
Fava
Flageolets
Garbanzo (chickpeas)
Great Northern
Kidney
Lentils
Lima
Mung
Navy
Pink
Pinto
Red
Soy
Specialty beans
Split peas — *yellow and green*

Chocolate and Carob

Cacao nibs
Carob powder
Chocolate – *bittersweet, dark, milk, white, semi-sweet, unsweetened*
Chocolate chips, dark and white
Cocoa powder
Unsweetened baking chocolate

Fermented Vegetables/Fruits

Pickles
Preserved Lemons
Sauerkraut

Flour

Almond
Amaranth
Barley
Bran
Buckwheat
Cornmeal
Emmer
Garbanzo bean
Gluten
Gluten free
Graham
Kamut
Oat
Oat bran
Rice (*white and brown*)
Rye
Semolina
Soy
Spelt
Teff
Wheat germ
Whole durham wheat
Whole wheat
Whole wheat pastry flour

Grains

Amaranth
Barley
Buckwheat groats
Bulgur
Couscous
Corn - *popcorn, polenta*
Cracked wheat
Faro
Grits
Kamut
Kasha
Masa harina
Millet
Oats - *groats, rolled or steel cut*
Polenta
Popcorn
Quinoa – *yellow, white, red*
Rye – *berries and flakes*
Seven grain cereal
Sorghum
Spelt
Teff
Wheat – *berries and flakes*

Dry Pantry, cont.

Herbs/Spices and Aromatics

Allspice
Anise
Basil
Bay
Cardamom
Cayenne pepper
Celery seed
Cloves
Coriander
Dill
Chili flakes and powder
Ginger
Herbs de province
Italian seasoning
Lavender
Mace
Marjoram
Mustard powder and seeds
Nutmeg
Oregano
Paprika
Parsley
Pepper
Red pepper flakes
Rosemary
Saffron
Salt – kosher, sea
Smoked paprika
Star anise
Thyme
Turmeric
Vanilla

Pasta

Spaghetti - *macaroni, lasagna, penne, etc.,
made from wheat, corn, rice, etc.*
Egg noodles

Seasonings/Flavorings

Clam juice
Lemon/lime juice
Liquid Smoke (Wright's)
Poppy and caraway seeds
Teriyaki, plum, peanut, oyster, other sauces
Vanilla, almond and coconut extract
Vegetable, beef & chicken broth/bullion
Vinegar - *apple cider, balsamic, white wine,
red wine, rice wine, champagne*

Seeds

Caraway
Chia
Coriander
Fennel
Flax – *brown and gold*
Hemp
Pepita
Poppy
Pumpkin
Seed sprouts - *alfalfa, broccoli, clover, radish*
Sesame - *black, hulled and un-hulled*
Sunflower

Spirits for Cooking

(Little bottles are handy for wine and liqueur.)

80 proof liqueur - *brandy, rum, cognac*
Beer
Liqueurs - *Grand Mariner, Chambord, etc.*
Wine - *red, white, sherry, marsala,
mirin, vermouth, port*

Sweeteners

Agave syrup
Brown sugar
Brown rice syrup
Cane sugar
Coconut sugar
Date sugar
Demerara sugar
Honey
Maple syrup
Molasses
White sugar

Tomato Products

Paste, including sun-dried
Sauce
Sun-dried
Whole plum - *canned, various sizes*

Cool Storage

- Cool storage is not as cold as refrigerated, but is cooler than room temperature, usually between 50 and 60 degrees Fahrenheit, common for traditional root cellars cooled by the earth around them. Like Dry Pantry it should be dark, dry, with food in appropriate containers.

Dried Foods

Apples
Apricots
Banana
Blueberries
Celery
Cherries
Chestnuts
Chipotles and dried peppers
Coconut
Cranberries
Courants
Dates
Figs
Garlic
Ginger
Goji
Mango
Mushrooms - *porcini, shiitake*
Onions
Peaches
Pears
Persimmons
Pineapple
Plums/prunes
Raisins, *golden and dark*
Roasted red peppers
Seaweed
Shallots
Tomatoes
Vegetable medley for soups/stews

Nuts and Nut Butters

Almonds
Brazils
Cashews
Chestnuts
Coconut, shredded unsweetened
Hazelnuts
Macadamias
Peanuts
Pecans
Pine nuts
Pistachios
Tahini (sesame butter)
Walnuts

Oils and Fats

Buy extra-virgin and cold pressed or expeller pressed whenever possible.

