



# Stocking the Pantry for *Cooking from Scratch*







# stocking the pantry

Our great grandparents knew how to cook wholesome and delicious food from scratch and manage their provisions in a way that took full advantage of inexpensive and versatile ingredients. Today we can apply the same principles to reduce our dependence on expensive convenience foods and create nutritious meals.

Having a well-stocked pantry can be a massive timesaver during busy seasons, save money in the long term, and provide peace of mind during an emergency.

To help you build your pantry, I've put together this guide to help you stock a simple pantry. I've also included my favorite homemade mix recipes made from pantry staples! For more in-depth information about stocking a pantry, visit <https://homeinthefingerlakes.com/how-to-stock-a-pantry/>



homeinthefingerlakes.com

# shopping list

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_







# inventory list

## **Baking**

- ☐ Flour
- ☐ Sugar
- ☐ Baking Soda
- ☐ Baking Powder
- ☐ Corn Starch
- ☐ Corn Meal
- ☐ Yeast

## **Pasta, Grains, Rice & Beans**

- ☐ Pasta
- ☐ Oats
- ☐ Rice
- ☐ Dried Beans
- ☐ Quinoa & Couscous

## **Oils & Vinegars**

- ☐ Cooking Oil
- ☐ Olive Oil
- ☐ Vinegars- Apple Cider & White
- ☐ Specialty Vinegars- Red Wine, Rice, etc.







# inventory list

## Condiments

- ☐ Soy Sauce
- ☐ Ketchup
- ☐ Mustard
- ☐ Salsa
- ☐ Mayonnaise
- ☐ Hot Sauce
- ☐ Barbecue Sauce

## Canned

- ☐ Canned beans
- ☐ Canned tomatoes
- ☐ Tomato sauce
- ☐ Canned fruit
- ☐ Pickles & Olives
- ☐ Broths & Stocks

## Spreads

- ☐ Peanut / Almond Butter
- ☐ Jams & Jellies
- ☐ Curds & Fruit Butters







# inventory list

## Spices

- ☐ Basil
- ☐ Oregano
- ☐ Bay Leaves
- ☐ Rosemary
- ☐ Thyme
- ☐ Cinnamon
- ☐ Paprika
- ☐ Cumin
- ☐ Nutmeg
- ☐ Ginger
- ☐ Cloves
- ☐ Allspice
- ☐ Red Pepper Flakes
- ☐ Cayenne Pepper
- ☐ Garlic Powder
- ☐ Onion Powder
- ☐ Chili Powder
- ☐ Black Pepper





# homemade pizza seasoning

*Traditional Italian Herbs are combined with onion flakes, garlic powder, thyme, rosemary and red pepper flakes in this spice mix to take your pizza to the next level.*



## ingredients

- 1 1/2 tbsp oregano
- 1 tbsp dried basil
- 1 tsp dried rosemary
- 1 1/2 tbsp dried onion flakes
- 1/4 tsp dried thyme
- 1/2 tsp coarse sea salt
- 1/2 tsp crushed red pepper flakes
- 1/4 tsp garlic powder

## instructions

1. Combine all ingredients. The most flavorful results are achieved with a mortar and pestle or a Spice or Coffee Grinder.
2. Store in a tightly sealed container and in a dry, cool place







# homemade rice seasoning mix

*A quick way to add flavour to white rice to make a simple side dish that's economical, and easy to make.*

## ingredients

- 5 tbsp low or no sodium, no msg beef bouillon granules
- 3 tbsp dried parsley flakes
- 2 tbsp dried minced onion
- 2 tbsp dried soup greens, optional
- 4 tsp dried basil
- 2 tsp dried thyme
- 1 tsp garlic powder

## instructions

1. In an airtight container, combine the all the dry ingredients. Store in a cool dry place for up to 1 year.



# Venison Steak Marinade

*This marinade recipe has ingredients such as vinegar, lemon juice, and Worcestershire sauce which all help tenderize the meat while adding a fantastic depth to its natural flavors. It's a favorite reader recipe; you will love it!!*



## ingredients

- 3 tablespoons olive oil
- 1 tablespoon lemon juice
- 1 tablespoon Worcestershire sauce
- 1 tablespoon balsamic vinegar
- 1 -2 teaspoon minced garlic
- 1/2 teaspoon ground pepper
- 1 1-1/2 lb package venison steak

## instructions

1. Mix all marinade ingredients together in a small measuring cup.
2. Place venison steaks in a large zip lock bag.
3. Pour marinade over steaks and seal bag.
4. Place bag in a flat casserole dish so that the steaks are in a single layer.
5. Refrigerate and marinate at least 4 hours, turning every half hour to marinate all sides of the steaks evenly.

