
REBECCA LANG'S STAPLE LIST

You know what works for your style of cooking, so stock the kitchen accordingly. If you came over and peeked at my staples on any given day, here is what you'd find:

Pantry Staples

Almond butter (natural)
Baking powder
Baking soda
Breadcrumbs
Boxed organic chicken broth
Chocolate (semisweet, bittersweet, white)
Cocoa powder (regular, Dutch process)
Cornmeal
Cornstarch
Corn syrup
Dried fruit
Espresso powder
Flour (all-purpose, self-rising)
Garlic
Green chiles
Grits (stone-ground, quick)
Honey
Hot sauce
Maple syrup
Milk (evaporated, sweetened condensed)
Mustard (Dijon, honey, coarse-grained)
Nonstick cooking spray
Oil (olive, vegetable)
Olives
Pasta, dried
Peanut butter (natural)
Preserves
Rice
Crisco shortening
Soy sauce

Pantry Staples *(Continued)*

Sugar (brown, granulated, powdered, turbinado)
Canned tomatoes (whole, diced, sauce)
Vinegar (balsamic, cider, white, red wine,
white balsamic, white wine, rice wine)
Worcestershire sauce
Yeast, active dry

Refrigerated Staples

Bacon
Unsalted butter
Buttermilk
Cheddar cheese
Cream cheese
Eggs, organic
Goat cheese
Heavy cream
Lemons
Mayonnaise
Milk
Nuts and seeds in the freezer (pecans, walnuts,
pine nuts, almonds, sesame seeds)
Parmigiano-Reggiano cheese
Sour cream
Yogurt