Avocado
Cocoa butter
Coconut oil, *extra virgin and virgin*
Coconut butter
Corn
Grapeseed
Hazelnut
Olive
Palm shortening
Peanut
Rice bran
Safflower
Sesame, *untoasted and toasted*
Sunflower
Walnut

Produce, Long-Lasting

Apples
Beet
Broccoli
Cabbage
Carrots
Cauliflower
Celery
Eggplants
Garlic
Ginger
Kiwi
Lemons
Limes
Onions
Parsnips
Pears
Potatoes
Quinces
Radishes
Rhubarb
Shallots
Sweet potatoes
Turnips
Winter Squash

Cool Storage, cont.

Rice

Arborio

Basmati (*white and brown*)

Brown (*short, medium and long grain and sweet*)

Forbidden

Japonica

Jasmine (*white and brown*)

Kalijiri

Lundberg country wild

Paella

Purple sticky

Red (wehani)

Sushi

Texmati (*brown and white*)

Wild and wild rice blends

Refrigerated - Refrigeration temperatures are commonly between 34 and 40 degrees Fahrenheit. Appropriate containers, usually airtight, are important. Many foods in other categories may need to be refrigerated once opened.

Beverages

Chai
Coconut water
Coffee
Coffee Substitute
Fruit and vegetable juices
Ginger ale
Kombucha
Sparkling water
Tea - *black, green and herbal*

Condiments

Artichoke Hearts
Barbecue sauce
Candied ginger
Chiles – *chipotle and green*
Capers
Coconut aminos
Horseradish
Hot pepper sauce
Jelly, jam, preserves, marmalade
Ketchup
Mayonnaise
Miso - *dark and light*
Mustard - *brown, dijon, yellow, etc.*
Nutritional yeast
Olives
Soy sauce
Sun dried tomato paste
Tamari
Worcestershire sauce

Dairy

Blue cheese - *stilton, gorgonzola, dolce latté*
Butter – *salted and unsalted, clarified (ghee)*
Buttermilk
Crème fraiche
Cottage cheese
Cream – *sweet and sour*
Hard cheeses - *cheddar, parmesan, gruyere, etc.*
Keifer
Milks – *cow, goat, sheep*
Semi-hard cheeses - *fontina, halloumi, Swiss*
Soft cheese - *cream, feta, goat, mascarpone, mozzarella*
White rind cheeses - *brie, camembert*
Yogurt

Eggs

Duck, chicken, quail

Milks (non-dairy)

Almond
Coconut
Hazelnut
Hemp
Oat
Pistachio
Rice
Soy
Walnut

Protein Sources—Vegetarian

Tempeh
Tofu
Veggie burgers

Frozen - Freezer temperatures should be below 0 degrees Fahrenheit. All foods should be stored appropriately to prevent deterioration from freezer burn. While many foods can be frozen, it is usually the best choice for long term storage of protein foods such as those listed here.

Broths/Stocks

Beef
Chicken
Clam
Fish
Pork
Vegetable

Fish and Shellfish

Oily fish - *anchovies, mackerel, herring, sardines*
Rich, meaty fish - *monkfish, sea bass, tuna, swordfish, red mullet*
White fish - *cod, plaice, haddock, skate, sole*
Shellfish - *crab, mussels, scallops, lobster, oysters, prawns, shrimp*

Meat and Poultry

Beef - *fillet, beef tenderloin, pot roast, steaks, shank, chuck, brisket, ground beef*
Lamb - *chops, leg, ground lamb, etc.*
Organ meats - *kidney, liver, etc.*
Pork - *shoulder, leg and groin, bacon, belly, spareribs, tenderloin, gammon, pancetta, prosciutto*
Poultry - *chicken, duck, pheasant, turkey, Cornish game hen, etc.*
Sausages
Soup bones for making broth - *chicken, beef, pork, etc.*

For More Information:

isabel@thejoyofplenty.org

<https://thejoyofplenty.org/>