

# COOKING STORE- CUPBOARD



The following list of ingredients and cleaning materials is useful for the general store cupboard. Build stores up gradually as the cooking classes progress. Keep an eye on the use by dates and rotate stock to use up oldest packets first. Seal open bags with clips or put into airtight containers.



## DRY GOODS

- Plain flour
- Bread making flour
- Fast action easy blend yeast
- Self-raising flour
- Baking powder
- Dried fruit
- Cocoa powder
- Caster sugar
- Soft brown sugar
- Oats
- Long grain rice
- Basmati rice
- Spaghetti
- Pasta shapes e.g. fusilli
- Egg noodles
- Sunflower or rapeseed oil
- Olive oil
- Salt
- Black pepper in grinder
- Chilli powder
- Ground cumin
- Ground coriander
- Garam masala
- Curry pastes
- Coconut milk
- Soy sauce
- Worcestershire sauce
- Tomato ketchup
- White wine vinegar
- Tomato puree
- Jam
- Honey
- Vegetable stock cubes
- Chicken stock cubes
- Beef stock cubes
- Mixed dried herbs
- Ground cinnamon
- Tinned tomatoes
- Tinned sweetcorn
- Tinned kidney beans
- Tinned chickpeas
- Dried lentils
- Tinned tuna
- Custard powder
- Long-life milk
- Eggs
- Gluten free products.



## FRIDGE ITEMS

- Dairy-free spread
- Butter
- Solid vegetable fat
- Cheese.

## IN THE FREEZER

- Peas
- Bread
- Prepared ice cubes.

## CLEANING MATERIALS

- Washing up liquid
- Antibacterial handwash
- Antibacterial spray (food grade)
- Cream cleaner
- Pan scourers
- Disposable dishcloths
- Rubber gloves.



Rotate stock to  
use up oldest  
packets first

