

30 Indian Pantry Recipes (SpiceUpTheCurry.com)

Indian Pantry Essentials

Spices

- Turmeric powder
- Red chili powder
- Coriander powder
- Cumin powder
- Garam masala
- Hing (Asefoetida)
- Kasoori methi
- Sambar masala
- Mustard seeds
- Cumin seeds
- Dried Red chilies
- Whole spices (Cloves, Cinnamon, cardamoms)
- Curry leaves (*optional*)
- Sugar
- Jaggery
- Peanuts

Oil-Sauces

- Cooking oil
- Ghee (clarified butter)
- Ketchup
- Tamarind paste
- Ginger garlic paste (*or fresh ginger garlic*)
- Bottled lemon juice (*or fresh lemon/lime*)

Frozen

- Green peas
- Mixed vegetables
- Sweet corn
- Paneer
- Grated coconut

Lentils/Beans

- Yellow moong dal
- Chilka moong dal (green w/ skin)
- Toor dal
- Urad dal (split, skinless)
- Chickpeas
- Black eyed peas
- Red kidney beans

Flour/Grains

- Whole wheat flour (Chapati atta)
- All purpose flour (Maida)
- Besan (chickpea flour)
- Semolina (rava or sooji)
- Rice flour
- Basmati Rice
- Poha

Produce

- Potatoes
- Onions
- Green chilies
- Ginger
- Garlic
- Tomatoes (***To make frozen onion tomato masala***) *If not making then buy canned tomato products*
- Lemons/Limes

* Don't forget to add any substitutions, dry snacks, breads, water etc. to your personal shopping list as well.*