

## PANTRY LIST: SPICES AND INGREDIENTS

- Turmeric powder (haldi)
- Red Chilly (Chili) powder (mirch)
- Cumin whole (zeera)
- Royal Cumin (Shahi Zeera) available at most South Asian grocers; longer seeds, smoky flavour
- Cumin powder (zeera)
- Coriander powder (dhania)
- Clove, whole (laung)
- Cinnamon (daalchini)
- Green cardamom (choti elaichi)
- Black pepper, whole (kaali mirch)
- Red Chillies (Chilis), whole dried (sukhi mirch)
- Bay leaves (tej patta)
- Cooking oil: I recommend Canola Oil but corn or other vegetable oils work
- Ghee: I add ghee to flavour, not as a cooking medium

## FRESH INGREDIENTS (some can be frozen, see below!)

- Onions: Regular cooking onions, preferably yellow
- Ginger paste and Garlic paste: Buy fresh ginger and garlic and make a paste AND YOU CAN FREEZE THE PASTE. You can grate ginger and freeze it too. When freezing garlic paste, add a dash of oil and it won't go a funny colour. It is amazing. Or buy store made paste and freeze that if you like. You need a fair amount so I wouldn't recommend the kind of paste you get in a tube –doesn't work with South Asian food. *Either way, you don't need to get this fresh every time!*
- Kaffir lime leaves: Buy fresh and store in freezer for up to 6 months
- Curry leaves, (curry patta): Buy fresh and store in freezer for up to 6 months
- Lime: Wedges, served with the meal, a Bangladeshi favourite.
- Green or red fresh chillies (chilies): Whole, as a garnish or served fresh on the table to bite into!

## OTHER STUFF (but not essential)

1. A cooking pot that is wide and somewhat more shallow than a standard stock pot. I strongly suggest you go in for a **Dutch Oven**, or **Rondeau** because the process of “currying” includes aerating the spices and letting the steam add to their flavour. But if you don't have the ideal pot, don't worry. A regular pot that you have already will do as well.
2. A wok, or a karahi, a South Asian wok, *but a pot will do if you don't have a wok*.
3. A skillet that is somewhat deep, if possible.
4. Griddle or tawa-- optional.
5. A sieve to drain rice.
6. Blender/food processor; and emulsion mixer -optional.
7. Mandolin to slice onions: strongly recommend.